



The Cellar

The Official Newsletter of the
Colonial Ale Smiths & Keggers
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Visit CASK on the web for the latest news, photos, recipes and updates: <http://www.williamsburgbrewing.com/CASK>

Inside *The Cellar*

What's Going On? <i>Club News and other notes</i>	pg.1
Legalize It <i>A very special anniversary</i>	pg.2
Share the Brew <i>Teach a friend to brew day</i>	pg.2
A Big Success <i>Club-Only recap and thanks</i>	pg.3
From Austria to Germany <i>Vienna Lager, Altbier and Koelsch</i>	pg.4-5
History Lessons We Like <i>Two CASK historic recipes shared</i>	pg.6
Tennessee Beer <i>Rocky River Brewing review</i>	pg.7
We Knew it All Along <i>Hops make beer healthy</i>	pg.8
What the Future Brings <i>Upcoming competitions and events</i>	pg.9

More Beer In October

In addition to the regularly scheduled Alt Bier and Koelsch tasting, CASK will highlight beers that fall under the Historic/Experimental Category.

The club's efforts with this month's Club Only Competition has inspired several local homebrewers to try recreating a few unusual and forgotten styles of beer.

While some of these beers may have been tasted the afternoon of the recent Club- Only Competition, the October CASK meeting is a great time for the whole club to experience a taste of history. The monthly meeting also provides a great format for the brewers to explain the unique ingredients and techniques, which set these beers apart from those styles that even homebrewers have familiarity. ■

Monthly Beer Style Change

This October, there will be a change in the beer selection. While we will still feature Alt and Koelsch, we will feature a specialty/experimental/historic beer presentation. CASK will offer beers by members including kegs of Harrison's Gotlandsdricka, Ramon's Colonial Molasses-Ginger Beer and his low alcohol Ginger Shandy, Norm's low alcohol dark ale, and Frank's Original Porter. CASK also has some leftovers from the competition that express the wide range of beers entered. *See recipes on pg. 6* ■

Alt and Koelsch Tasting

Just as CASK finished its Club Only competition, another one is just around the corner. The next one is the Alt and Koelsch Category hosted by Pacific Gravity in Los Angeles — "Rhumble on the Rhine: Altbier and Koelsch Competition."

This is Harrison's old club, so if you have any versions that you would like to send please bring at least 3 bottles for our club's taste off. The best one will be sent after the meeting to LA to represent CASK. Keep an eye on the schedule for future club only competitions as well as any other competitions as you plan your next batches. ■

CLUB NEWS

Winners of the Category 24 Club Only Competition—Congrats!

1st -Mark Neil of Romeoville, IL

Beer: Coffee Imperial Stout
Club: UKG - Urban Knaves of Grain

2nd - Frank Spirek of Albany, OR

Beer: Leipziger Gose
Club: HOTV Heart of the Valley Homebrewers

3rd - Richard Weiss of New Bern, NC

Beer: Open House Wheat
Club: ATF

Happy Birthday Homebrewing: Anniversary of our Beloved Hobby's Legalization

On October 14, 1978, President Carter signed House Resolution 1337. Senate Amendment 3534 to that resolution called for equal treatment of home beer brewers and home winemakers. This law allowed that brewing up to 100 gallons per adult or up to 200 gallons per household per year was permitted for home use.

The amendment was proposed by Senator Cranston of California, Senator Schmitt of New Mexico, Senator Bumpers of Arkansas and Senator Gravel of Alaska. The original resolution limited the quantity of homemade beer at a residence to 30 gallons, which was countered by Senator Cranston who stated that "Beer must be aged to acquire an acceptable taste—meaning it should not even be tasted until 2 months from the day the yeast was pitched. And 3 months is better. Many homebrewers have multiple batches going and with the standard 3-month aging period, the 30-gallon limit would penalize them by reducing the amount of beer they would be allowed to make in a calendar year."

It took nearly 45 years from Prohibition to get this far. In 1919, the 18th Amendment outlawed the manufacture, transportation and sale of alcoholic beverages. Prohibition was repealed in 1933 by 21st Amendment, but this path did not reopen for homebrewers.

