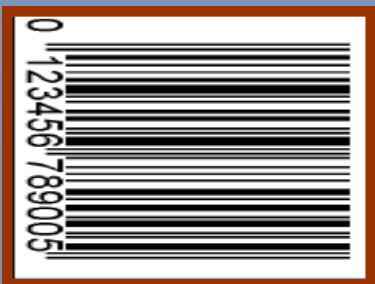




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DREGS FROM THE KEG

October 2010



Oktoberfest and Pacific Brewers Cup!

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Foam at the Top

Chris Voisey, SBC President

Change is in the air! And it seems there is lots of it going around right now. For one, summer weather finally hit us here in the South Bay as our calendars try to tell us that it is fall. I hope it keeps up!! That said, there are lots of things going on in the background with the Strand Brewers Club too! As you all probably know, Devin has already moved up north of Seattle and is probably in the midst of setting himself up. Once he does, he promised to have a club brew up there too!

Little does he know that some of us may actually take him up on that! And while Devin is unpacking, Jim Wilson has been gathering various things to revamp our club newsletter. I've heard some of the ideas already and they sound fantastic! The key thing that Jim is trying to do is make the Dregs really help new and experienced home brewers. After all, that is the purpose of our club. It isn't just to drink beer, but it is to brew the best damn beer!!

On that note, if you have any ideas for the Dregs or even are feeling compelled to write an article, please let Jim know. It would be great to get at least one article from each club member within each year. The topics can range from experience with your own beer, someone else's or even tell us about some beer event you recently attended. Maybe we can even get Devin or Andrew to send us an article down on the clubs up in Washington!?

Another change that you have probably started to see is that Esther is continuing to help coordinate the events and will be getting more involved in the communication aspect of the club. I know that so far it has been mainly me sending out recent emails, but we will get this on track and have a couple of us sharing that responsibility.

One area that has changed with regards to our communication is that we are trying to make it easier and easier for the club officers to reach out to the

members. As I have mentioned to most of you before, the current way is very disconnected and there is an inconsistent use of email lists (not always updated!), the Yahoo! Groups and Facebook. The end result is that we really haven't been effective or efficient in this before. I do promise to get this changed before the end of my term this year. I think we are almost there.

Regarding communication, some of you have been asking about sending emails out about various events or topics. To respect the inbox preferences of everyone, we have started to minimize the use of email to 3-4 per month and only to announce upcoming events within the club. Other topics, such as questions on brewing, interesting news articles, etc. that you want to share, these should be posted to the Forums tab on the new website. I am working with the provider of that site to fix the currently broken notification preferences so that you can subscribe to the forums and get instant/daily/weekly/monthly updates to your email inbox too. I haven't heard back from them yet, but we will be pushing them harder. It is a feature of the site that should work.

Unfortunately change sometimes takes time! We have a very small group of change artists within the club and although many of your ideas are great, we just haven't been able to focus on all of them yet. I do hope to make some strides during October, as I should finally have more time on my hands. But remember that all of us have other jobs and things we have to get done personally. We will get there!!

Last, as we get closer to the end of the year we have to start thinking about the club elections. I have decided to run for a second term as Club President, but the Jake and Rob will be termed out in their current roles. That means positions are up for grabs! I think 2011 will actually start looking very interesting for the club.

Personally, I would like to set a goal of at least doubling our membership. I have a few new ideas on how to do that and we can discuss them at the next club meeting.

As I mentioned above, we are a small club, but we have some of the best home brewers around! Let's start sharing our experience and learn from each other. Let us know if you are brewing or plan to brew and maybe a couple of people can come over and learn from your practice.

That's all I have for this month! I hope to see everyone at the October meeting at Naja's! Remember, it will be LA Beer Week and we will be sharing the stage with

Lagunitas that night. It should be a blast!

Meeting Place for October

This month's meeting will be at



**154 INTERNATIONAL BOARDWALK REDONDO
BEACH, CA 90277**

October Beer Events

Esther Tung, SBC Events Coordinator

LA Beer Week

October 7 - 17

LA Beer Week will once again kick off at Naja's with an impressive beer list from Stone Brewery. The closing festival will be held at Union Station featuring over 70 craft breweries. If you made it to Descanso Gardens last year, you'll know that this is the one event of the week that is not to be missed. Of course there will be plenty of festivities throughout the week so make sure to check out <http://labeerweek.com/index.php> for a full list of events. Also, anyone interested in carpooling that week, please email me at esthertung@hotmail.com and we can try to make arrangements.

