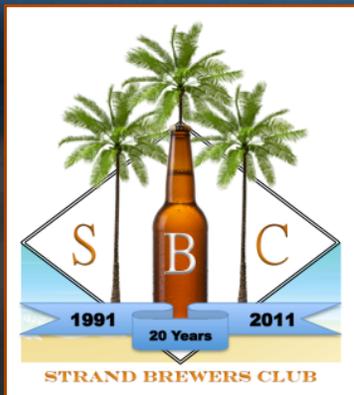


ISSN 1945-1342

DREGS FROM THE KEG

March 2013



BEER HO!!!

NO, NOT THAT KIND OF HO

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Foam at the Top

[Rives Borland](#), Strand President

February came and went quickly, but the club managed to stay very active. We started out the month with a great metro trip to Pasadena, where we checked out the Lucky Baldwin's Belgian Beer Festival, King's Row, Haven Gastropub and the new Stone Taproom. We were able to sample the Lucky Baldwin's Belgian Red Ale brewed by Brouwerij Van Steenberge (Piraat, Gulden Draak) that was a special release for the festival. It was a little on the sweet side, with lots of citrus notes, and very tasty overall. King's Row had a great local beer selection, as well as what looked like a great lineup of whiskeys, although I don't think any of us partook of those. Haven was especially accommodating, giving us happy hour pricing outside of the normal hours. At Stone I enjoyed some very fresh Ruination. A great time was had by all and I'd like to thank Tammy Minion again for organizing an excellent trip.

We had another great turnout for the February meeting both in terms of people and beer. It's very encouraging to continually see new faces showing up. Please keep spreading the word about the club. Since we seem to have quite a few new brewers joining the club, I plan to start scheduling some activities geared towards the newbies and help bring them up to speed by utilizing all the great knowledge in the club. Part of that will be the educational topics at the meetings, which will probably benefit new and experienced brewers alike. Speaking of which, we still need a speaker or at least a topic for the March meeting. Please let me know if you have any ideas or want to volunteer by contacting me at president@strandbrewersclub.com. I'm hoping

to personally lead some presentations or discussions later in the year, if I can find the time to put something together. It takes up a lot of time running the club, so I can really use your help to volunteer for stuff.

The February meeting was all about hands on tasting and we had two great organized tastings. The first was of beers fermented with the WLP026 Premium Bitter Ale yeast strain (rumored to be the Marston's Ale strain), which Jim Wilson had somehow managed to have specially cultured from the yeast bank at White Labs. There were a lot of great beers and I think everyone generally had a positive experience with the yeast. Then we conducted the round 4 Iron Brewer tasting. The required ingredients were Liberty hops, flaked corn and coriander. Congratulations to Jim Wilson for winning for the third time in a row. His entry was a cream ale and served double duty for the WLP026 and Iron Brewer tasting. Start planning ahead for round 5 of the Iron Brewer in June, where the ingredients are Saaz hops, lactose and peppercorns. We also tasted commercial examples of the Club Only Competition (COC) style of the month, Barleywine. I believe we had one homebrew version that showed up, which we will use as an entry for the club. We will judge the next COC entries in April for which the style is extract beers. Hopefully that is broad enough that everyone, including new brewers, should find it easy to bring an entry.



On Saturday, March 23rd, we had the 2nd Club Brew of the year, once again led by Mike Haisma. He brewed a Dry Irish Stout that

should be ready in time for St. Patrick's Day. I want to thank Mike for helping us kick off the first two club brews of the year. Now we need other people to step up and volunteer to lead one, either at your house or the brew shop. Contact Tammy Minion at activities@strandbrewersclub.com if you want to host a Club Brew.

[California Homebrewers Association](#) memberships finally went on sale this past week. You have until March 10th to purchase a membership for \$40. The price goes up after that. So act fast! You have to be a CHA member to attend the Southern California Homebrewers Festival (SCHF), which will be held on May 3rd and 4th at Lake Casitas. We have plenty of reserved camping space, so let me know if you plan to attend and I'll save a spot for you. The style for the SCHF Bragging Rights Only Competition this year is wood aged beers. I think our Cabernet Barrel Aged Dark Sour ale would make a strong contender. I also have a rum barrel aged Russian Imperial Stout that I have yet to officially sample. If you think you have a great barrel aged beer, then please bring it to the April meeting and we will choose an entry to represent the club at Casitas.