Though homebrewing of wine was federally legalized with the repeal of Prohibition in 1933, homebrewing beer was not recognized. It wasn't until 1978 that Jimmy Carter signed a bill legalizing the manufacture of beer at home. However, the Constitution gives states the authority to regulate alcohol production, transportation and possession.

Although it is recognized by federal statute, a few states still have not legalized the home production of beer. According to American Homebrewers Association (AHA) 33 states have legalized homebrewing while 10 do "not statutorily recognize" homebrewing. In most cases, there is not a law stating people can't homebrew, but there are statutes specifically stating a person can make wine and cider at home.

Homebrewing beer was never included in the law because there was no reason to. Homebrewing is "possibly permitted" in seven states, meaning no law exists legalizing homebrewing, but some court decisions seem to say it is legal. AHA started the homebrew Legalization Campaign that is working to legally permit homebrewing in all 50 states. ■

taken from the AHA website <www.beertown.org>

Teach a Friend to Brew Day: Beer, Chili and Good Ole' Fashioned Fun

Each year on the first Saturday in November, CASK invites non-brewing and brewing friends and family to celebrate Teach a Friend to Homebrew Day and brew a batch of beer together. This year is no different, as CASK members will gather at the Williamsburg Brewing Company Saturday Nov. 1, 2003 for a day of brewing and comradery. This event provides a great opportunity to show everyone what a great hobby we share. It also provides us with chance to get together outside of our usual meetings to brew and share our past homebrews with one another. One of the unique features is that there are always extract and all grain batches going at once. If you have questions about learning new techniques are just honing your skills this is the day.

In addition to the brewing and beer, CASK is bringing back the November Chili Cook-Off. Last year I think we had more chili entries than batches of beer. Prizes will be awarded for BEST CHILI, HOTTEST CHILI, and MOST ORIGINAL CHILI. So go out there and burn them up.

Mark your calendars and keep November 1st and leave it open for Teach a Friend to Homebrew Day. Brewing begins at 10:00 a.m. and the Chili tasting is at 1:00 p.m. We hope to all of CASK there along with family and friends. ■



Homebrewing also helps refine creative space management and vertical stacking skills as seen here in a cramped apartment's spare closet space.

THE CELLARMASTER

by Harrison Gibbs

A Big Success

The Club Only competition this weekend exceeded all expectations. All of the hard work and enthusiasm of the CASK members who volunteered made the event a big success. It was a large task judging 38 entries from all across the country. In addition, we had seven judges who are not cask members and who belong to other more established clubs. Pulling together, we demonstrated what CASK is capable of accomplishing. In their comments, the judges all remarked about the helpfulness and knowledge of the CASK volunteers. However I would like to specifically thank those of you who came out and made the event possible.



First, let me thank George Danz, Frank Clark, Hugh Burns, and Tim Peltier who put their taste buds to the test as judges. The beers were all so different you could never get bored, but that also made judging all the more difficult. Literally, they had to compare maples and oranges.

Ramon Rodriguez did a great job of getting us almost all the qualified judges in this part of Virginia, especially after Isabel knocked out power and cut us off from the rest of the world. We had seven non CASK judges, from as far away as Leesburg and Greenville, NC. One clear benefit comes from the contacts we have now made among the other clubs. Ramon also provided two kegs to keep our whistles wet, a colonial molasses and ginger beer as well as a ginger shandy.

Norm Schaeffler organized the cataloging of all the entries and kept up the data as the scores came in throughout the competition. While most of us were sampling the entries, Norm continued to keep everything organized.

The most glowing comments from the judges concerned the venue of Chownings Tavern. For that, we have Rob Brantley to thank. It was the ideal location. Rob was able to keep both us and the Chownings staff happy, even when we had conflicting demands. The atmosphere was thick with tradition and history as we sampled beer styles that were probably once spilled on the same floor boards 250 years before. Maybe the biggest surprise for all the judges were the schrub glasses, which I believe combine with

the tavern setting to make our event the most stylish competition in history. Rob also did a great job with the rolls, which he baked in the brick oven at CW.

