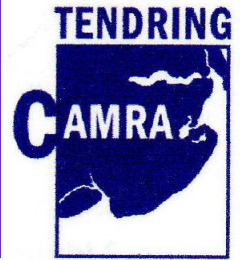




# Tendring Branch Information Sheet

(News Letter)

No 81



## Branch Activities

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

16<sup>th</sup> July Branch attendance at the Wix Fayre  
19<sup>th</sup> July Short Branch Meeting Blacksmiths Lt Clacton  
30<sup>th</sup> July Branch visit to Redoubt Beer Festival Harwich  
4<sup>th</sup> August Branch Committee Meeting Stingray Harwich  
6<sup>th</sup> August 4th branch walk-about Chelmsford  
10<sup>th</sup> August Branch & Beer Fest Meeting Tavern Holland  
8<sup>th</sup> September branch visit to Chappel Beer Festival  
24<sup>th</sup> September branch visit to Maldon  
19<sup>th</sup> October National Apple Day pub run 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 below.*

*Tendring Branch Membership  
now stands at  
676*

I received this email from Richard Clatworthy and I thought it would be worth sharing with you.

This caught my eye...

<http://www.telegraph.co.uk/men/the-filter/the-surprising-health-benefits-of-drinking-beer/>

I've just had one of the "every 5 years blood and health reviews" at my GP's. Cholesterol is very low, blood pressure is fine, etc etc. One oopsy-daisy is the "units". I told nurse that the reason I am so healthy is because I am a real ale drinking CAMRA member and despite the governments complaints, beer is good for you, and units and BMI are nonsense. According to the article, I am right to believe this\*.

\*This is a personal opinion, other opinions are available. The subliminal message throughout the article is that the beers mentioned are always "Ales or Stouts". Put simply, not lager.

Happy reading and Cheers, Richard



Picture taken during the Branch 1st Aid course. I think Keith is getting a little personal with his patient. The instructor looks as if he is explaining some finer point to Nick, Jeff & Jim! I hope they got the message?

The Branch takes our Beer Festival safety commitments seriously. We fund the necessary course and members give of their time freely to enable our festivals to be adequately staffed by qualified First Aiders. You will note from the Diary Dates section that the Clacton Beer Festival will soon be upon us. If you would like to help at the festival please contact Mick Hearn at the address below.

## QUOTE FOR TODAY

I've stopped drinking, but only while I'm asleep.  
~ George Best

## Beer Festival Diary Dates

Chelmsford Summer Beer & Cider Fest 5-9 July  
Moon & Starfish (Clacton) Cider Festival 8-24 July  
Pointer Alresford: Sausage and Cider Festival 22-24 July  
Open Day Sticklegs Brewery @ Primrose Pork 30 July  
Harwich Redoubt Fort Beer Festival 28-30 July  
Manningtree Beer Festival @ Sailing Club 29-31 July  
Pop-up pub Sticklegs Brewery Primrose Pork Farm Grt Bromley 13 August  
**Clacton** Real Ale & Cider Festival 24-27 August  
Chappel Beer Festival 6-10 September  
Kings Arms Frating Harvest Festival 17 September  
White Hart Weeley Heath Beer Festival 27-30 October  
**Harwich** Winter Real Ale Festival 23-26 November

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

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