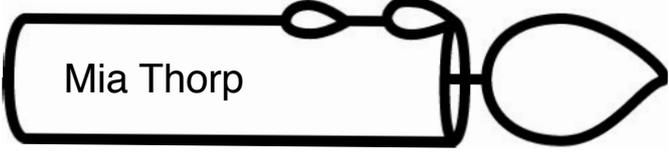
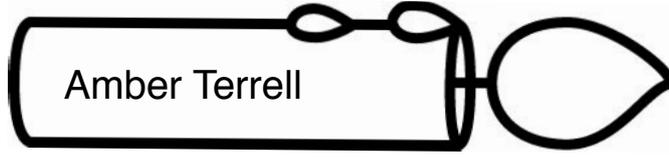
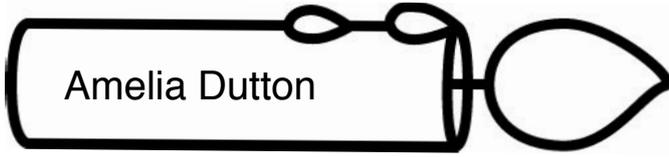


ANTROBUS VILLAGE NEWS



Mabel Prescott - Antrobus Rose Queen 2017

June 2017



HAPPY BIRTHDAY

- DATES FOR THE DIARY -



Pantomime Auditions



Friendship Club



Supper Club



FETE DAY!!!

Procession 1:30pm Knutsford Road



THE DEADLINE FOR SUBMISSIONS & ARTICLES FOR THE JULY/
AUGUST EDITION OF THE VILLAGE NEWS IS Monday 3rd July

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- PARISH COUNCIL -

Edited Minutes of The Parish Council Meeting on Monday 24 Apr 2017 at Antrobus Village Hall

Open forum. 3 Villagers attended. Broadband provision and land drainage were discussed.

The meeting started at 7:30pm

1. **Member resignation** – The resignation of Mr A Dunkley was noted and thanks were expressed for his contribution.

2. **Matters Arising**

Arley Hall Licence hearing 24 April – The increased capacity aspect of the licence application was withdrawn, but may return at a later date. Consultations will continue with objectors who were at the hearing and other local councils will be contacted.

HGV issues in Crowley – site visit to be arranged

Seating in village field – a grant is being pursued by the Village Hall

Cheshire 10k Race – no issues

Marbury Community Forum feedback - defer

Size of Minutes in Village News to be limited

3. **Planning**

3.1. Decisions by CW&C and planning applications in appendix 3 were considered.

3.2. Enforcement – the owner of a property of concern will be contacted.

4. **Highways**

4.1. Litter pick 1-2 April – a report on outstanding issues around the litterpick was received. **(17/18) RESOLVED** to have a budget of up to £50 to purchase replacement hi-vis jackets and pickers if they aren't found, and to print a banner. Advertising of the event should be boosted. CW&C refuse will be contacted as much rubbish is discarded from recycling lorries. Space in the loft to be marked out.

4.2. Speeding and speed guns – several complaints have been received. An article in the Village News will be placed to encourage a village team for using speed guns.

4.3. Gibb Hill water leak - fixed

4.4. New Highways concerns:

- Large pothole barbers lane

- Fingerpost pushed over at Reedgate Lane/Arley Road

- Knotweed on Knutsford Road to be reported

5. **Playground**

5.1. Inspection, repairs & insurance – Inspection report received. Following guidance on the Came & Co newsletter, qualified inspections to be streamlined to 2 a year in Apr and Sept. Grass cutting solution to be identified.

6. **Accounts & Finance** - The accounts were noted.

7. **New Website**

7.1. A progress report from the Website Working Group was received.

7.2. **(17/23) RESOLVED** to fund a £150 extension to the menus subject to advice to be given to the clerk by the working group.

7.3. **(17/24) RESOLVED** to close the current website hosting, and open the new website after few weeks delay, subject to advice to be given to the clerk by the working group.