Finally, I want to thank all the stewards who kept things moving with nary a hitch. Gene Hackney, Brian Hershey, Lawton Maner, Louise Schaeffler, Marta Sanderson, and Don Welsh did a great job seeing that beers made it to the judges, the score sheets made it to Norm and that everyone was happy.

Thanks to all of you, this was a wonderful event. It showcased the spirit of homebrewing and what the hobby represents in regards to the traditions and creativity of American brewing. As I looked over the varied lists of entries I was struck by the literal joy of homebrewing expressed in the fantastic styles and attempts. While some beers were more successful than others, they all contained a real love of the craft and the joy found within it—the one important ingredient shared by all entries. ■

More Competition News

In more competition news, Harrison Gibbs won 3 ribbons at the 7th-Annual Pacific Brewer's Cup. Held the same day as the CASK event, the AHA sanctioned competition is hosted on a rotating basis by the Strand Brewers' Club, Pacific Gravity in Culver City (Harrison's old club), and the Long Beach Homebrewers.

1st Standard Cider, from the apples pressed in 2001 with his brother in Winchester; 2nd Specialty/Experimental/Historical Beer, for his Gotlandsrika, a traditional ale dating back to the time of the Vikings but still brewed on the island of Gotland. (This beer represented CASK at the recent Club Only held at Chownings Tavern and will be on tap at the October CASK meeting) 3rd Spice/Herb/Vegetable Beer, for his Ginju Ginger Ale. ■

Quote of the Month

"Mother's in the kitchen Washing out the jugs; Sister's in the pantry Bottling the suds; Father's in the cellar Mixing up the hops; Johnny's on the front porch Watching for the cops."

— Poem by a New York state Rotary Club member during Prohibition. 25th

BEER STYLES: Vienna Lager

It's the kind of beer that's so good, it should be enjoyed from massive glasses—the the kind you might find in Bavaria 'round this time of year. In them, the Vienna lager, a delicious amber red lager with a soft but pronounced malty aroma and palate. Even if you aren't a geography nut, you might notice an inherent contradiction already. Bavaria, that's in Germany right? And Vienna, Trebec said something about that being in Austria, right?

So far so good. So how did a style that grew up in Austria end up in Germany? Good thing you asked. Let's go back to 1841, when a fellow named Anton Dreher introduced bottom fermentation to his brewery in Schwechat (you guessed it, in Vienna). Though there is little detailed information on the beers produced at this time, it is generally thought that they were an amber red, malt-accented slightly sweet concoction, nicely balanced by hops. And while the details are fuzzy, one thing is widely accepted—Dreher was a fanatic about using only the highest quality ingredients in his brews, and made one helluva a good beer.

So good in fact, that the Munich brewing family Sedlmayr adopted the style, and continued to use the term "Vienna malt" to refer to malt kilned to a nice amber color. While they were taking over (about 1858), Dreher moved on to brew in plenty of other cities, undoubtedly passing on his influential brew style. His former brewery in Vienna still brewed a similar beer, but its deep color gave way to a more golden hue. Oh well. That's how beer goes sometimes.

Back in Germany, the Vienna-style beer was brewed primarily as a seasonal specialty at the famous festival that starts in September and finishes in October. You may have heard of it. But oddly enough, the Vienna-style lager is becoming increasingly rare at the festival, and you'll have a hard time finding an accurate representation of the style in its town of origin. Even those touted as Vienna lagers usually have less of a malty finish and a bit lighter color. It seems the light gold lager has seeped into the hearts and stomachs of too many of Europe's finest drinkers.

These days, the Vienna-born, Munich-molded, festival-associated brew still represents one of finest endeavors in lager brewing. Ironically, many of the best commercial examples of the style are found in Mexico (Negro Modelo) or in the U.S. at a lager



brewing micro (Sam Adams Oktoberfest), though many are not quite as delicately balanced as the original style would have been.

