



The Barleycorn Press

Monthly Newsletter Published by the Green Mountain Mashers of Vermont

December 2005

Volume 16 Issue 8



Coastal New England Brewpubs: Fading Tastes of Summer by Ruth Miller

The months of August & September found me making up for lost time on the Coast, trying to cram in several long weekends of kayaking and visiting friends in Maine and New Hampshire before the end of warm weather – always with a brewpub in mind. One August weekend I ended up in lovely Portsmouth, NH and enjoyed the distinct pleasure of re-visiting Portsmouth Brewery, home of their Smuttynose beers in bottles, and superb offerings on tap. Tod Mott, long a NE brewmaster with several notable breweries on his resume, fortuitously landed at Portsmouth in '03, and is churning out the adventurous seasonals, as well as the Smuttynose regulars known, loved, and awarded medals to on a consistent basis.

On a warm Sunday evening, I ventured into their beer garden, took a look at the beer list and knew I had my work cut

out for me - 10 of their beers on tap! I proceeded to order a sampler of 7 and some food, and there wasn't a ringer in the lot - no surprise there! Here's the line-up:

- Cream Ale: fresh, crisp, and flawless.
- Thai-zenheimer: refreshing weiss beer with a twist - flavored with lemongrass, ginger and kaffir lime leaves. Killer with Thai curry, but the group of German tourists sitting across from me were clearly appalled.
- Belgian Double-Wit: getting to be a more familiar style, it tasted far heavier than a wit - more like a strong golden ale - not that I'm complaining!
- Black Cat Stout: one of the perennial favorites here. Dry, super chocolate-y and roasty coffee nose.
- Russian Imperial Stout - a winner with deep port notes, figs & dried fruit. Very strong as it should be!

- I.P.A.: utterly perfect example of the style with superb balance of grapefruity hop to malt.
- Blueberry Ale: a nice example of discretion with this one - not like the fakey-fruity summer seasonals you often find. At 6%, deserves respect and its floral aroma, russet color and durable head refresh the palate rather than wear it out.

Others on tap that I didn't sample:

- Old Brown Dog: another Smuttynose perennial you can find in six-packs;
- Smuttynose Portsmouth Lager - breadly, toasty pilsener made in the classic style with all-German malts & hops;
- Smuttynose Shoals Pale Ale: an American pale, medium-hopped, big seller in bottles also.

Just to give you an idea of how broad Mott's talents are in creating some mighty creative seasonals, here's what

else gets rotated through that you may find on your own visit: Hop Harvest Ale, Pumpkin Ale, Oktoberfest, Wheat Wine, Tripel, Alt, Biere de Garde, CA Common, Dunkel, ESB, Imperial Pilsener, Maibock, Oatmeal Stout, Brown & Imperial Porters, Schwarzbier, Scotch Ale, WeizenBock (with maple syrup). Talk about diversity - yikes! Check on their website to see what's being served when you're passing through, and the food there is terrific with an emphasis on upscale pub fare that often incorporates their beers.

On a September trip headed to Portland, ME I stopped at Moat Mountain Brewery in Conway, NH enroute and enjoyed a wonderful fall dinner of roast pork and the most delicious squash (must be the liberal use of butter &

maple syrup!) along with a sampler of Will Gilson's German-inspired brews. Unfortunately, I didn't take notes at that stop, but I can firmly say that after 4 years of frequenting the place, I've never ever been disappointed in either the beers, food, or prices. I look forward to returning in February on a ski trip. My next stop that long weekend was Gritty's in Freeport and once again, the sampler did not fail to please, along with the juicy lamb burger I ordered to go with. Then on to downtown Portland to Sebago Brewery, where my luck ran out...lackluster sampler of beers - no standouts - and pre-fab food. Had to end sometime I suppose. On my return trip I stopped once again in Portsmouth to check out the reasonably authentic British pub "The Coat of Arms" located

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**NEXT MEETING
at the Magic
Hat Brewery
Monday Dec 5th**

The next meeting of the Green Mountain Mashers will take place on Monday, Dec 5th at the Magic Hat Brewery in South Burlington. Arrive around 7:30pm and the meeting will start shortly after that.

Also, club elections will be discussed

and anyone who desires a club office or position of responsibility should be prepared to campaign for the position, or, anyone wanting to avoid being elected to an office or position of responsibility should be sure to attend the meeting. You must be there in person to decline the nomination, or else you may be elected!

If you need directions call Magic Hat at 802-658-2739 or visit their web page:

<http://www.magichat.net/>



**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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This publication is made available free of charge to all dues paying members of the Green Mountain Mashers. Subscriptions are available to all other interested parties at \$7.00 yearly (US funds).

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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10 School St.
Essex Jct., VT 05452
(802) 879-6462 (hm)
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View the Official Web Page of the Green Mountain Mashers at:

<http://www.mashers.org>

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**Green Mountain Mashers
Dues have been raised to \$20
per year to help cover the
added costs of being a non-
profit corporation. Dues are
due by January 2006. Please
bring your checkbooks to the
one of the next few meetings
so that we don't need to keep
pestering members to pay
their dues after January.
Thanx - The Management.**
Also, please bring some munchies to
share with the rest of the Mashers.

