



# Tendring CAMRA Newsletter

<http://tendringcamra.org.uk>

No 103

Suggestions for Social Activities, please contact Mick Hearn at [social@tendringcamra.org.uk](mailto:social@tendringcamra.org.uk)

## Branch Activities

All members are very welcome at Branch Meetings (start at 8 pm) & Committee Meetings (start at 7.30pm) (only committee vote).

- 20<sup>th</sup> June Branch AGM White Hart Weeley Heath
- 4<sup>th</sup> July Pub run-around to present POTY certificates
- 12<sup>th</sup> July Clacton Beer Fest meeting Old Lifeboat House
- 16<sup>th</sup> July Social & short meeting Bell at Thorpe
- 28<sup>th</sup> July Visit to Harwich Town Brewery Beer Festival
- 4<sup>th</sup> August Historic pub walk-about Greenwich
- 9<sup>th</sup> August Committee Meeting Cherry Tree Lt Oakley
- 14<sup>th</sup> August Full Branch Meeting venue TBA
- 18<sup>th</sup> August Clacton pub walk-about

*All dates/destinations may be subject to change. Transport is available for some of the above, if you are interested please contact Mick at the email address above. By sending an email to Mick, you agree to being contacted by him via email.*



This picture was taken in the very narrow streets outside the Hanover pub in Harwich during our annual Morris Traveller. We travelled around the branch area in a 55 seat coach with CAMRA members and 'Leading Lights' Morris on board. We visited 5 great pubs all with a long history and had a buffet in one of them. Whilst this was a campaigning event to promote CAMRA and good Real Ale pubs we had a great time. With impromptu music both on the coach and in the pubs. This was a great way to spend a Saturday.

## QUOTE FOR TODAY

Gin and tonic originated in British colonial India when Brits would mix their anti-malarial medicinal quinine tonic with carbonated water and gin to make it more palatable.

**Tendring Branch Membership  
now stands at  
775**

## Benefits of beer drinking

It may reduce the risk of heart disease. Perhaps the most proven positive of a well-placed pint. According to a 2012 study published in the European Heart Journal, beverages rich in polyphenols, like beer, have been shown repeatedly to carry substantial cardiovascular benefits and drinking one half to two pints of beer a day lessens your chance of heart disease by around 25%.

It can be good for your long-term memory. Studies suggest that chemicals found in beer can slow the progress of degenerative cognitive diseases like Alzheimer's.

It's apparently good for your bones. Small amounts of beer actively increase your bone density. According to a 2013 study, beer contains a high proportion of silicon, a key component of bone construction, in quantities not found in most foods. Products high in hops and barley are particularly effective.

*~ From The Daily Gazette 12<sup>th</sup> June 2018 by Luke Rix-Standing*

## Beer Festival Diary Dates

- Ship Kirby Beer Festival 28 June to 1 July
- Chelmsford Summer Beer & Cider Festival 3-7 July
- New Bell Inn Harwich Beer Festival 8 July
- Chelmsford Beer & Cider Festival 10-14 July
- Epping Ongar Railway Beer Festival 20-22 July
- Harwich Town Redoubt Beer Festival 26-28 July
- Clacton Beer & Cider Festival 22-25 August
- Chappel Beer Festival 4-8 August
- Harwich Sausage Festival 3rd November
- Harwich & Parkeston Winter Ale Festival 21-24 Nov

If your 'local' is hosting a Beer/Cider related function and you would like it added to this list please let me have the details.



**CAMPAIGN  
FOR  
REAL ALE**