Still, it's a great beer, and a great thing to brew. Shoot for an OG of about 1.046-1.052, IBU's 18-30, and a final gravity of 1.010 to 1.014. Enjoy! ■

Brew a Vienna Lager

Addition of heat may be necessary if decoction mash does not produce desired temperature. Addition of 1/2 oz. brewers silica gel in secondary fermentation phase creates a brilliantly clear beer. Color is excellent. Deep gold with no hints of red or brown. Quite crisp on the palate but with a hint of true lager softness and subtle sweetness. Not heavy bodied - Very drinkable.

Specifics

Recipe type: All Grain
Batch Size: 5
Starting Gravity: 1.046
Finishing Gravity: 1.014
Time in Boil: 60 mts
Primary Fermentation: 14 days @ 45 - 48F
Secondary Fermentation: 28 days @ 36 - 39F
Additional Fermentation: 21 days @ 35F

Ingredients:

- 1 lb. American 2 row malt
- 6 lb. Vienna malt
- 2 lb. Munich malt
- 8 oz. 55* crystal malt
- 1 oz Perle kettle hops @ 60 min.
- 1/2 oz. Hallertau finishing hops @ 15 min.
- 1/2 oz Tettnanger finishing hops @ 1min.
- Wyeast 2206 starter (800 ml)
- Soft water pH 6.0-6.2

Procedure:

Heat 12 qts. brewing water @ 140F. Add all grains - stabilize temp @ 119-123F-Hold 20 mts. Remove 1/3 thickest portion of mash-heat to 150-155F-hol 20 mts. to dextrinize-continue to heat to boiling-return to main mash-stabilize @ 154-155F hold for 60mts. or until conversion. Remove thinnest portion of mash-heat to boiling-return to main mash-stabilize @170F-hold 10 mts.Sparge with 16 qts 170F brewing water. Boil 60 mts. with hop additions @0 mts., 45 mts. & 60 mts. Force cool to < 60F and pitch yeast into aerated wort. Lower temp. primary ferm. temp. no more than 5F per day. Lagered in 5 gal. keg. Force carbonate @ 35F 20psig after lagering.

BEER STYLES: *Altbier*

Alt means old. Plain and simple. But many brewers use the adjective in their beers' names to imply some kind of vague traditional approach to brewing. Don't be fooled—look for the real thing.

If you're in Düsseldorf, the city of Altbier's origin, you should have no problem tracking down the right style. There, the old tradition of top fermenting, cold conditioned brews has been preserved in the form of Altbier—Germany's compliment to the Belgian Ale.

The Düsseldorf style of Altbier is the classic. It's a beer with a color hovering somewhere between bronze and copper brown (30-40 EBC). They have a clean, well-rounded maltiness that escapes overpowering, joined by a delightful hoppy bitterness (30 IBU's generally) especially in the finish. The fruitiness of top fermentation is remarkably restrained, thanks to a relatively cold maturation period.

Alts generally come in at around 1.048 SG, with the use of two or more malts—primarily pilsner type malts with one or two varieties of Munich, or perhaps a dash of black. Mashers tend to be decoction, although some brewers stick with the infusion mash.

Treated as a sociable drink, Altbiers tend to be consumed with local foods which can include pork, liver and offa. Mmmmm. Sounds great.

Alt Of This World

6.6 lbs	Light Malt Extract
1 lb.	Crystal Malt (60-L)
0.5 lb.	Chocolate Malt
1 oz.	Galena @ 60 min.
1 oz.	Perle @ 30 min.

Wyeast 1007 German Ale Yeast

Place Crushed crystal malt and chocolate malt in water and steep at 155 ° F for 30 min. Remove spent grains and add malt extract and Galena hops. Bring to a boil, hold for 1 hour adding Perle hops at 30 min. Cool and pitch yeast.

Ferment for 1 week, rack to secondary and ferment at least 2 weeks at 45 ° F for cold conditioning. Bottle using corn sugar and age for an additional 14 days before drinking.