Hopefully some of you were able to enter the [American Homebrewers Association](#) (AHA) National Homebrew Competition (NHC) this year. The registration process was a total nightmare and the servers were severely overloaded, but I finally managed to get my entries registered after about 90 minutes of frustration hitting refresh. Luckily I have a job where I'm often in front of the computer anyway, or I would be even more upset. It's amazing how national interest in homebrewing seems to be growing exponentially each year. One of my near term goals for the club is to be sitting at the NHC Banquet and see Strand Brewers Club attached to the name of one of the medal winners at the NHC!

In case you've been living under a rock the past few weeks, Tammy has been very hard at work putting together an amazing bus trip to San Diego on March 16th. We'll be going to the [AHA Rally at Stone Brewing Co.](#), the [White Labs Tasting Room](#) and [Societe Brewing](#), if time permits. This is going to be a fantastic

trip and I highly, highly encourage everyone to go. It's going to be both extremely fun and educational. We'll be joined by members of several other homebrew clubs, as well as some local craft beer enthusiasts. So you'll get a chance to meet some new people and talk beer with them. Maybe you can even convince a few to join our club. At the AHA rally at Stone you will also get to mingle with other homebrewers from around the region, meet the Stone brewers, participate in judging for the [March Madness Homebrew Competition](#) and win prizes! I have a spot as one of the 30 kegs that will be judged in the competition. I'll be bringing a very fresh Witbier, brewed with fresh mandarin zest, coriander, chamomile and elderflowers. It's a slight variation and refinement of the Witbier I brought to the January meeting, which proved to be popular. I could use your support (if you like the beer of course) to help me win a chance to brew with Stone and have the beer distributed! Contact Tammy to sign up for the trip and be on the lookout for more details from her.

Lastly, you may have noticed that just in the last day or so we are having issues with the website. It caught us by surprise. I want to assure you that we are working to resolve the problem and in the mean time we'll find other ways to still keep you informed about club news. We have also been working to transition to an improved website at some point this year. We will keep you posted.

March Meeting

This month we'll meet on Mar. 13th at 7 p.m.



1311 POST AVE TORRANCE, CA 90501



Iron Brewer Challenge Round 4 Winning Recipe

By Jim Wilson

Round 4 Required Ingredients:
Liberty Hops, Flaked Corn and Coriander

For this round I brewed a Classic American Cream Ale, which has the unfortunate acronym of CACA. CACA is related to Classic American Pilsner (CAP, BJCP category 2C) and was brewed around the turn of the 20th century by brewers who didn't have the facilities to cold ferment and lager but still wanted to compete in the fast growing pale beer arena. The style has limited availability today, but Genesee, Little Kings and Anderson Valley Summer Solstice Cream Ales can still be found.

Unlike today's industrial alco-pop pale lagers, pre-prohibition CAP actually had flavor, up to 6% ABV and 25-40 IBU bitterness. In the 1990s, homebrewers like Ben Jankowski, George Fix and Jeff Renner researched historical records, resurrected and ultimately gained BJCP recognition for it. Many brewers tried CACA as well, but it didn't quite get CAP's share of the limelight. Here's a typical magazine article on [CAP](#) and [HBD.org](#) has 450+ postings on CACA for you to review.

The basic idea for both beers was a German Pils made with American ingredients that included a recipe tweak to produce a clear, flavor stable beer. 6 row malt was used in the day, but 2 row is fine too, with 20-30% corn or rice added as a protein diluent. Hops and water chemistry were German.

In my CACA, flaked corn brought some sweetness to the party to compliment citrus from the coriander and orange zest and Liberty hops are authentic today as they are grown in the US and share lineage and aromas with Hallertauer hops.