8. **Village shop** – A report was received outlining the work done exploring whether the Localism Act could be used by the council to help the village protect the shop for the future. No viable proposals could be put forward.

9. **Land Drainage** – **(17/25) RESOLVED** to set up a land drainage working group to encourage coordinated action on local streams in order to protect from floods. Members to be Mr C Wright (lead), Mr D Hankey and other villagers.

10. **Quick Reference Book** – The Communication working group will meet to plan an issue.

11. **Open Forum, Representatives, Committees & Working Groups**

11.1. Reports from Kitchen Garden Committee – Potting Shed up.

11.2. Rural Broadband – ongoing. Subsidy available if speed under 2MB.

12. **Notable Correspondence**

Electoral review consultation to 5 Jun. (www.consultation.lgbce.org.uk). Clerk to respond that existing Parish Councils in our Ward have common interests so request no change.

Arley Hall events schedule

Road resurfacing Wheatsheaf Lane

TATA Incinerator plan – complaints by 19 Apr

ActiveCheshire – team west

PARISH
COUNCIL

- PARISH COUNCIL -

The Meeting ended at 9:58pm

The next meeting is the **Annual Meeting on Monday 15 May 2017 at 7.15 pm** at the Village Hall.

Appendix 3 Recent planning decisions by CW&C

17/01522/FUL Birchfield Foggs Lane CW9 6JQ - Single storey extensions to side rear and front – *no objection subject to what is stated in the planning statement (Apr 2017)*

17/01513/HHE Antrobus House Farm Barbers Lane CW9 6JP - Single storey rear extension - *no objection (Apr 2017)*. 17/00837/AGR Morris Farm Knutsford Road Antrobus Northwich Cheshire CW9 6NH - Steel framed agricultural building (for info). 17/00752/FUL Shawbrook Farm Keepers Lane CW9 6NP; 16/05270/S73 - Fairbank Farm Sandy Lane CW9 6NU – awaited

Edited Minutes of the Annual Parish Meeting held on 15 May 2017 at Antrobus Village Hall

The meeting started at 7:20pm 12 people attended

1. Parish Council Accounts

A report was received on the Parish Council finances compared to the previous year. The detailed accounts will be published when the internal audit is complete.

Accounts at 31st March 2016 (subject to internal and external audit)

Opening Balance	£ 30,395.37
Income	£ 16,422.55
Expenditure	£ 26,593.13
Closing balance	£ 20,224.79

Expenditure rise is mainly due to £17,408 spent on the Playground, though £3,481 will be refunded from VAT. A precept of £11,128.00 has been set for 2017-18.

2. Other concerns

The following concerns were raised by villagers:-

Arley Licence to increase capacity for events

- The Parish Council was thanked for their detailed submission before the recent hearing. Arley management decided to withdraw their application as the CW&C solicitor stated that they already in effect have an unlimited licence. It is now a planning issue with Cheshire East as the impact of unlimited events should be scrutinized under Planning Law. The Parish Council will continue to press for an acceptable resolution.

15 Dwellings planning application

- Maintaining affordability in perpetuity. Who is able to enforce the arrangement?
- Rented affordable housing schemes ensure the equity remains an asset for the community. It is not clear how purchase schemes could achieve long term affordability.
- The definition of affordable – related to market value – doesn't mean it can remain affordable to local people whose income is linked to local salary rates. They should publish sale prices and transparent costings.
- It was stated that the applicants said they had put their own names against a property on the basis of working in the area. Is not the criteria therefore too loose? Also, is it too soon to allocate names to houses as the allocation process has not been defined?
- The cul-de-sac should have houses at the end to discourage expansion into the neighbouring field at a later date.
- Privacy for those living on the side of Manley Close was questioned.

A Parish Councillor responded that these matters should not be left to negotiation after the consent, but set out for public scrutiny. The Parish Council has demonstrated it appreciates the issues by innovating ahead of its time with Manley Close. It's case is that the application is incomplete and not a suitable basis for consent and should in its view be supported by the Local Authority.

