



The Barleycorn Press

Monthly Newsletter Published by the Green Mountain Mashers of Vermont

December 2007

Volume 18 Issue 10



Grab a Beer, Not Water, After a Workout

Reprinted from <http://www.realbeer.com/blog/?p=687>

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hen you are *really thirsty*, like after a good workout, [what refreshes you better, water or beer?](#)

If you think that is a rhetorical question, news that Spanish researchers say beer can help someone who is dehydrated retain liquid better than water shouldn't be a surprise.

Prof Manuel Garzon, of Granada University, also claimed the bubbles in beer help to quench the thirst and that its carbohydrate content can help to replace lost calories.

Prof Garzon asked a group of students to do strenuous exercise in temperatures of around 40C (104F). Half were given a pint of beer, while the others received the same volume of water.



Juan Antonio Corbalan, a cardiologist, said beer had the perfect profile for re-hydration after sport. He said he had long recommended barley drinks to professional sportsmen after exercise.

Prof Garzon, who announced the results at a press conference in Granada beneath a banner declaring "Beer, Sport, Health", said the hydration effect in those who drank beer was "slightly better."

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Staff Box



The Barleycorn Press is a monthly publication of the Green Mountain Mashers Homebrew Club. The Barleycorn Press appears in the final week of each month. **Contributions are due by the 25th of the month of publication or two Thursdays prior to the next meeting (which ever comes first).** Please send contributions via e-mail (preferable) or send on a 3.5" IBM compatible diskette (hard copy as a last resort) to:

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Note: The yearly dues of \$20 should be paid by the end of January. Please mail your check or money order made out to the "Green Mountain Mashers" to Treasurer Anne Whyte at the following address:

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NEXT MEETING Monday, December 3 Magic Hat, S. Burlington

The next meeting of the Green Mountain Mashers is Monday, December 3 at Magic Hat Brewery in South Burlington. Please bring some homebrew to share with the folks at Magic Hat. The agenda for the Magic Hat Meeting is:

- 1) Dues due starting in January
- 2) Green Mountain Homebrew Competition – Lew
- 3) BJCP Study Group - Todd
- 4) Trub Trek Discussion - Anyone want to look into it?
- 5) Old Business
- 6) New Business
- 7) Elections - A new President needed. Perhaps other officers too
- 8) Tour of Magic Hat

Magic Hat is at 5 Bartlett Bay Road in South Burlington. Contact them at 658-2739 for directions.

MASHER CHALLENGE NEWS

The Masher Challenge for this year is..... Maibock !!

The URL for the BJCP guidelines for this beer is below. It is a malty lager so you'll want to get brewing so that it's ready for the April Meeting on Monday April 7 at Todd Metcalf's in Essex Jct.

<http://www.bjcp.org/styles04/Category5.html#style5A>

Green Mountain Masher Calendar of Events

Date	Event	Information
12/3/2007	December Meeting, Magic Hat, S. Burlington	Contact Magic Hat at 658-2739
1/7/2008	January Meeting, Anne Whyte's, Essex Junction	Contact Anne Whyte, 879-6462, vtbrew@verizon.net
2/4/2008	February Meeting, TBD	TBD
3/3/2008	March Meeting/Sap Run/Club Brew, Brian Werneke's, Milton	Contact info to come.
4/7/2008	April Meeting, Hoops 'n Hops, Todd's	Contact info to come.
5/5/2008	May Meeting, Bob Genter's, Jericho	Contact info to come.
6/?/2008	June Meeting, Monk's or Andy Furco's	Contact info to come.

November Meeting Minutes By Ernie Kelley

The November 2007 meeting was hosted by Darryl Whittaker at his home in Essex Jct. on November 5th. Masher President Tim Cropley opened the meeting at about 8:00.

'07/'08 meetings: hosts were needed for almost every month through June of 2008. Following discussion, the line-up looks like this:

- Dec. - Magic Hat Brewery
- Jan. - Anne Whyte's
- Feb. - still open
- Mar. - sap run at Brian's sugarhouse in Milton, hopefully associated with a club brew
- April - Hoops 'n Hops at Todd's
- May - Bob Genter's (? - if dry enough to park)
- June - usually a picnic at Monk's, but may move to Andy Furco's camp in Greensboro

Clone Beer Challenge: two suggestions were initially offered up - Blind Faith and Old Peculiar. However, since Blind Faith is no longer made and the Old Peculiar that is usually available stateside is old and over the hill, those two suggestions went nowhere. Ultimately, Sierra Nevada Pale Ale was selected as this year's clone brew, to be made for drinking at the June '08 meeting.

Masher Challenge: As last year's winner of the Masher Challenge, Tim Cropley was entitled to select this year's style. Tim has selected the maibock style for the

'08 Masher Challenge. The beers will be judged at the April Hoops 'n Hops extravaganza at Todd's.

The concept of club owned brewing equipment was discussed next. Although it was somewhat jokingly suggested, the members present felt that the idea merited consideration. The focus of the idea seemed to center around a conical bottom fermenter with a capacity of 15 to 20 gallons. A probable cost for a 15 gallon stainless steel unit is around \$350. The biggest logistical problem identified was 'where would it be kept?' Since the Club Treasurer was not at the meeting, and there was no idea of the status of the club's bank account, the discussion was tabled for future meetings.

The BJCP certification exam will be given on Sunday, January 20, 2008, at Anne Whyte's home in Essex Jct. There must be a minimum of six exam takers in order to give the exam. The exam consists of eight essays and four beer tastings/judgings. Eric Sandblom offered to host the exam at his office if there are more exam takers than can be managed at Anne's.

There was no old business.

Tim Cropley announced that he will be stepping down as club president this December. Tim will resume responsibility for publication of the Barleycorn Press, as Mel will be stepping down as editor pending the arrival of a baby. Some new blood is needed in the president's chair, so step forward one and all takers. It would be nice to actually have an election, rather than a winner by default.

There was no other new business. The business meeting was adjourned around 8:45.

Two Brooklyn Brewery Events—SAME DAY

Brooklyn Beer Dinner at Daily Planet

A beer dinner featuring Brooklyn Brewery's fine beers paired with an adventurous menu will be held at The Daily Planet in Burlington on Sunday, December 9th. Tickets are \$50 and include tax & tip. Reservations are required, and must be pre-paid. Head Brewer Garrett Oliver will be "in da house", too.

Brooklyn Vs. Vermont

Sunday, December 9th 2pm - 4pm

The Brooklyn brewery's beers paired with fantastic Vermont artisanal cheeses. We will be serving a handful of Brooklyn beers that have never been in the state including the stunning Local 1 Belgian-style golden ale. Even better, we will have Brooklyn's brewmaster Garrett Oliver here to share his thoughts on pairing these tasty brews with the local cheeses. Don't miss this rare opportunity. Seating is extremely limited and a reservation is necessary. Please call or stop by to make your reservation.

Cost is \$25. Call 802.861.2999.

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