A ProMash Brewing Session Report

Brewing Date: Saturday January 12, 2013

Head Brewer: Jim Wilson

Recipe: CACA ala Jeff Renner

Recipe Specifics

Batch Size (Gal): 8.25

Wort Size (Gal): 8.25

Total Grain (Lbs): 13.50

Anticipated OG: 1.047 Plato: 11.676

Anticipated SRM: 2.7

Anticipated IBU: 26.9

Brewhouse Efficiency: 76 %

Wort Boil Time: 70 Minutes

Actual OG: 1.050 Plato: 12.309

Actual FG: 1.004 Plato: 1.094

Alcohol by Weight: 4.69 by Volume: 5.95

91.1% Apparent attenuation

75.0% Real attenuation

Grain/Extract/Sugar

%	lbs	Name	Origin	Potential	SRM
22	3.00	Flaked Corn	America	1.040	1
74	10.0	2 Row Pale Malt	America	1.036	2
4	0.50	Cane Sugar	America	1.047	0

Hops

oz	Name	Form	Alpha	IBU	Boil Time, min
2.75	Liberty	Pellet	4.90	26.9	60
1.25	Liberty	Pellet	4.90	0.0	0

Extras

Amount	Name	Type	Boil Time, min
1.00 tsp	WYeast Nutrient	Other	15
1.00 tsp	Irish Moss	Fining	15
3.00 gr	Orange Zest	Fruit	0
0.50 tsp	Coriander Seeds	Spice	0

Yeast

1500ml starter with second generation White Labs WLP026 Premium Bitter Ale yeast pitched and fermented at 68°F. Four days to reach FG.

Don't forget to brew for the upcoming Iron Brewer Challenge Rounds.

Strand Brewers Club Iron Brewer Challenge

Round 5

June 12, 2013 Club Meeting
Ingredients: Saaz Hops, Lactose and Peppercorns

Round 6

October 9, 2013 Club Meeting
Ingredients: El Dorado Hops, Crystal Malt and Sour Cherries

Off the Iron Brewer topic, a small group of members brewed with the 026 yeast used in this CACA as an experiment. This yeast is purported to be Marston's used to ferment their Pedigree Bitter on the only Burton Union System left in the world. I'm still tabulating the results but the early ones are that most brewers had fast fermentation, higher than average attenuation, good clarity and restrained flavor levels from the yeast. Two brewers did have average attenuation with mash conditions similar to everyone else. Their beers tasted fine, just maltier. I'll share more complete information when it's ready.

Competition Calendar

[Jeff Sanders](#), Strand Vice-President

Club-Only Competitions

Strand Brewers Club Meetings. Second Wednesday of most months.

Time: 7:00pm.

Entries to be submitted on behalf of the Strand Brewers Club will be determined in a tasting at the club meeting the month before entries are to be submitted for the competition. For more info on club-only competitions, go to

<http://www.homebrewersassociation.org/pages/competitions/club-only-competitions>

May 2013

Extract Beers

Entries Due May 13th. Judging May 9th.
Entry Fee: \$7.

Hosted by Stan Backlund and the Hangtown Association of Zymurgy Enthusiasts club of Placeville, CA. This covers BJCP categories 1 through 23 where 50% or more of fermentable sugars come from malt extract. For more information contact Stan Backlund at backlunds@comcast.net

August 2013

TBD

Entries Due TBD. Judging TBD. Entry Fee: \$7.
Hosted by Tom Folster and the Hudson Valley Brewers club of Millbrook, NY. This covers BJCP category TBD.

For more information contact Tom Folster at vp@hvhomebrewers.com

September/October 2013

European Amber Lager

Entries due TBD. Judging TBD. Entry Fee: \$7.
Hosted by Rick Franckhauser and the Cincinnati Malt Infusers club of Cincinnati, OH. Covers BJCP category 3.

For more information contact Rick Franckhauser at franckenbrew@yahoo.com

Local Competitions: in order of entry deadline

Celebrewtion

Citrus Heights, CA Entries due March 9th.
Judging March 23rd. Entry fee: \$7.

Contact: Daniel Burke. Phone (555) 555-1234.

Email:
celebrewtion@goldcountrybrewers.org

Sonoma Community Center's Beervana
Sonoma, CA Entries due March 15th.
Judging March 22nd. Entry fee: \$12.
Contact: David Daniel. Phone (707) 327-9441.
Email: dangerddaniel@aol.com

2013 AHA First Round, San Diego
San Diego, CA Entries due March 27th.
Judging April 12th. Entry fee: \$12 for AHA
members; \$17 for non-members.
Contact: Jenny DuRose. Phone (831)
419-3650. Email: jdurose@gmail.com

Arizona Mead Cup
Phoenix, AZ Entries due April 9th.
Judging April 20th. Entry fee: \$8.
Contact: Sonja Lockhart. Phone (602)
770-1535. Email: meadlady@gmail.com