3. Chairman's report on Parish Council Activities over the year

Antrobus Parish Council Annual Parish Meeting Monday 15th May 2017 -
Chairman's Report

PARISH
COUNCIL

- PARISH COUNCIL -

It's been another busy and challenging year for the Parish Council. Looking back over the year, it is surprising just how many and varied activities and issues we have been involved with. Also surprising is the length of time some of them go on for. Some examples of the PC activities this year include:

Japanese Knot Weed, Fire Hydrants, Busses & Bus stops, Dog Fouling
Road Race, Hedge cutting & tree pruning, Litter Pick And the list goes on.

I only mention this to highlight the importance of the Parish Council as a point of contact for the village. Every parishioner can raise the issues that are important to them and we aim to help them or resolve their issues.

The main items to be mentioned are:

Planning Through the year there has been the regular applications for extensions, conversion of farm buildings etc. The PC over-see these applications and try to ensure they are right for the village. There have been 2 more exceptional applications this year

- i) the recent application for 15 houses near the village centre. The PC must consider whether the development as a whole is appropriate for the village and if it is, then ensure the detail delivers what is expected.
- ii) The second involves the application by Arley Estate for additional visitor capacity. This may have a big influence on our village

I must also mention the S106 on Manley Close. This issue goes on and on. We are still working on it and are determined to get it right.

Finance You will see from the year end accounts we have spent a not inconsiderable amount of money this year and I believe achieved some lasting benefits from the projects including improvements to the playground, painting of the finger posts (about to start), 30mph signs at Frandley. All good work and we still end the year in a comfortable financial position should the reserves be needed

Other Activities A new Parish Council website (due out in June), the on going battle for better broadband, HGV signs still being awaited, drainage in the village centre and again the list goes on.

I would like to record some thank you's. First to Andy Dunkley. We are very sorry he is leaving the Parish Council and what a lot of good and hard work he has done for us. There is now a vacancy on the PC for which we welcome nominations. Secondly, thanks to my Vice Chairman, Stephen Barker, for standing in for me when necessary and also for his in-depth knowledge of the planning system. Thanks also to our Clerk, Simon Palmer. He puts in a great deal of hard work and his help and support through the year is much appreciated. Lastly but not least, thanks to all the Parish Council members for giving up their time throughout the year not only for the regular meetings but for helping with the Queens Birthday celebrations and for all their help to organize the Chairman's Charity Ball. A fantastic £3100 was raised for Cancer charities. So, once again, thanks for an active and successful year.

Roger Sutton, Antrobus Parish Council Chairman

Antrobus Parish Council contact details and next meetings

The next 2 Meetings of the Parish Council are on Thurs 25 May for the 15 Dwellings planning application and Full meeting on Mon 19 June at 7:15pm at Antrobus Village Hall. All villagers are welcome to raise any issues. **Please note there is a vacancy for Parish Councillor and the accounts will be posted on the website or seen by contacting the clerk.**

Chairman	Roger Sutton	01565 777375	Carol Bunn	01606 891692
Vice-Chair	Stephen Barker	01565 777687	Paul Harrison	01606 892151
Councillors	Phil Pugh	01565 777454	Simon Batey	01565 777206
	Chris Wright	07779 722661	Victoria Gallimore	07790 611475

Clerk Simon Palmer, 1 Merryfall Cottages, Goosebrook Lane, Warrington WA4 4PT
01606 891462 email: antrobuspc@yahoo.co.uk or www.antrobus.info



PARISH
COUNCIL

- COMMUNITY LIFE -

ST MARK'S ANTROBUS – Knutsford Road, CW9 6JW

- 4th June** 10:30am Pentecost - United Service of Holy Communion Celebrant
Revd. Alec Brown
- 11th June** 10:30am Trinity Sunday - All Age Service
- 18th June** 10:30am Holy Communion Celebrant Revd. Keith Hine
- 25th June** 10:30am Service of the word
- 2nd July** 10:30am Fete Service
- 2nd July** 6:30pm United Service at Chapel