BEER STYLES: *Kölsch*

If you aren't brewing it in Köln, you aren't brewing Kölsch. If you didn't brew it in Köln, you can't call it a Kölsch. Just try. They'll come after you, no kidding.

Köln—Cologne in English—and selected adjoining towns support about 20 breweries, all making the golden, delicate beer that is Kölsch. As the historical capital of the Rhineland, Köln has continued to keep its unique brewing traditions intact.

Kölsch is Germany's only true pale ale, though it remains a seldom consumed beverage in most of the country, except in its place of origin.

Most accurately described as subtle and delicate, Kölsch is as light in color as a pilsner but can be as fruity as an ale. Its gentle taste makes it a difficult style to brew, and its lack of strong characteristics makes any off flavors stand out like a Budweiser drinking redneck at a wine tasting.

Kölsch's delicacy comes from its clean all-malt taste, restrained but noticeable dry hoppiness, slight acidity. Some brewers use wheat in the grist, but usually not more than 5 to 15 percent. Top fermented but cold conditioned, this is a truly great beer.

There's a great website that discusses Kölsch in detail <<http://www.bodensantz.com>>

Simple Kölsch-Style Beer

6.3 lbs.	German style light malt extract
1.25 oz.	Tettnanger @ 60
1 oz.	Tettnanger @15
1 tsp.	Irish Moss @ 15
Wyeast 2565 (Kölsch) or WhiteLabs WLP029	

Brew as normal, cooling the wort after the boil to pitching temperature. The Wyeast Kölsch yeast prefers a temperature of about 56-64° F and will give you a cleaner, crisper taste than the White Labs yeast. If you're shooting for a fruitier concoction, go with White Labs and ferm at 64° F.

After two weeks in the primary, rack to secondary and lager for several weeks. Rack again and bottle as normal.

Gotlandsdricka: The Ancient But Still Brewed Drink of Gotland

Homebrewing in Scandinavia dates back long before Christ and still survives on Gotland, the largest island in Sweden, situated in the Baltic Sea. The traditional Gotlandsdricka, a malt beverage with flavors of smoked malt and juniper probably was the everyday beer that the people of Gotland were drinking during the Viking era (800-1066 AC). In addition, the roots of the drink can be traced back to evidence of brewing on the neighboring island Öland, where malt from the 13th century was found. The style is similar to "sahti," a drink made in neighboring Finland.

The ingredients in gotlandsdricka depend on the recipe. Many families preserve the old recipes, which they hand down from generation to generation. While every home maintains its own recipe, these usually include smoked barley malt as the major extract source. Juniper and, nowadays, even hops appear in most current recipes. Honey, rye, rye malt, wheat, wheat malt and different kinds of sugar can be used to complement the barley. Generally, the amount of these later adjuncts are not big enough to overpower the taste, except for the taste of alcohol in strong versions of gotlandsdricka. The primary ingredient is barley, which is malted and then kilned in the smoke from burning birch wood. Some Gotland malt is as smokey as the malt from Bamberg, Germany, and therefore reminiscent of rauchbier.

When mashing, prepare the liquor by boiling water with juniper (pieces of the bush with berries on) for about an hour. Make a false bottom in the mash-tun of juniper tree sticks arranged in a cross around the run off hole. Some brewers will augment the layers of juniper with straw to create a better filter. Then the brewer places the crushed malt into the tun and pours the hot liquor in to mash. After about an hour it is time to sparge, again using the hot liquor, preboiled with juniper. Through the hole in the bottom, sweet wort runs into a kettle and then boiled with hops and, if the recipe calls for it, honey or sugar. Boil with hops, but use sparingly.

After the wort cools, it is time to pitch the yeast. Most Gotlanders still brew with baking yeast, which imparts a sweet estery flavor almost like wheat yeast. After one week of fermentation, it is time to start enjoying the gotlandsdricka. The yeast is still working and that is a guarantee for preservation. In the following weeks, the brewer feeds the yeast with a sugar cube every day as the keg or cask is finished.