Annual Chico Homebrew Competition
Chico, CA Entries due April 20th.
Judging April 28th. Entry fee: \$7.
Contact: John Abbott. Phone (530) 345-9656.
Email: JABREW@aol.com

**Alameda County Fair Homebrew
Competition**
Pleasanton, CA Entries due April 27th.
Judging May 11th. Entry fee: \$7.
Contact: Roger St. Denis. Phone (408)
225-5834.
Email: meadguy@yahoo.com

**Hanger 24 4th Annual Homebrew
Competition**
Redlands, CA Entries due May 5th.
Judging May 11th. Entry fee: \$5.
Contact: Kevin Wright. Phone (909)
389-1400.
Email: kwright@hanger24brewery.com

Many more competitions going on around
the country and around the world so.....
Go to www.homebrewersassociation.org for
a complete list. For a complete list of BJCP
competitions, go to [http://www.bjcp.org/
apps/comp_schedule/
competition_schedule.php](http://www.bjcp.org/apps/comp_schedule/competition_schedule.php)

Spent Grains

[Brian Kellough](#), Strand Treasurer

We enter March with about \$2,770 in the bank. Inflows included \$115 in dues. I was unable to make last month's meeting so not sure as to the raffle. I do know we have some great prizes coming up at the raffles, so get your tickets at the meetings and let's have a great year for the raffle! We have 29 paid memberships, including 3 new members: Jim and Dominique Webster, and Bob Wilson. Welcome to the club! I still need applications from Christian Simms, Kelly Simms. You can fill it out electronically and just email it now! [Click here](#). Lets keep up the good work, and spread the word about our club and the benefits it provides!



For 2013 there is an increase in membership dues to \$35 (\$37 through paypal) for individual membership and \$45 (\$48 through paypal) including a spouse. The increase in dues is a direct response to an improvement opportunity relayed from you the members when we sent out our feedback request last year. So, in 2013 we will now have snacks/foods available at the meetings for you to enjoy while enjoying each other's home brew. Please also feel free to bring some food to share or even better, a nice food pairing for the beer you bring. We'll also at least once per quarter have commercial tastings at the meeting where we'll match styles to the club only competitions and try some commercial examples of that style.

Membership Renewal Time!

We have 29 members from 2012 who have not renewed yet. Don't forget that dues for 2013 are due now. Dues are \$35 (\$37 through paypal) for individual membership and \$45 (\$48 through paypal) including a spouse. TO MAKE IT EASIER FOR YOU, WE HAVE AN ONLINE PAYMENT OPTION THROUGH PAYPAL! [Click here](#) for information. It is nominally more expensive, but infinitely more convenient for all involved! If you don't like paying online, still fill out the application form electronically and email it, then just mail a check made out to "Strand Brewers Club" to me at 10890 Whitburn St, Culver City, CA 90230. You can also hand me a check or cash at the next club meeting (however, all applications should still be submitted electronically).

Attention returning and current members: If you think your contact information is different than what we have on file, please fill out the online membership application at the link above. It is a fillable pdf you can save and keep for your records. Annually we'll ask renewing members to check their forms and make sure the information is current.

What's on Tap?

[Tammy Minion](#), Strand Activities Director

Saturday, March 2nd

Last Day of Stone Week at Congregation Ale House (all three chapters). Tap list is unique to each location. The theme for Long Beach is "YOUNG, WISE, UNDISCOVERED". Pasadena's theme is "COLLABORATE". Azusa's theme is "THROUGH THE YEARS". Check website for a list of beers.

<http://congregationalehouse.com/congregation-ale-house.html>

Saturday, March 2nd

San Diego Brewery Tour – 10:30am to 8pm
LA Craft Beer Tours heads to San Diego. Destinations include Stone, Ballast Point, and Green Flash. Tickets \$75 includes tastings at Ballast Point and Green Flash and a tour at one or the other. They also stop at Pizza Port San Clemente on return trip.

Pick up at Hollywood and Vine in Hollywood at Dillon's. Check in begins at 10am.

<http://www.lacraftbeertours.com>

Wednesday, March 6th

Woodchuck Hard Cider Pint Night at Rock & Brews – 6 PM. You keep the glass.