Everybody is welcome to all

Can anybody use some logs, already bagged and can be delivered for a donation to St.Mark's restoration appeal. Contact Chris Taylor



ANTROBUS METHODIST CHAPEL – Barbers Lane, CW9 6JP

- 4th June** 10:30am United Service at St Marks
- 11th June** 6:30 pm Mrs Angela Huntley
- 18th June** 6:30 pm Rev Stephen Froggatt
- 25th June** 6:30 pm Rev Mark Coles with Holy Communion
- 2nd July** 6:30 pm Rev David Easton – United Service

Flowers: 11th Jun: Mrs A Chapman; 18th Jun: Mrs J Pitchfork;
25th Jun: Mrs J Bennett; 2nd July: Mrs D Sullivan



FRANDLEY QUAKER MEETING – Sandiway Lane, Frandley, CW9 6JE

Everyone is very welcome to come and try a quiet Quaker Meeting.

Meetings for Worship start at 10:30 am on Sunday mornings and usually last for an hour, although you can stay for less if you prefer.

We have a Children and Young People's activity-based Meeting at the same time.

For further details contact Gill Alcock 01925 730153

or eastcheshirequakers.org.uk



- COMMUNITY LIFE -

ANTROBUS FRIENDSHIP CLUB

Our last meeting was held on 3rd May 2017. We were entertained by John and Ann who sang songs and played a combination of guitar, banjo and ukulele and backed up by Phil on bass guitar. They chose a mix of various styles from Country, Folk and Sixties music. John also did a favourite monologue – Runcorn Ferry – it seemed like the majority of people knew the chorus line in that one!

We started the meeting as usual by singing 'All Things Bright and Beautiful' but this time accompanied on the guitars which was a nice change.

Tea, Cake and our regular Raffle followed on after the entertainment.

We were so sorry to hear of Marcia's passing. She was a member of the Friendship club and always had a cheerful comment for us. We will miss her very much and we all signed a card to send to Vic.

Our next meeting is on Wed 7th June when we will be going out for our Club Birthday Lunch at the Moorings. We are looking forward to that and a few other outings over the summer months.



FRIENDS OF ANTROBUS ST MARKS SCHOOL PTA 100+ CLUB

The Winners for May 2017 were **Louise Woodfield** £25.00 & **Chris Tratalos** £5.00.

On behalf of Friends of Antrobus School, we would like to say a massive thank you to Marian Hankey, an original founder of the 100+Club. Marian has worked tirelessly running and supporting the mini lottery for the past 30 years and has recently handed over the baton. Founded in 1987, the 100+Club has provided Friends of Antrobus funds to help buy school essentials... All weather pitch, iPads, theatre trips and transport to enrich each child's school experience.

During the past 30 years Marian has raised approximately £21,000 for Antrobus St Mark's School while running the 100+ Club - What a marvellous achievement. Special thanks to Marian once again for doing an amazing job for our village school.

New members are needed to help us continue Marian's great work, so if you're interested in joining the 100+ CLUB please contact St Marks School and speak to Sue Lawless on 01606 288800 to request an Application form.



- ANNOUNCEMENTS -

ANTROBUS VILLAGE FETE ROSE QUEEN 2017!

Hi, I'm Mabel and I am 12 years old. I have lived in the parish since I was two years old and have been involved in every Fete Day since I came.

I enjoy playing with my dog Cookie, watching and reading Harry Potter (next year you should definitely consider a Harry Potter themed fete day!) and hanging around with my friends!

I used to go to Antrobus school and have recently moved to St Nicholas High School. I miss seeing my friends from primary school but will be looking forward to seeing a lot of my friends on fete day. Also lots of my family are coming to watch me so that will be exciting too!

I am really proud to be Rose Queen and I hope everyone has a fantastic day, i look forward to seeing you there (◡‿◡)

National Gardens Scheme

The Old Parsonage, Arley Green will be open for the National Garden Scheme on Saturday 3 June and Sunday 4 June, 2016 from 2.00 – 5.30pm.

