



The Official Newsletter of the Cloudy Town Brewers

March 2007

<http://www.cloudytownbrewers.org>

Next Meeting

Wednesday March 7, 2007

7:30 P.M. at

Sal's in St. Joseph

From The Prez

Hello folks,

Here we are again on the home stretch of another March Mashness. By the time you read this we will be accepting entries for the home brew contest. If you haven't got your home brew entries in, now its time to get going on it. The judging will start Friday nightrd at Sal's and Saturday the 24th is the big day. If you can help out in anyway we could use it for-sure on those two days. We need people who can assist the registered judge's judge the beer or just help out organizing the competition. There always is plenty of good beer to sample and lots to learn from the judges. Don't forget to come to the best of the show Saturday night, we need a good turnout to show your support for March Mashness. See you there.

The next meeting will be at Sal's and it's also club officer elections night. We are looking

for some fresh recruits for all positions in the club. The officers in the current positions have been there for a long time now and it's a good time for a regime change. We could use some new officers with fresh ideas. So don't be intimidated with labels or positions, if it was that hard do you think I could have been here this long?

The new Zymurgy is in and it has March Mashness listed as one of the competitions. It also has articles on totally twisted Barley wines, Basic brewing calculations, the ins and outs of yeast storage and many other articles. I will bring it to the next meeting, come take a look.

Dutifully yours,

Bruce

Sal's will be having a \$10.00 all you can quaff special, enquire at the bar and identify yourself as a member of the homebrew club.

February's Minutes

-Thanks to Sal's for hosting the February meeting.

-March Mashness entries can be dropped off at Midwest Brewing Supplies and Northern

Brewer in the Cities. Jerry Dusich and Mike Beuning will pick them up from the cities on the 18th. The entry dates are from March 2nd to the 17th. Sal's will also be drop off.

-Sal's has paid for the medals and they need to be picked from Benton Trophy. Bruce will pick them up. First round of judging will be at Sal's. We have not received a response from Surly's out the Cities on presenting at the Best of Show. There are some website updates that need to be done. We need to select some specialty beers to be on tap at Sal's for the competition.

-Erik Nelson and Bruce LeBlanc went to the Upper Mississippi Mashout. They had 914 entries. Jerry Dusich got a second for his Dry Irish Stout. Erik Nelson won for his ESB.

Competitions

For a complete list of competitions visit the Events & Calendar on the AHA's web site at <http://www.beertown.org/homebrewing/events.html>.

Tommy Z Generosity Award

Here are the point totals through January. Congratulations to Jerry Dusich for winning the February people's choice for his IPA.

Jerry Dusich	2 Points
Larry Nusbaum	2 Points
Joe Leuthner	1 Point

Cloudy Town Brewers Mugs & Shirts

The Cloudy Town Brewer mugs are still available. They are available to club

members for \$10 and non-members for \$12. Please contact Tom Zupanc if interested.

Beer Tidbits

Tidbit #1

In November of 1999, *The New England Journal of Medicine* stated that light to moderate beer drinkers would decrease their chances of suffering a stroke by 20%. They also stated that those who drink one beer a day compared to those who drink one beer a week experience no difference in reducing stroke risks.

Tidbit #2

The University of Texas Southwestern Medical Center at Dallas (May 1999) reported that consuming moderate amounts of beer would lower one's chances of coronary heart disease by 30-40%, compared to those who don't drink at all. (Beer contains a similar amount of 'polyphenols' -- antioxidants -- as red wine and 4-5 times as many polyphenols as white wine).

Tidbit #3

Alcohol has also been attributed to increasing the amount of good cholesterol (HDL) in the bloodstream, as well as helping to decrease blood clots.

Tidbit #4

Beer contains vitamin B6, which prevents the build-up of the amino acid homocysteine, that has been linked to heart disease. Those of us who have high levels of homocysteine are usually more prone to an early onset of heart and vascular disease.

Tidbit #5

A new study performed at the TNO Nutrition and Food Research Institute in Utrecht indicates that those who drink beer had no increase in their homocysteine level, but those

who drank wine or liquor had an increase of up to 10%.

Tidbit #6

Beer provides a 30% increase in vitamin B6 into the blood plasma -- something that neither wine nor any other liquor can do.

Tidbit #7

Beer is both fat-free and cholesterol-free.

Tidbit #8

Beer has a relaxing effect on the body thereby reducing stress and helping you sleep better.

Tidbit #9

Beer has proven to have positive effects on elderly people. It helps promote blood vessel dilation, sleep and urination.

Medieval Beer

“He who drinks beer sleeps well. He who sleeps well cannot sin. He who does not sin goes to heaven. Amen“. Unknown monk

Beer during the middle ages was very popular, and probably went through many changes.

During the early medieval period, beer was being brewed in homes, and sometimes among communities. The brew probably tasted like a malted porridge of some sort, no way near what we have now. It was also probably much stronger in alcohol, since the preservative effects of hops had not yet been introduced. We can never be sure what herbs were used then, any ingredient from oak bark, garlic, ginger, cinnamon, rosemary or berries could have been used. One recipe called cock ale uses chicken for flavor! Charlemagne himself is said to have brewed and drank beer. The Doomsday Book, Walter de Biblessworth,

Chaucer and many other medieval authors write about ales and beer.

What made beer so cherished was probably due to health reasons. In a period of plagues, water was probably the most unsafe beverage. However, beer, because of the "cooking" process was some how sterilized. By then beer had become a standard beverage, drank by men and women of all ages, and enjoyed with a meal or in a tavern. Monasteries had the best brews, with monks becoming experts at brewing. The beer they served, no doubt, had the effect of cheer for the troubled population.

Hops were probably introduced in the early 16th century. From then on, beer got its bitter taste, and aided the clearing process and improved shelf life

See you all at the meeting! Bring a friend they'll thank you for it. (Bruce will buy you a beer!)