Club Brew

October 24, 11:00 a.m.

This month we will be brewing at Glenn's shop. If you don't know where it is, you've missed too many meetings! We plan on brewing holiday/spice beers so if you have a favorite recipe or one you've wanted to brew, please share with the club.

Final Friday!

October 29, 5:30 p.m.

Silvio's Brazilian BBQ

20 Pier Ave, Hermosa Beach

We're meeting at a new destination this month so those of you who haven't been to Silvio's, come out and meet your fellow brewers for a happy hour beer and Brazilian BBQ.

Annual Birthday Celebration for Will Rogers

Sunday, November 7th, 10:00 a.m. – 4:00 p.m.

Will Rogers State Historic Park

1501 Will Rogers Park Road, Pacific Palisades

The Maltose Falcons are starting an annual tradition of celebrating Will Rogers' Birthday. The Falcons will be pouring a generous selection of homebrew and they have asked the Strand Brewers to join them. The event will feature L.A.'s finest home brews, an invitational Chili-Cook-Off with prizes, live music from the Maltose Falcons Brews Band "Haywire & The Melodians," Dutch oven cooking demonstration with tasting, and L.A. food trucks.

The basic entrance fee for the fest will be \$12/car parking, a tasting glass for purchase, and a \$10 entrance fee to enter the Chili Cook-Off.

I think this would be a great opportunity to broaden our scope and Peter Sheppard from the Falcons has said, "it looks like the fest is shaping up nicely and should be a fun time had by all! We are getting sponsorship for the fest so a lot of the tents for the booths will be provided. All you need to bring are some DELICIOUS HOME BREWED BEVERAGES!" Anyone interested in attending can email me for ride information.

Spent Grains

Rob Proffitt, SBC Treasurer

Once again, I have no update on the books for this month. We started a kitchen remodel a week ago and it takes a surprisingly large amount of my time. I'll hopefully have an update for the meeting, though.

The September meeting at South Bay Brewing Supply was highlighted by 6 new members who joined that night. Let's welcome Alexi Varanko, Jeff Mitchell, Troy Thomas, Matthew Gilles, Alan Hill, and Mark Sixel. Welcome to the club! We currently have 62 paid members, including 21 new members this year.

Dues are \$25, plus another \$10 for each additional family member. Also, if you would like a paper copy of the Dregs mailed to you each month, add an additional \$5 for postage. If you'd like to renew by mail, please mail a check made out to "Strand Brewers Club" to me at 1008 Teri Ave, Torrance, CA 90503.

The Oktoberfest



Our Oktoberfest



Jay sent a brief email about our Oktoberfest. "That was a great party last night. Thanks for all the work that went into it. Great brats, great roast." Photos he took are posted on the website [Photo Gallery](#).

PBC thumbnail

Long Beach hosted the 14th annual PBC at the Rock Bottom on Sept 25. At least seven SBCers judged or stewarded and five members won awards.

Congratulations to:

- Jim Hilbing, 1st in Strong Ale and 1st BOS runner up, 3rd in Kolsch, 3rd in Russian Imperial Stout and honorable mention in Specialty.
- Ray Panek, 1st in Dusseldorf Alt and 3rd in Wood Aged.
- Rob Proffitt, 2nd in Northern English Brown.
- Jeff Sanders, 2nd in Fruit Beer.

- Scott Hooper, honorable mention for his Metheglin.

Also, thanks to Joel and Rich at Strand Brewing Company and Glen at South Bay Brewing Supply for each sponsoring a category.

Westvleteren Trappist Ales

Jim Wilson, BJCP Grand Master



Westvleteren is brewed by real Monks at the second oldest and least commercial of the seven brewing Monasteries. It is the rarest Trappist brand. Short of a trip to Belgium, you have to be one lucky puppy to taste any of their three fine products. This is by design. Monks of the St Sixtus Monastery near Westvleteren, Belgium chose a business model with restricted production and distribution and that's their deal not mine. I keep trying to get my act together for a beer trip to Belgium but until then, a look at Westvleteren's history can point us to a close relative that can be tasted without an airline ticket.

Monks at a long established Monastery on the Westvleteren site joined the Trappist order after Belgian independence in 1831 and began to brew beer in 1839. A quick look at "Belgian History" in Wikipedia will give a sense of the chaos that profoundly affected this small country before 1831. Beer was initially served to travelers who stayed at the Monastery, lay staff and Monks. It wasn't until 1931 that beer was sold to the general public. Obviously, this domain moves very deliberately. Originally 4, 6 and 8° (on the OG based Belgian scale) brown ales were brewed followed shortly by a 12° beer. The big boy was difficult to brew consistently and it was detuned to more or less 11°.