Plant Stall, home-made Teas.

Entrance £5.00. (One quarter goes to Save The Children Fund).

The NGS is a great supporter of Marie Curie Cancer Care and Macmillan Nurses among many other charities it supports.

The Old Parsonage, Arley Green, is reached via Arley Hall and Gardens. Look for signs to Arley Green at the central crossroads at Arley Hall.

There is a 2 acres garden in an attractive and secretive rural setting, with yew hedges, roses and herbaceous plants leading to woodland area with some unusual trees and shrubs, with pond and gunnera, rhododendrons and azaleas, meconopsis and cardiocrinum. Wheelchair access over mown grass.

LIBRARY VAN

Tuesday 6th June
Tuesday 27th June
10:10 - 10:30 am

Antrobus Village Hall
(School Lane Car Park)

The library van has a range of books for adults and children, both fact and fiction and the helpful, friendly staff are always happy to assist if you are looking for something in particular. There is a lift for those who might find the steps difficult.

After the tragic events at Manchester Arena last month we offer our deepest sympathy to the families and friends of the innocent victims who lost their lives and the many more who were injured. Please hold them in your thoughts.





ANTROBUS VILLAGE FETE

Antrobus Fete on the Farm Saturday 1st July 2017



Rose Queen Procession at 1:30pm

Tickets: £2.00 per adult and £1.00 per child (babies in pushchairs are free)

A fun-filled family event for all ages!

Dress Code: Farmyard Fun!

Art/Creative Competition: Garden on a plate

Sale Brass Band Antrobus St Marks School Choir Elite Dancers Northwich
Ribbon Dance Tough Udder Obstacle Course Welly Wanging
Made in Antrobus Local Produce Tent Grand Draw Raffle Egg Throwing Auction
Children's Races Bouncy Castle Face Painting Bottle Tombola
Pimm's Tent BBQ Refreshments

KINDLY SPONSORED BY THE ANTROBUS ARMS

***Don't miss out on the amazing Grand Draw Raffle
& Auction Prizes!***

Arley Hall Pass Ego Mediterranean Restaurant meal for 2
Helicopter experience for 2 people
MOT Percy's Autos Hartford Golf Course round for 4
Nantwich Show family ticket Manchester United signed shirt
Village Shop Hamper plus many other excellent prizes!!!



★ **WE NEED YOUR HELP** ★

Bottle Tombola & Crockery Donations

Unopened alcoholic & non-alcoholic bottles
Unwanted damaged/old crockery for crockery smash stall

Weeks commencing 12th & 19th June

The committee will be collecting door to door or you can drop donations off at any of these addresses:

Chris Wright
Antrobus Hall Farm,
Barbers Lane

Marion Hankey
42, Knutsford Road

Christina Millachip
Woodlands,
Hall Lane

KINDLY SPONSORED BY THE ANTROBUS ARMS

- ANTROBUS EVENTS -

Antrobus Pantomime

Alice and Friends in Wonderland

We announced that this year's panto is going to be Alice and Friends in Wonderland in last month's Village News. We've got the script, we've got the director, now we need the cast and crew!

DON'T FORGET:

The Pantomime Auditions are coming up in June! Do come along to one of the auditions; there is no need for you to prepare anything. Children must be 8 years old by the time of the performances.

Audition Dates:

Please come on **Sunday 4th June 3pm – 5pm**

Or (if you can't make the Sunday) come instead on

Thursday 15th June 7.30pm – 9pm

Performances:

Friday 26th January 2018

Saturday 27th January 2018

Sunday 28th January 2018

So don't be shy, but even if you are a bit shy ... there are small parts but just as importantly you might be able to help us either on stage or behind the scenes please let us know. It's just great fun to be involved front or back stage as well as on stage! Any questions about the auditions this month please don't hesitate to contact Janet on 07565 525029 or on email janetmfeatonby@gmail.com

ACT Nominations: We are also delighted to tell you that for last year's pantomime, Mother Goose, we have received nominations for several possible awards by ACT (Association of Community Theatre).