Green Mountain Masher Calendar of Events

Date	Event	Information
12/5/05	Annual Magic Hat Mtg	Tim Cropley (h) 434-7293 (email) t_cropley@yahoo.com
1/9/2006	January Mtg at Anne and Matt Whyte's Bring a Holiday Beer	Anne Whyte (h) 879-6462 (w) 655-2070 (email) vtbrew@together.net
2/6/2006	February Mtg - Location TBA Clone Beer Challenge Judging Samuel Smith's Nut Brown Ale	Location TBA
3/6/2006	March Mtg - Location TBA Gadget Night	Location TBA
4/3/2006	April Mtg - Tom Ayres and Anne Barrett - Hoops n Hops & Masher Challenge Judging Irish Red Ale	Tom Ayres and Anne Barrett, Winooski (h) 655-5587 (email) tom.ayres@verizon.net

Please contact Tim at 434-7293 or t_cropley@yahoo.com to add items to the Masher Calendar

(Coastal NE Brewpubs - Continued from Page 1)

on - get this - Fleet St.! Along with traditional British brews it also has 3 (!) beer engines serving cask. Also on tap were 3 beers from Franconia Brewing, where I'd stopped on my way over in Littleton, NH and met brewer John Wolfenberger who was just finishing a batch of his Mountain Stout. He gave me a taste and told me about the British pub, so I knew I had to try them there. I'm distressed to see on the front page of Yankee Brew News that he is being evicted by his landlord from his brewery so a Walgreen's can be built on the site! It is a tiny place, a garage really and I hope he can find a place to re-locate as the taste of that rich stout reminds me how progress so often tramples tradition and heritage. What a pity.



Masher Meeting Minutes by Ernie Kelley

T

he meeting was opened at 8:25 p.m.

Future meetings:

December – tentatively planned as the annual meeting at Magic Hat, although not yet confirmed as of this date. Anne Whyte has spoken with Matt (who is still working there) and he is aware that we'd like to have the meeting there. Tim Cropley volunteered to arrange the final details. The tentative agenda includes the election of a new club president (any volunteers, please contact present President-for-Life Bob Genter) and possibly judging of the Masher Challenge brews which apparently, are still in their refrigerator, although the bottle IDs are apparently MIA. It was requested that all entrants provide some identifying details about their bottles, ID number, cap design, etc. to assist in developing a new list of who's is which.

January – the first Monday of the month is Jan. 2, so the meeting will be held on the second Monday of the month (the 9th). The meeting will be hosted by Anne Whyte. Bring a holiday beer. The club brew will also be tasted.

February – a host for this meeting is still needed. The Clone Competition is on the agenda. The clone beer is Samuel Smith's Nut Brown Ale.

March – this meeting will be "Gadget Night". A host is still needed.

April – "Hoops 'n Hops", hosted by Tom Ayres. The Masher Challenge (Irish Red Ale) is the night's main feature.

May – tentatively to be hosted by Ernie Kelley. No agenda yet set, although the plan is to ask Greg Noonan to give a presentation on real American Ales (or possibly Paul Saylor on a topic of his choice).

June – Monk's annual BBQ picnic bash. Possibly to be held on an early Friday in the month (6/4 ?). Fireworks, films, and fun.

Summer camping – sometime in Au-

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(Continued from Nov. Mtg Minutes on Page 3)
 gust. Maarten's place in Grand Isle is not available. Burton Island or a camping trip to the Cooperstown, NY Festival were proposed as possibilities.

Club Brew:

Now scheduled for Sunday, November 13 at Jim and Mel's. It will be a 20 gallon mash approximating an ESB that will be divided into four batches, each fermented with a different yeast – lager (Anne's Danish lager slurry), ESB (London 1968), Chico (dry yeast), and a Belgian ale yeast.

Party announcement:

Club members are invited to a Super Bowl Sunday party at Andrew and Mag's. Show up the day before to help build the luge course. What a mix – football, beer, and luge. Tim Cropley had already left and wasn't around to take abuse about the potential for a Patriot Threepeat.

Judging study group:

Paul Saylor from American Flatbread is interested in educating his staff

about beer styles. The possibility of setting up a coordinated effort with the club was discussed.

Trub Trek:

Dan Hament is this year's Trek Meister. Dan favors another Montreal trip. Monk advocated for a tour of Adirondak breweries. Montreal appeared to be the early favorite. February again appears to be the best time, in general.

Treasurer's Report:

Anne Whyte reported that as of 1/1/05 we had a balance of \$1100. The big cost for the year was from the Trub Trek, which went overtime to the tune of an extra \$300 for the bus. However, since the competition actually made a profit in '05 (mainly due to e-mail cutting postage costs) we presently show a fairly healthy balance of \$769. For tax purposes, it would be best to end the year with a balance of as close to \$0 as possible (so as to not jeopardize our non-profit status with the IRS). Subscribing the club to the "Beer-of-the-Month Club" was proposed as a good

way to burn up some of the remaining balance. The beers would be sampled at the monthly club meeting.