A little history about the names of Trappist ales might be an interesting side story at this point. Before mash

sparging was common, first runnings were brewed into a strong beer named Abbot, for the Monastery's leader. This was shortened to "ABT" at some point. Second runnings were called "Extra" or "Dubbel" and were deemed appropriate for travelers who stayed at the Monastery. Third runnings, generally referred to as "Single", were served to children, staff and Monks. The best known Single in America is Fat Tire according to its brewer, Peter Bouckaert.

St Sixtus' brewery thrived, as much as any business did, during the Depression and even during WW 2, albeit at reduced capacity due to the lack of raw materials. Post war, the Monks continued to brew at the Monastery for their traditional customers and licensed a secular brewery in nearby Watou to brew for sale to the general public. This was contract brewing pure and simple. St Sixtus provided the recipes, yeast and technical assistance. There is some debate in the literature about just how identical beers from the two breweries actually were. Some beer writers dismissed Watou beers as imitations and others considered the two brewery's products as twins. In any case, St Sixtus beers were dual sourced from 1946-1992. In 1989, the Monastery began to upgrade its brewery and phase out their contract with Watou. Since 1992, all Westvleteren beer has been brewed at the Monastery. Currently, 5.8% ABV (formerly "Special", a BJCP Blond) with a green cap, 8% (formerly "Extra", a BJCP Dubbel) with a blue cap and 10.2% (formerly "ABT", a BJCP Dark Strong) with a yellow cap are produced. The beers are unlabeled, so the cap colors really mean something in this case.

In 1992, Watou changed its brand name to "St Bernardus" and continued brewing the Westvleteren recipes. Their business model included greater production than the Monastery and export. You can find their beers in quality bars and liquor stores in the US today. Currently, the lineup includes a 5.5% ABV Wit that Pierre Celis consulted on, Grottenbier, created by Celis at 6.5%, Pater 6 at 6.7%, Watou Tripel at 7.5%, St Bernardus Tripel at 8%, Prior 8 at 8% and their piece de resistance ABT 12 at 10.5%. St Bernardus Tripel, Prior 8 and ABT 12 are most closely related to the current Westvleteren production.

How exactly beer from the two breweries has evolved since 1992 is unknown. Brewers have to constantly adjust for variations in their ingredients. Remember, farmers make wine and Engineers make beer. Watou kept the original St Sixtus yeast but it certainly could

have mutated since 1992. Westvleteren had the original yeast too, but later in the 1990's they increased cooperation with Westmalle which included using their yeast. Undoubtedly, changes have been made at both breweries but the shared heritage remains for your appreciation.

Through the courtesy of a friend who bought beer back from a Belgian vacation, I recently tasted Westvleteren blue and yellow side by side with St Bernardus Prior 8 and ABT 12. To my palate they are first cousins. Both are rich, vinous and delightful. That will have to do until my Belgium pilgrimage lets me visit the source.

If you'd like to try cloning the Westvleterens, *Brew Like a Monk* is an excellent and the most recent reference to their recipes, water chemistry and process. The only surprise is that the recipes include Pale and Pils malt and various sugars but no specialty malts. Westmalle's yeast is available from both homebrew yeast suppliers. For White Labs, WLP- 530 is generally accepted as Westmalle's. Have at it, compare your product to St Bernardus and fine tune. At least until you're able to do a Belgian pilgrimage.

As sort of a PS, here's some correspondence from Gordon Strong that includes a comment about Westvleteren and pronunciation of many common Belgian beer terms.

"Dubbel and Tripel sound just like the baseball terms. If you say them otherwise, you sound goofy and uninformed. But if you're in Europe, they'll just figure you're American anyway.

Achel = AHK'l (sort of like "ankle" without the 'n')
Rochefort = ROWSH-for (swallow the 't')
Framboise = fram-BWAHZ (it's French, so you pronounce the 's' if followed by an 'e')
Kriek = CREEK
Lambic = LOM-bick (I never heard it "lam-BEEK")
Silly = sih-LAY
Double Enghien = double AHN-guy-en
Duvel = DOOV'l
De Dolle = Day-DOHL-luh
Esen = EE-sen
Oerbier = OOR-beer
Stille Nacht = STILL-uh nacht
Westvleteren = West VLEE-ter-an
Roeselare = ROO-suh-larr

In general, if you see a Belgian word that has a double

consonant followed by an e at the end of a word, you pronounce that last consonant and e as a separate syllable. Brugge = BROOG-guh, for instance.