If you were involved or watching in January it will be easy to see how these particular cast members were nominated :

- Helen and Jane for their amazing comic character interpretations
- Mary for just being really mean and evil
- Chris for being a smashing, if somewhat gullible, Mother Goose
- And Shane for being the Goose!

We are invited to a Gala Award dinner in July to see who might have won – just as exciting as the Baftas.

Other contacts: Helen on 07775 437363 or Ann on 07786 072607

SUPPER CLUB

Thanks to all of those who joined us at the April evening, I think everyone enjoyed themselves.

In addition we received donations for the East Africa Appeal, which amounts to £637.50

So a big **THANK YOU** to all.

Our next evening is Friday June 16th.

So don't miss out!

SAVE THESE DATES FOR THE NEXT SUPPER CLUBS

13TH OCTOBER & 8TH DECEMBER

•••••
• **Tickets from the usual sources** •
• Village Shop •
• Annie 07768868647 •
• Heather 07817 771172 •
• Sarah 07979 941798 •
•••••

- VILLAGE JUNIORS -

Nursery News

The theme for the term has evolved from growth and change in plants to looking at insects and other mini beasts, so we have a selection of tiny eggs (stick insects etc) and little caterpillars in nursery at the moment. The children love learning about mini beasts and are very excited about the caterpillars becoming butterflies. They are all hoping to take a pet stick insect home! And we are hoping they can too - they are fast breeders. Vicki, the teacher completing her NQT has been a great help and has planned some very exciting activities for the children, she is very dynamic and the children and staff are learning a lot from her so it's a bonus all round. Claire has settled in well and is considering taking up working full time in early years.

We are still looking for someone with clerical experience to help out for a couple of hours week, child care can be offered if needed too. Please ring the nursery for more details.

We welcome mums and toddlers to join us on Mondays from 9.15 to 10.15 for a messy play session. This is an open session so please come if you want your child to meet other children.

We offer music and movement, music, French and yoga sessions as part of our curriculum

We take children from 6 months old up to school age on a sessional or full time basis and provide holiday cover if needed. We are registered for government grants for all children aged 3 and over and for children aged 2 who meet the criteria - please ask for further details.

We will be open from 8.30am to 5.30pm and during the school holidays. We will also take younger school children during the holidays

phone us 01606 892323 Email - antrobuspreschool@tesco.net
Sandiway Lane CW9 6LD

Antrobus St. Mark's CE Primary School Friends of Antrobus PTA

Coming up this term!:

Family BBQ on sports day, **Fri 23rd June**
Children's clothing and uniform sale, **Wed 12th July**

Major fundraiser TBC....watch this space!We are always looking for additional support either from people wanting to assist at events, or by donating to our cause. Please do get in touch if you are interested in supporting us in any way.

We look forward to seeing you soon!
Sarah Williams (Chair, Friends of Antrobus PTA)
friendsofantrobus@gmail.com 07894 314773
Friends of Antrobus PTA
www.easyfundraising.org.uk/causes/antrobuschool/



- VILLAGE JUNIORS -



1ST ANTROBUS & COMBERBACH SEA SCOUT GROUP

Since Sept 2016 we've said goodbye to two of our Scouts, George and Jack, and hello to three new ones – Nick, Ollie and Ben, giving us about a dozen members.

We started the year with a BBQ cooking night, at Anderton Village Hall – egg fried rice and sausage meat kebabs on open fires. Very tasty. We have also had a couple of Troop wide games in Marbury Park (large games of tig) with teams trying to get plastic bottle tops into a bucket without being caught by the opposition. Predictably, our Fire Lighting night started with light drizzle and progressed to proper rain. But, we seem to be quite good at fires now, and soon had four fires raging nicely.