NEHBOTY:

Deerfield, MA, on first weekend of December. This is the last competition of '05. The Mashers are currently in 2nd place. Dan Marshall and Tom Ayres may be going down to judge. Check with them to see if they can bring down any beers you may wish to enter.

Lastly:

Dan Hament reported that he had looked up Bob Johnson on a recent trip to Portland, ME. Bob is currently running a fine wine, cheese, and baked goods emporium in South Portland and is doing very well. His shop is great and his baking is even better. Look them up next time you're there. His place is named One Fifty Ate and is located at 158 (get it?) Willard Square in South Portland.

The meeting was closed at 9:40 p.m.



**Drinker's Delight:
 Beer May Fight
 Disease
 A Unique Compound
 in Ale Intrigues
 Oregon Researchers**
 by Joy Victory

Nov. 7, 2005

"Mmmm ... beer."

This oft-repeated sentiment of Homer Simpson is a mantra for the millions of beer drinkers in the United States. As popular as beer is, however, it often has gotten a bad rap as a calorie-loaded beverage that only serves to create

paunchy beer bellies and alcohol-fueled lapses in judgment.

But that negative image may begin to fade: Research is showing that beer could join the ranks of other guilt-inducing but wildly popular foods -- chocolate, coffee and red wine -- as a possible disease-fighter.

It turns out that beer hops contain a unique micronutrient that inhibits cancer-causing enzymes. Hops are plants used in beer to give it aroma, flavor and bitterness.

The compound, xanthohumol, was first isolated by researchers with Oregon State University 10 years ago. Initial testing was promising, and now an increasing number of laboratories across the world have begun studying the compound, said Fred Stevens, an assistant

professor of medicinal chemistry at Oregon State's College of Pharmacy.

Earlier this year, a German research journal even devoted an entire issue to xanthohumol, he said.

What Stevens and others are discovering is that xanthohumol has several unique effects. Along with inhibiting tumor growth and other enzymes that activate cancer cells, it also helps the body make unhealthy compounds more watersoluble, so they can be excreted.

Most beers made today are low on hops, however, and so don't contain much xanthohumol. But beers known for being "hoppy" — usually porter, stout and ale types — have much higher levels of the compound. Oregon's microbrews ranked particularly high, Stevens said, which is not surprising:

(Continued on page 5)

How to cheer up a nursing home? Install a bar

'Patients aren't bored to death,' official says at St. Mary's in Ireland

Reuters DUBLIN, Ireland

A nursing home in Ireland has hit on a cheering way to keep up the spirits of its elderly patients -- by providing its own pub.

St Mary's Hospital in County Monaghan, near the Irish border with Northern Ireland, believes ready access to a good pint may help its patients -- average age 85 -- actually live longer.

"We would say the whole social aspect of life does extend the years -- it means the patients aren't bored to death," Rose Mooney, assistant director of nursing told Reuters.

The pub, which opens at 11 a.m. and closes at 9 p.m. and charges normal bar prices, had also led to an increase in the number of visitors, she said.

Having its own bar made the hospital, which has around 140 patients, unique in Ireland, she added.



(Cont. from Beer May Fight Disease - Page 4)
U.S. hops are grown almost entirely in the Northwest.

Still, no one knows how much beer is needed to reap the benefits. Mice studies show that the compound is metabolized quickly by the body, so it's hard to get a large amount in the body at one time, Stevens said.

"It clearly has some interesting chemopreventive properties, and the only way people are getting any of it right now is through beer consumption," he said.

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2005 Cider Crush Blend



10/21/2005 12:04

Two Potential Masher Beer Events

by Ruth Miller

Hi Mashers,

I have spoken to a couple of parties that may be interested in providing the means for 2 events you may be interested in. I'd like to take an informal poll to find out how many people actually would be interested in the following to determine whether to pursue them further.

They are:

1) A Beer & Cheese Tasting held at Hen of the Woods (formerly the Mist Grill) in Waterbury sometime in November on a weeknight. The new chef is formerly of Smoke-jacks, who have done such an event in the past under the guidance of Bob Johnson, former brewer at Magic Hat & an artisanal cheesemaker himself.

This is not a full meal, but this place is heavily supporting VT artisanal cheesemakers and brewers and is interested in hosting such an event for us. If there is interest I may invite Bob over from Portland to co-host.

These cheeses are quite pricey, so it wouldn't be an inexpensive event –

maybe \$20-\$30 per person with beers.

2) Another multi-course Beer Dinner at The Alchemist in Waterbury on a weeknight, first or second week of January. For those who went last year, same deal: 20 people max, 4-5 courses with beers, fixed price per person incl. tip and vegetarian options. The price was \$55 last year and was held on MLK Day. (editors note - I believe most if not all of the attendees feel like it was worth the cost!)

Please respond with your sentiments on the interest level of these two events, and I will get started on arranging them.



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