Also, in general, is that if you look at a Belgian word and try to pronounce it like it was French or English, you'll probably get it wrong. But the Belgians are very friendly and will probably figure out what you meant. Just listen to how they say it, or ask them. The only person I met in Belgium that didn't speak English was the guy cleaning out the barrels at Boon."

Chocolate as Health Food

Contributed by Dick Barkley, SBC Chocoholic

There have been several recent studies showing that chocolate can reduce the risk of stroke, heart attack and heart failure risks by as much as 48%, 37% and 33%, respectively. I've been ignoring the studies because of the high fat and sugar content in most chocolate products. However [Lindt](#) makes chocolate bars that are [90%](#) and [99% chocolate](#). A reader sent me an email illustrating how much of the 90% bar is optimum. He gave me permission to publish it ([click here](#), it's in the .pdf format). Things get worse again if you go higher than that but I suspect the reason for that is that the studies were done with the high sugar and fat chocolate usually sold in most stores. That shouldn't be a problem with the 90% and 99% chocolate product. Plus the low saturated fat in the 90% and 99% products shouldn't be a problem. See:

- [Chocolate - Yale-New Haven Hospital](#) - "Chocolate contains cocoa butter, which is high in saturated fat, yet one-third of chocolate's fat comes from stearic acid. Although it's a saturated fat, stearic acid does not raise LDL cholesterol (the bad cholesterol) as do most other saturated fats. Stearic acid is converted in the liver to oleic acid, a heart-healthy, monounsaturated fat ... Another one-third of chocolate's total fat comes from oleic acid itself. In a recent study, volunteers followed a diet with the majority of their fat calories coming from either chocolate or from butter. The volunteers who consumed chocolate fat did not show an increase in their cholesterol levels, but those who ate butterfat developed elevated LDL cholesterol levels"
- [Chocolate Intake and Incidence of Heart Failure: A Population-Based, Prospective Study of Middle-Aged and Elderly Women](#) - Journal of

the American Heart Association, 8/16/10 (.pdf) - See table 2 on page 23 showing optimal amount. - "1-2 servings per week 78 66935.77 0.66 (0.48-0.89) 0.68 (0.50-0.93)"

- Wal-Mart has the 90% bars for \$2.18. They retail for \$3.50. I bought a dozen via mail order at http://www.worldwidechocolate.com/shop_lindt_p149.html.
- [Click here](#) for my chocolate page.
- [Lindt - Excellence 90% Cocoa Bar](#)
- [Lindt - Lindt Excellence 99% Cocoa Bar](#)

Now to connect all this health information to beer, here's a well tested (one batch!) Chocolate Porter.

Chocolate Porter based on Foster's Entire Butt Recipe Specifics

Batch Size (Gal): 5.50
 Total Grain (Lbs): 11.63
 Anticipated OG: 1.060 Plato: 14.643
 Anticipated SRM: 18.6
 Anticipated IBU: 35.1
 Brewhouse Efficiency: 75 %
 Wort Boil Time: 70 Minutes

Measured Gravities.

ADF: 82.1
 RDF: 68.2
 Actual OG: 1.058 Plato: 14.273
 Actual FG: 1.010 Plato: 2.560
 Alc by Weight: 4.96 by Volume: 6.33

Actual Mash System Efficiency: 74 %
 Anticipated Points From Mash: 58.22
 Actual Points From Mash: 57.61

Grain/Extract/Sugar

%	Amount	Name	Origin
75	10.00 lbs.	Maris Otter	England
7.5	1.00 lbs.	Crystal 60L	USA
2.5	0.38 lbs.	Chocolate Malt	England
15	2.00 lbs.	Non sweet Cocoa Powder	USA

Pellet Hops

Amount	Name	Alpha	IBU	Boil Time
2.00 oz.	Tettnanger	4.50	24.5	60 min.
0.75 oz.	Hallertauer Hers	4.75	10.7	60 min.
1.00 oz.	Fuggles	4.75	0.0	10 min.

Yeast
White Labs WLP001 California Ale



Just not this crap!



My new favorite logo tee shirt, seen at the Stone anniversary party in August.



Editor's (insert clever column title here)

As Chris stated, *The Dregs* has a bias toward articles about brewing beer directed at new and experienced home brewers. How else are we going to brew the best damn beer? Contributions are always welcome.