Despite losing some old hands, we entered two young teams for the District Night Hike in March. The route took them from Barnton Scout Hall to Marbury Park, and back again through Kennel Wood (opposite the nursery on Marbury Rd). We thought we'd done rather well, and the tension mounted over bacon butties and hot chocolate as the top places were read out in reverse order... We had got 3rd place (out of 16) – cheers all round. And then the other team were announced as winners! Even louder cheers. Sadly, in the celebrations, I forgot to take a photo of our worn out heroes, but well done to Wolfie, Bradley, Daniel and David (3rd) and Billy, Ben, Logan and Isaac (1st). Many thanks also to the parents who helped out to make it possible: Susan (on the scoring spreadsheet, although I'm sure this had no influence on the results!), and Matt and Iain on Fire Lighting.

We have also put in an appearance at Knutsford Leisure Centre, to earn our swimming badges and practice Survival Positions in buoyancy aids, so equipping us for...

...Water activities – mainly kayaking and rafting down at Budworth Mere on a Thursday evening are our main summer term activity. At the time of writing, we've had our first kayaking outing. Thankfully, we had no capsizes – the water is definitely colder at this time of year.

So, if you are aged between 10 and 14, and want to join us, contact either:

Paul Underwood (Scout Leader) 07725 150 928
Robert Doel (Assistant SL) 01606 89 17 89 or 07526 723 516

And "be prepared"...

- THE GREAT OUTDOORS -

Great Budworth Garden Club

The parish hall was packed to capacity at our last meeting, when it was Members Evening, and we enjoyed strawberries and cream, prepared by our teas committee.

Our members Jenni and Nigel Pemberton, have created a village community allotment in Antrobus, which has been designed over the last six years, from a poor piece of land, generously given to them by the late Evelyn Bolshaw, and they have planted an Rosa Evelyn in her honour, a wonderful tribute to her.

They, and a group of friends have worked wonders, and this is now a show piece, gardened organically with abundance of produce for everyone to eat.

They have dinner parties, and tea parties for themselves, and from the excellent slides had fantastic food and great friendship. All their implements, sheds and tools have been given by residents of Antrobus, and now they are in a position to buy special items that they need themselves with profit made during the year from sales of produce.

What an amazing achievement, we were all in awe of what they had done, and the talk was delivered beautifully by Jenni, and plants sold by Nigel with the help of their assistant Janet.

They were thanked enthusiastically by June Wilkinson.

We are looking forward to an fabulous garden holiday in the NE of England, arranged again by Henri and Lynda Giller, to which we are eternally grateful, and we all know that it will be excellent as usual.

The next meeting is on Tuesday 13 June, when Barry Grain, head gardener at Cholmondeley Castle in Cheshire, will be the speaker.

Any information, please contact me in the first instance, Jean Davies on 01606 892383 / 0789 993 7683.

■ First cuckoo of the year heard (by us, anyway) in a copse near Top Withens farm (Emily Bronte's 'Wuthering Heights') above Haworth on the last day of April.

■ We haven't heard a cuckoo call in Antrobus for a while now.

COLOURING
IN FUN



- THE GREAT OUTDOORS -

CHAMOMILE - herb of the mid-summer sun

by Helen Phillips

Chamomile (*Matricaria recutita*) is a cheerful plant with daisy-like flowers that, at this time of year, can often be found growing at the edge of agricultural fields. The fresh flowers are rich in essential oils and, when crushed, release a gorgeous apple-scent that is uplifting and comforting.

This lovely herb has been a popular medicine since Ancient Egyptian times, and was said to be governed by the Sun and so considered a warming and relaxing medicine.

Chamomile flowers (fresh or dried) can be drunk as a warm tea to enhance sleep quality and soothe anxiety and tension and can be sweetened with a little honey, if you prefer. Due to its relaxing effect on the muscles of the gut, it can be drunk to ease stomach cramps, bloating and 'butterflies' in your stomach. Chamomile can also help ease tension headaches, and its anti-inflammatory action makes it a popular herb in the treatment of eczema and inflammatory bowel conditions. It is my herb of choice for babies and children as it is gentle yet effective and I regularly give my children cooled chamomile tea – they love it!