March 7th

South Bay Beer Shuttle – 7 to 11:30 PM

Ride for free or reserve a seat for the evening for \$10, Starts in El Segundo, stops at Manhattan and Hermosa Piers, and turning around at Select Beer Store. Ride the shuttle and receive discounts on beer at El Segundo Brewery, Rock N Brews, Brewco, Abagaile, Hot's Kitchen and Select Beer store. For more info visit http://www.lacraftbeertours.com/South_Bay_beer_bus.html

March 7th

Select Beer 1st Anniversary – 5 to 10:00 PM

Select Beer will be kicking off a week long 1st Anniversary celebration with the release of Select Monk 1, their first anniversary collaboration beer with [Monkish Brewing Co.](#) It's a delicious multi-grain Belgian-style table beer. Vella Mobile Wood-Fired Pizza will also be there. <http://www.selectbeerstore.com/>

March 9th

SLO Beer Festival

San Luis Obispo Craft Beer Festival is \$35 and includes unlimited 2oz pours, entertainment, food samples, and seminars. Shuttles will be running to and from local hotels. Tickets can be purchased online, cash only at the door.

<http://www.slo-beer-fest.com/>

<http://www.brownpapertickets.com/event/238291>

March 12th

Dogfish Head Craft Beer Dinner at Franklin!

Franklin and Company Tavern in LA is having a four course menu. Beer pairings include 120 minute IPA and Rhizing Bines, a Dogfish Head/Sierra Nevada Imperial IPA. Cost is \$55 for non-members.

Contact events@franklinandcotavern.com to RSVP.

<http://franklinandcotavern.com/>

March 13th

Dogfish Head Pint Night at Rock & Brews – 6 PM. You keep the glass.

Saturday, March 16th

Bus Trip to the AHA Rally at the Stone Brewing World Bistro & Gardens and More

This will be a 12 hour trip departing the Redondo Beach Green line Station at 10am with another pick up at the Willow Blue Line Station in Long Beach. We will attend the AHA Rally at Stone Brewing* and visit the White Labs tasting room. If time permits we will also visit Societe Brewing. The cost is \$30 to ride the bus. If you would like to sign up for the trip please contact me ASAP as there are a few spaces left to be filled and this event is open to all the clubs. Our club president has an entry in the competition and at least four members from Yeastside Brewers are entered and will be joining us. It would be great to fill the bus and show support for our homebrewing community. It will be a fun and educational trip as White Labs will have up to 35 beers for comparison that were fermented with different yeast, different brewing methods, and different fermentation techniques. RSVP for the bus at activities@strandbrewersclub.com.

* Everyone attending the rally must be an AHA member. Membership will be \$33 at the door and \$19 for the spouse. The rally is limited so please RSVP soon. <http://www.stoneworldbistro.com/marchmadness/>



March 20th

Goose Island Pint Night at Rock & Brews – 6 PM. You keep the glass.

March 20th

The Dudes Brewing Company Launch Party – 6 PM. Join Far Bar as they launch LA's newest brewery, The Dude's Brewing Co. Be the first to try some new and exciting beers from the south bay. Dudes Brewing is a Torrance Brewery located near Monkish and was a former partner of Strand Brewing. <http://farbarla.com/event/the-dudes-brewing-company-launch-party/>

March 21st

South Bay Beer Shuttle – 7 to 11:30 PM
Ride for free or reserve a seat for the evening for \$10, Starts in El Segundo, stops at Manhattan and Hermosa Piers, and turning around at Select Beer Store. Ride the shuttle and receive discounts on beer at El Segundo

Brewery, Rock N Brews, Brewco, Abagaile, Hot's Kitchen and Select Beer store. For more info visit http://www.lacraftbeertours.com/South_Bay_beer_bus.html

March 27th

Golden Road Pint Night at Rock & Brews – 6 PM. You keep the glass.

March 27th

Deschutes Tap Takeover at the Far Bar in Los Angeles – 6 PM.
<http://farbarla.com/event/deschutes-tap-takeover/>

March 28th

Pugachev's Cobra Release at the Congregation Ale House Long Beach Chapter – 7 PM.
Featuring 7 beers and 1 cask from Hangar 24.
<http://www.congregationalehouse.com/congregation-ale-house.html>

April 6th

5th Annual LA Beer Festival

The LA Beer Festival will be held at Paramount Studios. The event will feature dozens of international and domestic beers, LA's most popular food trucks, and two great bands. They will have two sessions: Noon to 3pm and 5pm to 8pm. Admission is \$40 and a percentage of proceeds will go to support Noah's Bark Animal Rescue. Tickets will not be sold at the door. Price includes unlimited pours and parking. Designated drivers can get in for \$15 cash only at the door. <http://www.drinkeatplay.com/labeerfest/>

April 20th

Pacific Gravity's Bus Trip to San Diego

They will visit Pizza Port Solana Beach, Green Flash, and White Labs. The plan is to leave about 9:30am, have lunch at Pizza Port, then head south, returning to the West Side at about 6pm. Cost for the trip is \$45 and that will cover a seat on the bus and pizza. If they get enough people, pitchers will be provided with lunch. Please contact roadtrips@pacificgravity.com to RSVP and for more information.

