



## June

The Birmingham Brewmasters

Officers:

Scott Harville, President

Bill Plott, Vice President

John Rhymes, Webmaster

Todd Darroch, Treasurer

Bob Nelson, Member at Large

Tracy P. Hamilton, Secretary and  
Newsletter

As a member of the Brewmasters, you may be interested in signing up for the listbot, AKA mail exploder, remailer, whatever. See the

Web page [www.bham.net/brew/masters.html](http://www.bham.net/brew/masters.html)

Styles for the coming year:

January	American lager
February	Porter
March	Stout
April	Hops "R" Us
May	Send in the Clones
June	Wheat
July	Pilsner
August	Iron Brewers
September	Meading
October	What else?
November	Spice, pumpkin and weird
December	Heavy

Birmingham Brewmasters

C/o Tracy P. Hamilton

2541 Dunmore Dr.

Hoover, AL 35226





## **A synopsis of the June meeting**

### **Style of the Month - Wheat**

1. West Alabama Lager - Dennis Johnson
2. Cream Ale - Tracy Hamilton
3. North German Pilsner - Scott Harville
4. Wheat - Ray Statham
5. Cherry Wheat - Ray
6. Flying Monkey Amber - Jason Holifield (trip to KC)
7. Boulevard Pale Ale - Jason
8. Goose Island Kolsch - Jason
9. Alt - Jason
10. Father's Moustache classic american pils - Bill Lees
11. Wit - Todd Darroch
12. Murphy's - Pat Tully
13. Sudwerk Hefeweizen - Francis Taylor
14. St. Peter's Wheat - Francis
15. Charleston Wheat - Francis
16. Charleston Brown - Francis (guess where Francis went?)
17. 3 Floyds Alpha King Pale Ale - John Rhymes
18. 3 Floyds Robert the Bruce Scotch Ale - John
19. Special B Porter - Kim Thomson
20. Edel Helles - Doub McCullough
21. Double Roast Pale Ale (special B and victory)

**Business: Premiums appear to be the T-shirt design from 2 years ago.**

**Doug did a grain tasting program. We appreciate his patience when the side conversations got a little too loud.**

**The next meeting will be on July 7, 4:00 p.m. at Ala-Brew. That is a Saturday, and a party! Details to be figured out at Planning Meeting - Francis' house.**

**Renminder: It is time to re-enlist in the Brewmasters! Benefits? A snazzy if irregularly produced newsletter, a nice premium, good fellowship, all kinds of beer to taste.**

**July event - Raffle at Party if enough bottles appear!**

**July Agenda - Pilsner?**





## The Straight Answers On Food & Exercise

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is good for only so many beats, and that's it. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable slop.

Q: Is beer or wine bad for me?

A: Look, it goes to the earlier point about fruits and vegetables. As we all know, scientists divide everything in the world into three categories: animal, mineral and vegetable. We all know that beer and wine are not animal, and they're not on the periodic table of elements, so that only leaves one thing, right? My advice: Have a burger and a beer and enjoy your liquid vegetables.

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: At the gym, a guy asked me to "spot" for him while he did the bench press. What did he mean?

A: "Spotting" for someone means you stand over him while he blows air up your shorts. It's an accepted practice at health clubs; though if you find that it becomes the ONLY reason why you're going in, you probably ought to reevaluate your exercise program.

Q: What are some of the advantages of participating in a regular exercise program?

A: Sorry ... Can't think of a single one. My philosophy is: No Pain - No Pain.

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should be doing sit-ups only if you want a bigger stomach.

I hope this has cleared up any misconceptions you may have had regarding food and exercise.



### Interesting Posts from Home Brew Digest:

Date: Tue, 12 Jun 2001 08:25:02 -0500  
From: "steve lane" <[tbirdusa@hotmail.com](mailto:tbirdusa@hotmail.com)>  
Subject: Ultimate mall crawl

My wife has really done it this time. I am now the not so happy owner of a round trip ticket to the Mall of America... just how I wanted to spend one of my precious days off. To top it off, we are staying 3 nights at an Indian reservation / casino that doesn't allow any adult beverages on the premises. Could the geographically informed let me in on the beer scene in the area?  
Thanks for your help on the "vacation".