A strong infusion of the flowers can be used as a rinse to make blonde hair brighter and, in the garden, it is the 'companion' plant supreme, having the reputed ability to heal any ailing plant that it is planted next to!!

The following recipe uses chamomile flowers and conjures up the sweet scent of an English summer.

Chamomile cream and summer strawberries

250ml double cream

Chamomile flowers (fresh, or dried from 2 good-quality herb teabags)

1tbspn sugar

Strawberries

Gently warm 125ml of the cream and just before it bubbles, remove from heat and add the flowers from the teabags to the cream. Stir well and set aside for 20 minutes. Transfer to a bowl and place in fridge to chill for a couple of hours.

Strain the chilled cream through a fine sieve and add the remaining 125ml cream and 1tbspn sugar. Whip to form soft peaks. Serve with the strawberries and enjoy!!

A talk and tasting session

Medicines from the Antrobus hedgerows

Monday 12th June 2017 9.15 - 10.30am Antrobus Village Hall

Free of Charge, All Welcome

with Helen Phillips, Registered Medical Herbalist MSc, MCPP, MNIMH



- COMMUNITY HUB -

- **Calling all Artists, Crafters, nimble fingered and other talented people.**
- What do you enjoy doing - painting? Photography? Woodturning? Willow weaving? Embroidery? Knitting? Jam making?.....
- Whatever it is that you enjoy, make something for our exhibition to be held in the autumn in St Mark's Church.
- The only 'rules' are that it is a suitable size to fit in the Church. So, whether you are 3 or 103, get busy making your exhibit.

Hi Speed Broadband for the Arley community in Antrobus – Update

You may have seen my article in the March edition of the Village News. Since then 86 homes have joined the Antrobus/Arley community to lobby BT for faster broadband. All of the information was sent to BT in early April but I have yet to hear when they will provide pricing for an upgrade to all 86 homes. As a reminder BT and Connecting for Cheshire have no plans to upgrade Arley numbers (those beginning with 777), so I have set up a "community" for which BT are obliged to provide an upgrade price.

Richard Betts rabetts@btinternet.com

Restoration update – St Mark's Church, Antrobus. May, 2017.

Snowdon sponsored walk

Twelve walkers and two dogs made the summit of Snowdon on Saturday 20th May after a thoroughly wet climb, with very poor visibility and, at the summit, strong winds and very low temperatures! Not to mention a really crowded cafe!

In spite of the weather it was a thoroughly enjoyable adventure – from staying overnight on the Friday at the Snowdon Ranger Youth Hostel to a convivial few drinks at the Cwellyn Arms Pub down the road from the Hostel where, amongst other things, the world was put to rights! There were a lot of walkers, fell runners and visitors on the mountain that day, and conditions were far from ideal, with very poor visibility and wet and slippery rocks, making the descent especially tricky. Our party all made it safely back to the Rhyd-Ddu Station Car Park, from where we had set off, and on the way down were able to give assistance to some walkers who were in difficulties. All in all it was a great commitment and effort on the part of everyone – so on behalf of St Mark's Church a huge WELL DONE AND THANK YOU!

The final stages of the work should be taking place over the next few months, ready for the weekend of 15th – 17th September when there will be a wonderful flower festival in church, a beer, band and bangers event and the Bishop of Chester in attendance on the Sunday to "sign" off the whole restoration and re-ordering project – please make a note in the diary and make sure to come along. It has been a long and sometimes hard slog I know – but definitely worth it and it could not have been achieved without the enthusiastic and generous support of the people of this wonderful Parish – that's YOU ALL!

I would like to remind everyone that the church is open on Saturdays and Sundays throughout the summer and autumn, so please drop in and see what has been done.

There is also still the opportunity to make a contribution towards a memorial window in the Porch – please have a chat with me about this if you are interested.



The Revd Alec Brown.

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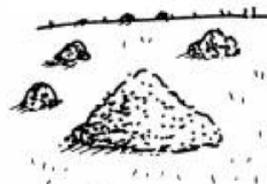
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