The flavor profile of gotlandsdricka is very complex. When it is young, it can be very sweet and is sometimes called "women-dricka." The smoked malt creates the background taste, sometimes with a salty

touch and of course juniper. This later taste brings a freshness and spiciness to the "dricka." Hop flavor may be present, but the amount is often just enough to be recognized.

Gotlandsdricka Recipe:

6 lb German Smoked Malt (Beech not Birch)
 2 lb Gambrinus Honey Malt
 2 lb Pale Malt
 0.5 lb Caramunich
 1.5 lb Honey (20 minutes)
 1 oz Perle Hop Pellets (60 minutes)
 1 oz Juniper Berries (20 minutes)
 Bread Yeast (sugar cube sized)

Directions:

Boil 3 pounds of juniper branches in 4 gallons of water for one hour. Mash the grain at a temperature of 155F with this juniper liquor for 60 minutes. Sparge with remaining water plus enough hot water to give 6 gallons. Boil for 60 minutes adding hops, honey, and juniper berries. Pitch yeast when cool. Original Gravity about 1.056. ■

Still Delicious After 200 Years

Here's a recipe courtesy of CASK Vice President Ramone Rodriguez. It is a modified version of a beer taken from *Robert's Guide for Butlers & Other Household Staff* By Robert Roberts page 117 Number 99: A Cheap Wholesome Beer. This book was first printed in 1827 and the recipe for the beer is more than 200 years old.

Boil two ounces of hops (I used Willamette), Two ounces of pounded ginger, eight pounds of molasses, in four gallons of water, when it is cooled down to milk warm (room temp) add some yeast to ferment it (I used Wyeast California Lager). This makes a very wholesome and agreeable beer, and is not only cheaper, but will keep much longer than common beer.

The above recipe was modified in that it used 8.5 pounds of molasses with 4 ounces of ginger to make 5 gallons of wort. An additional ounce of Willamette hops was also added to the last 10 minutes of the boil.

Beer was 7 days in the primary at room temp and 5 days in a secondary at room temp.

6 ounces of priming sugar was added to the beer before bottling and keggering

Starting gravity was 1.072 and finishing gravity was 1.011. ■

Rocky River Brewing:

A Tennessee Treat

by Tim Jones

It's not really that I expected the waitress to really know *that* much about beer. Lord knows that without proper regulation, we homebrewers can be rather pretentious about our passion, and even downright condescending when it comes to ordering a sophisticated beverage in an unsophisticated venue. And I was trying my damndest to keep my arrogant mouth shut as she went over the draft menu. But it was more difficult that usual considering my wife and I were sitting in the Rocky River Brewery & Grille not more than 10 feet from the glass-encased brewing equipment watching a bearded guy in a lab coat mashing. Ahh, but we *were* in Tennessee....just kidding Vol fans.

"This one here's like Bud Light (a Kolsch style beer), and this one is more like Michelob (a German lager), this is like Killians (an altbier), this one is just like Guinness (an Irish stout...got one right!)," she said. Pausing at the Hefeweizen, she turned to us and said, in her sincerest tone, "If you've never had a hefeweizen, you may not want to try this one because it's so weird. And this last one—it's kind of, well—have you ever had an IPA before?" she said.

But I did it. I kept my mouth shut. I said yes as politely as possible, and settled on a brew that wasn't listed in the menu itself—the seasonal special Twin Peaks Pilsner, a Czech Pils. It was exactly what I needed after a trip down the class III and IV rapids of the Big Pigeon River. Verena ordered the Heidelberg Hefeweizen, despite the waitress' strong warning regarding the beer's "weirdness."

Both brews were decent, the Pils being a bit better in my opinion than the Hefe. The Pils had a delightful floral bouquet, slightly fruity. It tasted slightly grainy and well hopped and finished crisp. Overall, a pretty

nice beer. The Hefe was a mildly clovey, cloudy, straw colored brew with an unidentifiable funk. Verena liked



it, but I'm reasonably sure the slice of lemon helped mask the funk for her drinking pleasure. Perhaps the waitress knew more than that for which I gave her credit.

