



The Official Newsletter of the Cloudy Town Brewers

November 2005

<http://www.cloudytownbrewers.org>

Next Meeting

Wednesday November 2, 2005

**7:30 P.M. at
Old Chicago**

From the Prez

Hello Home brewers

The next meeting we will need to get a little more accomplished for March Mashness, which we will need to plan for to stay on top of things. Because our next meeting we will celebrate our 10 year anniversary at Larry's house. And if you've ever been to Larry's house you know nothing productive ever happens their aside of some remodeling and brewing. I would like to have people sign up for some various positions like "The Beer Official" a person who will label and keep track of the entries. "The Judge Prospector" a person to contact and round-up judges, I have the list of certified judges in our region. The "advertising Specialist" a person to make a new flyer and contact area home brew clubs and home brew supply stores. We also need people to commit to coming to judgment day to assist in judging and general help on that day. I can contact sponsors as I have in the past, and we need to update our website

with pertinent information, "hello James". It will be a busier than usual meeting so we need to start a little earlier. I am getting thirsty just thinking about it. If we can get some of this taken care of now then the heat will be off for Decembers celebration. That meeting then can be strictly a social gathering to reminisce about our 10 years in existence, solve world problems, talk smart and appreciate our gracious host while enjoying some home brew.

Cheers,

Bruce

October's Minutes

-Thanks to O'Hara's for hosting October's Meeting.

-This year is the 10th anniversary of Club. The December meeting will be social meeting. Larry Nusbaum graciously volunteered to host this meeting. The meeting will be on Saturday December 10th in conjunction with his annual Christmas party. Since this is a celebration of the club we are asking that anyone has any homebrew to share bring it. We will be doing a \$50 and two \$25 gift certificates for the best home brews.

-The primary topic for the November meeting will be planning for March Mashness. Bruce is contacting sponsors. We will need people

to steward and of course judges. Since most of our judges come from other clubs we need to review what we do for our judges.
 -The Community Education is scheduled February and March with the same schedule as previous years.

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>.

Club Only Competitions

November/December 2005

Baltic Porter

Entries due November 4, 2005.

Judging will be held November 12, 2005.

Hosted by Brian Lanius and the Ruffian Brewers of Suffern, NY.

Category 12C Baltic Porter*

New Style Guidelines

The new guidelines took January 1, 2005. If you enter competitions please check to ensure that you're entering the proper category. See new 2004 BJCP Style Guidelines at www.bjcp.org.

Tommy Z Generosity Award

Congratulations to Jerry Dusich for winning the people's choice award for the night with his Belgian Dubbel. Here are the point totals through October.

Jeff Saranpaa	7 Points
Tim Frakes	4 Points
Tom Zupanc	4 Points
David Arnott	3 Points
Jerry & Deb Dusich	3 Points
Scott Campell	2 Points
Bruce LeBlanc	2 Points
Charles Miller	2 Points
Rick Vinje	2 Points
Cody Winter	2 Points
Darin Dorholt	1 Point
Mike Esplan	1 Point
Rick Grelson	1 Point
Bob Hilsgen	1 Point
Greg Koob	1 Point
James/Jean Michael	1 Point
Tim Muntifering	1 Point
Larry Nusbaum	1 Point

Cloudy Town Brewers Mugs & Shirts

The Cloudy Town Brewer mugs are now available. The mug has wider base in a gray color with the club logo stamped in brown and green hop ring decal. They are available to club members for \$10 and non-members for \$12. Please contact Tom Zupanc if interested.

We have cream-colored T-shirts that are screen printed with the club logo. They are \$12 for a club member and \$15 for a non-member.

CTB Embroidery Submitted By Tim Fuerstenberg

For anyone interest in getting our new/current Cloudy Town Brewer's logo embroidered onto their favorite garment, shirt, sweater or jacket (sorry they can't do hats), please bring your item(s) to our next meeting. The cost of the logo is \$10 per item. If you need more information, please contact Tim Fuerstenberg.

Advice from Bruce

Pouring beer is an art, and definitely part of the overall tasting experience. I always suggest that you drink a beer out of a glass.

The following demonstrates the most common pouring technique which can be applied to most beers and glassware types.

- Use a clean glass. A dirty glass, containing oils, dirt or residuals from a previous beer, may inhibit head creation and flavours.
- Hold your glass at a 45° angle. Pour the beer, targeting the middle of the slope of the glass. Don't be afraid to pour hard or add some air between the bottle and glass.
- At the half-way point bring the glass at a 90° angle and continue to pour in the middle of the glass. This will induce the perfect foam head. And remember, having a head on a beer is a good thing. It releases the beer's aromatics and adds to the overall presentation. You may also want to gradually add distance between the bottle and glass as you pour, to also inspire a good head. An ideal head should be 1" to 1-1/2".

Submitted by Tom Zupanc

A compound found in hops, and therefore many specialty beers, continues to attract the attention of researchers seeking to prevent cancer.

Since scientists at Oregon State University first discovered the cancer-related properties of this flavonoid compound called xanthohumol about 10 years ago others in programs around the world started to look at the value of these hops flavonoids.

Researches have suggested everything from preventing prostate or colon cancer to hormone replacement therapy for women.

"Xanthohumol is one of the more significant compounds for cancer chemoprevention that we have studied," said Fred Stevens, a researcher with OSU's Linus Pauling Institute. "The published literature and research on its properties are just exploding at this point, and there's a great deal of interest."

An update about the research comes shortly after a New York doctor issued a warning that heavy drinkers of both spirits and beer have a higher risk of developing colon cancer.

Reports of that study didn't detail the hop levels of beers involved, but the OSU release noted that some beers have higher levels of xanthohumol than others. Most mainstream U.S. lagers have fairly low levels of the key compounds, but many specialty beers are hopped at higher levels.

Hop-containing herbal preparations are already being marketed for breast enlargement in women, the OSU research report said, without waiting for tests to verify their safety or efficacy. And a supposed "health" beer is being developed in Germany with higher levels of xanthohumol.

"We can't say that drinking beer will help prevent cancer," Stevens said. "Most beer has low levels of this compound, and its absorption in the body is also limited. But if ways can be developed to significantly increase the levels of xanthohumol or use it as a nutritional supplement - that might be different. It clearly has some interesting cancer chemopreventive properties, and the only way people are getting any of it right now is through beer consumption."

Xanthohumol appears to have several mechanisms of action that relate to its cancer preventive properties, scientists say. It, and other related flavonoid compounds found in hops, inhibit a family of enzymes, commonly called cytochromes P450 that can activate the cancer process. It also induces activity in a "quinone reductase" process that helps the

body detoxify carcinogens. And it inhibits tumor growth at an early stage.

In recent years, it has also been shown that some prenylflavonoids found in hops are potent phytoestrogens, and could ultimately have value in prevention or treatment of post-menopausal "hot flashes" and osteoporosis - but no proper

Darin has some items for sale

- One (1) 6 ½ Gallon Carboy
- One (1) 3 Gallon Carboy
- Several 1.5ltr Grolsh Bottles
- Two (2) Corney Kegs
- Three (3) to five (5) cases of 22 oz bottles
- Five (5) cases of 12 oz bottles
- Two (2) 64oz Growlers
- Two (2) Bottle Cappers
- Two (2) Refrigerators.

Haggle with Darin over the price of the above treasures. Darin's phone number is 420-7362

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