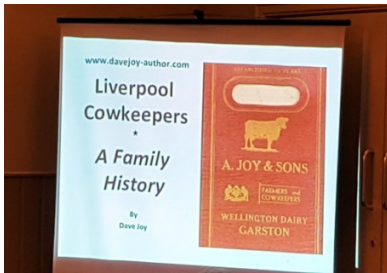




## LYMM WINE AND BEER CIRCLE NEWSLETTER AUGUST 2017

### LAST CLUB NIGHT - The Liverpool Cowkeepers



Dave Joy gave an interesting insight into rural life in the city. He told the story of how one of his ancestors moved from the Yorkshire Dales with his young family after a tragic event and joined other family members in a dairy in Liverpool. He also told of the rivalries between the various



cowkeepers and the competition from 'Railway Milk'.

### NEXT CLUB NIGHT – 20<sup>th</sup> September 2017

Cocktail Tasting by Mat Parrot

### WINE CIRCLE WEB SITE

This is a useful resource if you want to look at a past newsletter or check a phone number. If you haven't used this before you need to email Anna with a username and password e.g. pjones : Merlot69 .

**THE LOTTERY** – No. 54 winner is Kath Ward.

### AUGUST WALK

Anderton Nature Park turns out to be a medicine chest.



Only a couple of the plants we looked at were what you'd think of as 'herbs'. We saw a patch of Wild Marjoram, which is good for the digestion, and the essential oil made from it can be used for toothache, rather like Cloves. There was also some Peppermint growing wild. Peppermint is a well known indigestion remedy, hence after dinner mints.

Several of the trees growing there also have health benefits. Willow and Birch are both good for arthritis, and Hawthorn is good for the heart – including a broken heart. Gather the berries in the autumn, steep them in brandy until Christmas, strain them off and then drink a small glass every day for the good of your heart. Elder, known traditionally as the countryman's medicine chest, has all sorts of uses. The flowers, gathered in spring, make a pleasant tea that reduces catarrh and clears the passages, so is good for colds, sinusitis and hay fever. The berries can be gathered in autumn and used to make an Elderberry



Rob, rather like medicinal Ribena, to ward off colds and flu. If you ever eat the leaves or bark though, stay close to a toilet – they're powerful laxatives!

Anderton is also full of plants we'd generally think of as weeds – all sorts of things that aren't welcome in the garden. We started our walk with Nettles, which grow everywhere in the park. In Spring the leaves can be used to make a vitamin-rich soup, and as a medicine they're used for allergies and arthritis. Later in the year their seeds are good for kidney problems. Red Clover aids recovery from infections, especially with lingering swollen glands. Even Dandelions have their uses. The roots are a useful liver tonic, good for detoxification, and the leaves (as every school child knows) make you wet the bed – or at least pass more water, hence their traditional name in Devon of 'piddlybeds'.

Many thanks to Natalia Kerkham for leading such an interesting walk.

## NEXT WALK – Sunday 24<sup>th</sup> September 2017

Dingle Farm Tea Room, Dingle Lane, Appleton, Warrington, WA4 3HR at 11am. Walk to take about 1 ½ hours. Stay for a cuppa and bite afterwards if you want.

## CRAFTY WINOS



The Crafty Winos group is growing. David and Angela Smith joined at the last meeting, making an engine shed for a model railway track and felting resp.

The next meeting will be on the **6<sup>th</sup> September** at Kath Ward's starting at **7.30pm**. Bring along any craft you would like to do or learn something new.



**NB – parking is limited, so advised to car share where possible.**



## DINNER LIST

Any changes to the dinner list, please email Frank Smith. Let him know if you want to come off or want to come on. If you want to stay the same do nothing!!

## CARAVANNERS - August 2017

Many thanks to Fred & Hilda Aylin.



August Bank Holiday saw the last weekend camp for the caravanners and other members. It seemed a long weekend, as the first people arrived at Masham on the Tuesday before the actual weekend, and the last were leaving on the Friday afterwards. At one time it was thought that there would be more visitors than campers, but it eventually settled at 12 campers and 7 visitors. The most we have had this year, and we enjoyed their company.

They stayed at a very large house, the original home of the Theakston family, which has now been converted into holiday apartments, and entertained the campers there for coffee one morning.

The obvious highlights of the weekend were the visits (numerous) to both Black Sheep and Theakstons Breweries, and the sampling which went on, of both food and beer. Steve and Stewart did a brewery tour at Theakstons, which included 3 glasses of one third of a pint, so they could taste all six beers, and then someone else on the tour gave them another six as he was driving. The beer 'widows' only got coffee and crisps.



Other places visited included Bedale, Northallerton, Thorpe Perow Arboretum, Foxglove Covert Nature Reserve, which is in the middle of Catterick Camp, and requires a military escort to get in and out, and the Wensleydale Show. Some people also managed to fit in the odd walk.

As usual BBQ's, wine and beer were enjoyed each evening. Mr Hough obviously really imbibed well. He went round to all the caravans trying to find a home for a very large pair of sandals. With no takers he told Kath that he thought they must be Joan's, only to be informed that they were actually his. A Hough Cup contender!

Some of our usual campers didn't join us this time, but they were really missed, and we hope they will be back with us next year.