Date: Wed, 13 Jun 2001 13:12:16 -0500  
From: [Patrick.Humphrey@abbott.com](mailto:Patrick.Humphrey@abbott.com)  
Subject: Amusing Tale

I thought this was amusing...

A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly he picked up a large empty mayonnaise jar and proceeded to fill it with rocks, rocks about 2" in diameter. He then asked the students if the jar was full? They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was.

The students laughed. The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. "Now," said the professor, "I want you to recognise that this is your life.

The rocks are the important things - your family, your partner, your health, your children - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, your car. The sand is everything else. The small stuff." "If you put the sand into the jar first, there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that really matter.

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal." "Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand."

But then...

A student then took the jar which the other students and the professor agreed was full, and proceeded to pour in a glass of beer. Of course the beer filled the remaining spaces within the jar making the jar truly full.

The moral of this tale is:  
- that no matter how full your life is, there is always room for BEER



## Headline:

A computer motherboard manufacturer has a code name for a dual Athlon processor - Guinness! The headline at a British computer site is Dual Athlon Guinness is good for you.

### Wheat Beer

David Rosengarten (FoodTV.com)

In beer, as in wine, the simple truth's the same: those huge, impressive, medal-winning products--the ones that create so much buzz among consumers--have trouble blending in well at the table. Lumbering Cabernets and Chardonnays rarely go smoothly with food--and, to my taste, it's the same for hoppy, malty, bitter, high-alcohol beers, such as the traditional English ales and the hundreds of American micro-brews that emulate them.

My solution, in both wine and beer, is to seek out crisper, lighter examples that are delicious with food. In both wine and beer, unfortunately, many such examples are also insipid, flavor-wise, providing not much more than a refreshing tipple.

The wine salvation, for me, is racy dry Riesling from Germany, which blends with food like nobody's business, and also make an intriguing flavor statement on its own.

Curiously, the beer "solution" for me is also a German product: wheat beer. Traditionally, beer is made with malted barley--but wheat beer substitutes a substantial proportion of wheat for the barley. This changes things greatly. The beer is lighter, both in color and mouth-feel. A wonderful acidity creeps into the brew, insuring the sensation of freshness. And insipidity's not part of the recipe. The yeasts used for wheat beer in many places provide some of the most interesting flavors in all of beerdom: spicy ones, with hints of clove, and fruity flavors, sometimes suggesting apples or bananas. As if this weren't enough, in Belgium there's also a tradition of adding such things as Curaçao orange peels and coriander seeds to the brew, resulting in even more flavor.

Belgium, in fact, is a good place to keep in mind when you're looking for wheat beer. Make sure to also keep in mind the Belgian names for the product; Witbier, Wit Bier, Witte, or Bière Blanche all mean the same thing. Happily, one of my favorite Belgian "Witbiers" is currently in large distribution in the U.S.--Hoegaarden, brewed east of Brussels, in a very traditional wheat-growing area.

Germany's also a great bet for wheat beer. Berlin and Munich are the hotbeds of wheat beer brewing, and you're likely to see such diverse names for the product as Weissbier, Weisse, and Weizen. If the label says "Hefeweizen," or "Hefe Weizen," or "Hefe-Weisse," or "mit Hefe," the bottle contains one of my favorite wheat beers of all: unfiltered wheat beer, with the yeast still in the bottle, turning the beer cloudy and the flavor more profound. Germans sometimes like to pop a wedge of lemon in their wheat beer glasses, turning the most refreshing beer of all into something absolutely essential for summer.

I love wheat beer with a staggering array of foods. It's great for heavy foods--like sausage and sauerkraut!--because it cuts through the fat. It's great for salty foods (like ham or oysters), or smoky foods (like smoked salmon.) It's wonderful with acidic foods (like salad), and is perfect with spicy foods (anywhere from Thai salads, to Indian curries, to Sichuan stir-fries, to Mexican moles.)

It might be hard, in fact, to find a food that doesn't like wheat beer as much as I do.