The Dregs is optimized for online viewing. On my monitor, viewing at 150% or more yields the easiest read.

One ongoing project has been to assemble as complete an archive as possible of *The Dregs*, its predecessor *Dribbles From the Glass* and the one recipe book we've done, *Clues for your Brews*.

SBC was formed in late Jan 1991 by six guys who worked at Allied Signal. I now have 225 newsletter type documents going back to Sept 1991 that will be posted online for your enjoyment as soon as the technical details are worked out. Liberal credit to members that kept old correspondence will be given when the new updated archive goes live and I'm still looking for missing *Dribbles* and *Dregs*.

Along the way, the President and Treasurer adopted clever titles for their *Dregs* columns. It seems unfair that the other Officer's contributions don't have cute names too so the door is open for suggestions. No prizes, but you will be immortalized if your suggestion is chosen.

One other project that's been simmering on the back burner is an update of the club's logo. The current one can be seen in the upper left hand corner of the *Dregs* cover. It's lovely, connects with our area, has been with us for a long time and is boring. If any member has ideas about colorizing the current logo and/or creating a new ones that would be usable online, in print and on products like tee shirts, glasses and thongs (if we had an official club thong at least) please send them to me. We're working on prizes for successful contributors.

Last, we're still working the technical details of a member survey to help focus *The Dregs* on your current needs. Patience grasshopper.

Calendar of Homebrewing Events

Jake Filopovich, SBC Vice-President

Club-Only Competitions

Strand Brewers' Club Meeting

Location: Naja's Place
154 International Boardwalk
Redondo Beach, CA 90277

Time: 2nd Wednesday of every month 7:00pm

November/December 2010 Strong Ale

Judging will be held December 4, 2010. Entry fee is \$7.

Make checks payable to American Homebrewers Association.

Shipping: AHA COC Armour Unsderfer Engineering
13456 SE 27th Pl, Suite 200 Bellevue, WA 98005 BJCP
Category 19 styles.

Contact Jim Brischke at j.brischke@comcast.net.

Entries are due November 30, 2010

For more information on club-only competitions,
go to <http://www.homebrewersassociation.org/pages/competitions/club-only-competitions/schedule>

Other Competitions: *(In order of entry deadline)*

10/17/2010 [National Organic Brewing Challenge!](#)

Santa Cruz, CA Contact: [Jason Hanson](#)
Phone: (831) 454-9665 Entry Fee: \$7 for first,
\$5 for additional
Entry Deadline: 10/09/2010

10/23/2010 [Queen of Beer](#) Placerville, CA

Contact: [Glen Franke](#)
Phone: (916) 628-8365 Entry Fee: \$8.00 first
entry - \$6.00 each subsequent
Entry Deadline: 10/09/2010

10/16/2010 [HOPS BOPS XXVI](#) Philadelphia, PA

Contact: [Bruce Fabijonas](#)
Phone: (215) 587-0433
Entry Deadline: 10/10/2010

10/16/2010 [The Washington Mead & Cider Cup](#)

Kent, WA Contact: [Tim Hayner](#)
Phone: (253) 631-2816 Entry Fee:
\$6.00 Deadline: 10/12/2010

10/23/2010 [3rd Annual Final Gravity Strong Beer Competition](#)

Atlanta, GA Contact: [Bob Sandage](#)
Phone: (678) 523-5214 Fee: \$8
Entry Deadline: 10/15/2010

11/06/2010 [California State Homebrew Competition](#)

San Francisco, CA Contact: [Bryan Gros](#)
Phone: (510) 336-3377 Entry Fee: \$8
Entry Deadline: 10/16/2010

10/23/2010 [Valhalla - The Meading of Life VI](#) West

Chester, PA Contact: [Christopher Clair](#)
Phone: (610) 363-3812 Entry Fee: \$7
Entry Deadline: 10/16/2010

10/23/2010 [Fall N' Down Fermentation Festival](#)

Green Bay, WI Contact: [Edward Mathis](#)
Phone: (906) 221-7244 Fee: \$5
Entry Deadline: 10/19/2010