May 3rd and 4th

Southern California Homebrewers Festival (SCHF) at Lake Casitas (near Ojai)

California Homebrewers Association (CHA) memberships are now on sale for \$40. The cost goes up on March 10th to \$45 and then to \$50 on April 1st. Remember that you cannot attend the festival unless you are a CHA member. Memberships will not be on sale at the festival. Last year over 1800 members attended the festival with over 40 clubs pouring. This year Firestone Walker, Stone, Hollister and Taps will be serving their beers and answering questions on Friday night. The guest speakers for Saturday are Mitch Steele, the brewmaster at Stone Brewing and Gary Glass, the Director of the American Homebrewers Association. To purchase a membership or get more info visit <http://www.calhomebrewers.org/>

Strand Brewers Club has campsites available; please contact Rives to reserve a spot. president@strandbrewersclub.com



Start Thinking – 2013 SCHF at Lake Casitas

June 27th and 28th

Kern River Pub and Grub

Kern River Outfitters is having their Pub & Grub, a two day rafting trip on the Lower Kern. It's a 20-mile trip; after 10 miles you'll stop at their outfitters camp and enjoy crafts beers. The evening will feature a selection of brews from the Kern River Brewery and samplings from other micro breweries as well. Eric & Rebecca Giddens, founders of brew pub will be there to discuss their brews, the art of brewing and the role beer is playing in restaurants of all culinary persuasions across the country. Price: \$375.00. Space is limited.

<http://kernrafting.com/index.php/reservations/kern-rafting-special-trips/>

Google Calender of Local Events

See what local events are scheduled at: https://www.google.com/calendar/embed?src=tammymini@gmail.com&ctz=America/Los_Angeles.

If you find an interesting event please send it to me and I will add it to the calendar. Also if you have ideas for club outings or something you would like to do as a group let me know and we can work it out.

Strand Brewer of the Year Points Standings

[Mike Haisma](#), Strand Communications

As February winds up, here's the latest on the current leaderboard for Brewery of the Year. Jim Wilson has pulled into a solo lead, aided in part by winning our inaugural Iron Brewer competition with his Classic American Cream Ale, as well as putting together the great

presentation on carbonation for our January meeting and judging in three BJCP competitions so far this year. I am in second place thanks to carpooling with Jim to those competitions, and hosting our first two club brews of the year. Our fearless leader Rives Boreland is tied for third with dynamic duo Hunter & Charlie Thacker, who have brought a stunning number of homebrews to sample to the first two club meetings.

Here's how things stand currently on the leaderboard:

Name	Points
Jim Wilson	18
Mike Haisma	15
Rives Borland Hunter & Charlie Thacker	7
Steve Gardner Rick Wirsing Rich Thornton Nate Federman Lisa Cooper Lee Richardson Jim Hilbing Jeff Sanders Jared Carson David Eaves	2
Tom Kulzok Tammy Minion Steve Fafard Rory Dewan Robert Hernandez Jim Webster Janet Fukumoto Ethan Allen Eddie Martinez Doug Toperzer Christian Sims Charlie Wallace Brian Basye Brendan Binns Adam Pike	1

You can earn points by performing any of the activities on the list that was published in the January 2013 issue of the Dregs, but you need to make sure I know about them or they won't be counted. The best way to do that is to make sure your name is on any sign-up sheets for the corresponding activity (if there is one), and for activities like entering or judging in competitions, you can send me an email at communications@strandbrewersclub.com with some kind of documentation for that activity (e.g. confirmation emails, scoresheets, etc.). Please feel free to contact me if you have ideas for other activities, complaints about existing ones, or questions related to homebrewing or really any topic at all.