After those brews, I worked out a deal with the bartender to swing me sampler with six, four ounce glasses of the remaining brews. I think my jotting down notes made the bartender, brewer, and the waitress nervous but it was rather fun. I worked my way around the swivel sampler rather quickly, and here's what I jotted down about the Sevierville brewery's wares.

Panther Creek Porter – Deep brew, sweet, malty and exceedingly smoky. Great unique taste.

Copper Land Red (altbier) – Nice auburn color. Very clean taste and sweet finish.

Highland Scottish Ale – Strange, shifty beer. Very syrupy.

Bear Bottom Stout – Dry stout, not much character, no balance. More like Bear Poop Stout.



Golden Eagle Lager - Nice grainy taste, good floral hoppiness, nice sweet taste.

Mad Wolf IPA – Weak, roasty, not very hoppy. Where's the IPA?

Food Network Reports on the Great American Beer Festival

While many of us were at Chownings with the Club Only competition, brewers and beer lovers from around the world gathered in Denver for the Great American Beer Festival (GABF). At this year's event, over 2000 entries were submitted by 393 breweries and evaluated by 105 judges from 6 countries. Even if you were not with us or in Denver, you'll have a chance this weekend. Watch the Association of Brewers Great American Beer Festival competition come alive on Food Network. Wonder how the GABF's Professional Judge Panel awards gold, silver or bronze medals that are recognized around the world as symbols of brewing excellence? Watch as the Food Network follows three brewers to Denver, CO who put their beer against the best in hopes of winning a gold medal.

Air times:

October 11 — 4:00 PM ET/PT

October 12 — 5:00 PM ET/PT

**“Come on, give it a try.
It’s good for you!”**

This is actually true, a fact you can reference when trying to convince one your macroswilling buddies to knock back a few homebrews with you. Thanks in part to recent research coming out of Asia, beer’s health benefits are garnering more and more attention. And it seems the hopheads have the healthier hand. Grab a nice crisp IPA and take a look at recent headlines.

Hops Keep Osteoporosis in Check

Drinking beer everyday may keep the development of osteoporosis in check, researchers of Japan’s top brewery have found.

Sufferers of osteoporosis experience rapid decrease in bone mass and their bones become extremely fragile as a result. Women are particularly prone to the condition after menopause.

However, Kirin Brewery Co. said in a news release published on Tuesday that its researchers have discovered that hops used to add the bitter flavor to beer slow down the decrease in bone mass.

Researchers artificially created menopausal conditions on female mice and studied the level of bone mass decrease according to their diet.

The density of bone mass of the mice given ethanol with their feed was 28.1 percent less than the healthy specimens, but those that were fed with beer had lost only 14 percent. A further study using feed with both regular beer and beer without hops showed that it was hops that made the difference.

Kirin researchers believe that an intake of just 100 milliliters of beer is enough for a person weighing 60 kilograms to stave off the development of osteoporosis.

They also claim that they have found evidence that hops helps diminish body fats while increasing the number of high-density lipoprotein that prevents diseases such as arteriosclerosis.

The results of the Kirin researchers’ studies will be announced during the Japanese Society of Nutrition and Food Science’s meeting to be held in Sapporo from Friday.

■ *Mainichi Daily News*

Bitter Beer Offers Slim Hope

Bitter-tasting beer curbs the development of fat inside the body, researchers at Japan’s top brewery have found.

A team of researchers led by Keiji Kondo, a vice chief of Kirin Brewery Co.’s development section, reached the conclusion after feeding a group of mice with high-fat feed containing isohumulones, an important component of hops that creates the bitter taste, and another group with plain high-fat feed.

After six weeks, the group that was given the isohumulones-free feed grew 22 percent fatter than the other group.

Kondo, however, warned beer lovers against gulping down their drinks to keep themselves in shape.

“You won’t get this effect by drinking beer only. You may even end up putting too much stress on your liver so we advise consumers to not to drink too much,” Kondo said.

The team found that the mice that were fed with feed containing isohumulones developed twice the amount of enzymes that transform fat compared to the other group.

Kirin researchers believe isohumulones help the development of fat-dissolving enzymes.