10/30/2010 [Hoppy Halloween](#) Fargo, ND

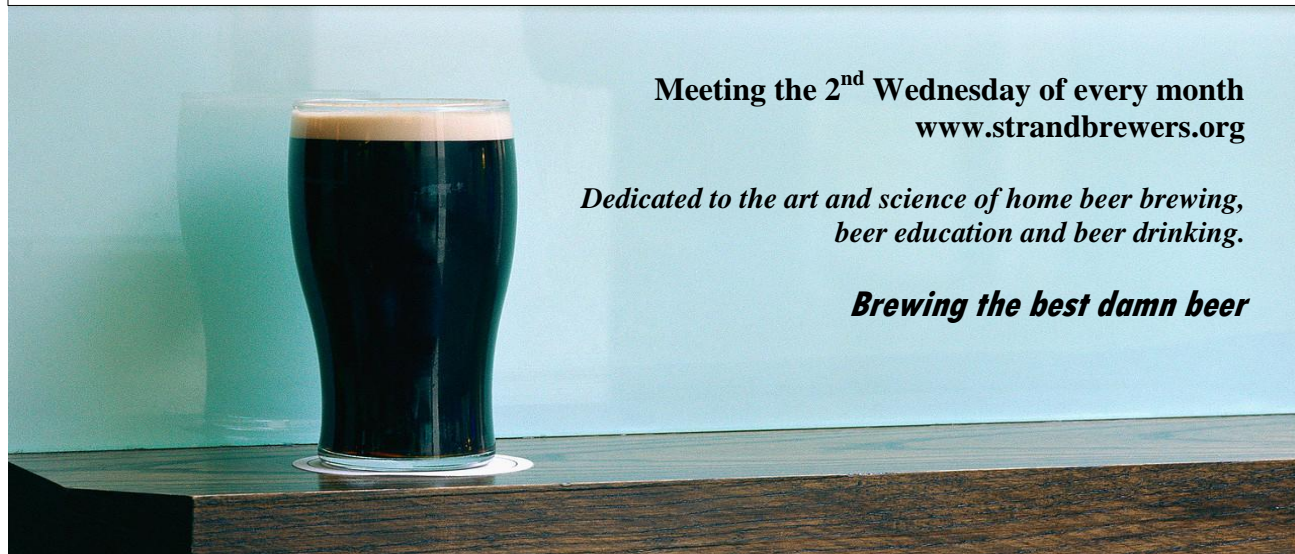
Contact: [Tom Roan](#)
Phone: (701) 476-0126 Entry Fee: 7.00
Entry Deadline: 10/23/2010

11/06/2010 [Novembeerfest](#) Kent, WA

Contact: [Mike Hausenfluck](#)
Phone: (206) 240-5392 Entry Fee: \$6.00
Entry Deadline: 11/02/2010

For a list of BJCP competitions around the country,
go to <http://www.bjcp.org/> and select the Scheduled
Competitions

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 you're willing 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 jim7258 at gmail dot com. Thanks!



Meeting the 2nd Wednesday of every month
www.strandbrewers.org

*Dedicated to the art and science of home beer brewing,
 beer education and beer drinking.*

Brewing the best damn beer

The objectives of the Strand Brewers' Club (SBC) are to Brew Beer; to disseminate among the members information pertaining to the brewing, consuming, presentation, judging and history of beer; to promote and encourage homebrewing competition; and to foster general goodwill throughout this great nation of ours through the making and consuming of this noble and most excellent beverage.

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

Strand Brewer's Mentor Pool

In time of need...who ya gonna call? These Brew Buddies have volunteered to answer any brewing questions you might have, and to be available to teach beginning homebrewers our homebrew craft.

Name	Phone	Email	Location
Dave Peterson	310-530-3168	diablo390 (at) aol dot com	Torrance
Bill Krouss	310-831-6352	bkrouss (at) cox dot net	Rancho Palos Verdes
Jim Hilbing	310-798-0911	james (at) hilbing dot us	Redondo Beach
Jim Wilson	310-316-2374	jim7258 (at) gmail dot com	Redondo Beach
Steve Fafard	310-373-1724	sfafard (at) cox dot net	Rolling Hills Estates
Jay Ankeney	310-545-3983	jayankeny (at) mac dot com	Manhattan Beach
Brian McGovney	310-376-8246	brian.mcgovney (at) gmail dot com	Redondo Beach

2010 Club Officers

President:	Chris Voisey	310-941-4810	chris (at) voisey dot net
Vice-President :	Jake Filipovich	818-825-1088	pittboss13 (at) verizon dot net
Treasurer:	Rob Proffitt	310-787-9511	rproff (at) earthlink dot net
Activities Director:	Esther Tung	310-227-1063	esthertung (at) hotmail dot com
Publisher:	Jim Wilson	310-316-2374	jim7258 (at) gmail dot com