References

By [Rick Wirsing](#), Dregs Editor

Our President, Rives Borland, had three of his soda recipes appear in the latest edition of Zymurgy. If you are an AHA member, you will of course see the article, "Soda, Anyone? Rejuvenating Tonic Bar," when the March/April hardcopy arrives, or you can see it online at <http://www.homebrewersassociation.org/pages/zymurgy/ezymurgy>.

A flavonoid found in hops, 8-Prenylnaringenin (8-PN), has long been suspected to be responsible for some of the health benefits of beer. In a [recent study](#) conducted by scientists at the University of Tokushima, it was found that when inactive mice consumed 8-PN they retained more muscle mass than those mice who had not. Assuming 8-PN has the same effect on humans, the results of this study suggest that if you want to maintain your fitness while you take some time off from working out, or just quit, you should drink beer. Great right? The problem is that the volume of beer you would have to drink to get the same amount of 8-PN as the mice in the study has been [estimated to be at least 22 gallons per day](#). Anybody want to volunteer for the human study?

If you have not been following the [Strand Brewers Club Facebook Page](#), you have been missing out on announcements for beer events, club events and equipment sales.

There are also links to information about brewing and beer. Don't be the last to know. Check it out regularly.

Club Shirts for the 2013 Southern California Homebrewers Festival

By [Rick Wirsing](#), Dregs Editor

James Amezcua has been working diligently to have Strand Brewers Club shirts made and ready for the Southern California Homebrewers Festival. Tentative costs are: Men's T-shirt \$14; Ladies T-shirt \$13; Hooded sweatshirt \$24; and Crew sweatshirt \$21. Pre-orders will be offered soon.



Tell Us What Are You Doing

Your stories are welcome in the Dregs. Upgrade your brewery? Fine tune your practice? Take a road trip? Do well in a competition? Have recipes to share? Read a good beer book? Have club related pictures, especially for the Dregs cover? Send all those, or anything else you think would be interesting to [Rick Wirsing](#). Thanks!

What We Stand For

The objectives of the Strand Brewers Club are to brew beer and share information about the brewing, presentation, consumption, judging and history of beer. We promote and encourage homebrewing competition and hope to foster general goodwill through the making and consuming of this noble and most excellent beverage. We aim to brew the best damn beer.

It is our policy to brew and consume beer strictly for fun. Under no circumstances does Strand support or condone in any manner the sale or barter of homebrewed beer, or the operation of a motor vehicle under the influence of alcohol by a member or a participant in any club event or the provision of alcohol to minors.

2013 Club Officers

President	Rives Borland	310-469-3634	president (at) strandbrewersclub dot com
Vice-President	Jeff Sanders	310-292-9301	vp (at) strandbrewersclub dot com
Treasurer	Brian Kellough	310-947-1855	treasurer (at) strandbrewersclub dot com
Activities	Tammy Minion	310-406-8057	activities (at) strandbrewersclub dot com
Communications	Mike Haisma	310-808-3614	communications (at) strandbrewersclub dot com
Editor	Rick Wirsing	310-872-9915	editor (at) strandbrewersclub dot com
Webmaster	Chris Voisey	310-941-4810	webmaster (at) strandbrewersclub dot com

Mentors

The following members have volunteered to answer your brewing questions and to help beginning brewers learn the craft. You should take advantage of their expertise.

Bill Krouss	310-831-6352	bkrouss (at) cox dot net	Rancho Palos Verdes
Dave Peterson	310-530-3168	diablo390 (at) aol dot com	Torrance
Jay Ankeney	310-545-3983	jayankeney (at) mac dot com	Manhattan Beach
Jim Hilbing	310-798-0911	james (at) hilbing dot us	Redondo Beach
Jim Wilson	310-316-2374	jim 7258 (at) gmail dot com	Redondo Beach
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T R A V E L



SO HOW COME YOUR WIFE IS BEING SO MEAN TO ME?

WELL ... YOU KNOW MY NEW STAINLESS STEEL FERMENTER WITH GLYCOL COOLING AND ELECTRIC HEATING SYSTEMS THAT I CAN MONITOR AND CONTROL WITH MY iPhone ...



YEAH THAT IS SO EXTREMELY COOL

WELL ... SHE WAS REALLY UPSET ABOUT HOW MUCH I SPENT ...



SO I TOLD HER ... THAT YOU TALKED ME INTO BUYING IT...

YOU SO OWE ME