The discovery was announced during a recent meeting of the Japanese Society of Nutrition and Food Science.

■ *Mainichi Shimbun*

Scientist Claims Drinking His Beer Can Help Complexion

Japan — Sho Shindo, 39, chief scientist at the Akita Research Institute of Food and Brewing, in cooperation with three breweries in Akita Prefecture, has developed a beer rich in hop polyphenol, which is said to repress activities of an enzyme that causes wrinkles and slack skin. Polyphenol is the health promoting ingredient found in red wine. The beer, which Shindo calls “facial treatment beer,” was released under three labels in July and has sold well. Shindo began working at the research institute in 1995. It was there that he ascertained that hop polyphenol was the key ingredient that promoted smooth skin.

In the ordinary beer manufacturing process, however, very little polyphenol is retained in the malt extract used to make beer. Shindo said he spent so many late nights in the laboratory doing experiments on how best to retain the ingredient in the finished product that he did not have time for a quiet beer for a long time. He finally succeeded in producing beer rich in polyphenol by adjusting the length of time the malt was left to boil, among other techniques. Shindo said he always drinks beer with his dinner each night.

■ *The Daily Yomiuri*

CALENDAR

Of Club Events and Competitions

October 18-19, 2003

16th Annual SunCom Virginia Wine Festival

Town Point Park, Norfolk, Va.

For more information:

<http://www.festeventsva.org/festevents/Wine.htm>.

November 1, 2003

Teach a Friend to Brew Day

Recruit new homebrewers by sharing the joys of this glorious hobby to your non-brewing friends. Invite them to your house for an introductory lesson in homebrewing.

September 27, 2003

7th Annual Pacific BrewersCup, Los Angeles.

AHA sanctioned and hosted by the Strand Brewers, Pacific Gravity, and Long Beach Homebrewers.

Deadline 9/2-9/19, fee \$6 per entry. Information at www.strandbrewers.org/pbc.

October 4, 2003

World Beer Festival, Durham, NC.

Info at www.allaboutbeer.com/wbf2003.

October 11, 2003

Name that Beer Championship, Richmond VA

Information at www.namethatbeer.com.

October 18, 2003

2nd Annual Maryland Brewer's Oktoberfest

Timonium Fairgrounds, MD

Call 800-830-3976 x100

or visit www.mdoktoberfest.com

October 25, 2003

Queen of Beer Women's Homebrew Competition

Placerville, PA. BJCP sanctioned, contact Beth

Zangari at zangari1@yahoo.com

November 1, 2003

Teach a Friend to Brew Day

Each year on the first Saturday in November, CASK invites non-brewing and brewing friends and family to celebrate Teach a Friend to Homebrew Day and brew a batch of beer together. This year is no different, as CASK members will gather at the Williamsburg Brewing Company Saturday Nov. 1 for a day of brewing and comradery.

November 8, 2003 -September 1, 2004

Colonial Williamsburg hosts an art exhibit

featuring the pub signs of yesteryear. Titled "Lions & Eagles & Bulls: Early American Tavern & Inn Signs," the exhibit at the Abby Aldrich Rockefeller Folk Art Museum showcases 25 early American signboards in the collection of the Connecticut Historical Society. These outdoor signs directed residents and travelers to commercial establishments and civic gatherings.

AHA Club-Only Competitions

November 14-22

"Rhumble on the Rhine: Koelsch & Altbier Competition"

Category #8 Los Angeles, CA

Hosted by Pacific Gravity of Los Angeles

December 2003

Barleywine Club Only Competition

Hosted by Ken "KK" Koenig and the Dunedin Brewers of Dunedin, FL.

Beers of the Month

Please Contact Harrison Gibbs if you would like to provide a homebrew style or make a suggestion for style of the month

Sept — Vienna (Austrian Oktoberfest)

Oct — Alt* / Category 24

Nov — Scotch Ale

Dec — Brewer's Choice

*denotes style coincides with club only competition.

CASK

is sponsored by

The Williamsburg Brewing Company

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