



DREGS FROM THE KEG



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Foam at the Top

By Chris Remensperger, President

Nothing Submitted

Spent Grains

Christy Hoy, Treasurer

If you haven't paid dues, it is time to pay your 2018 club dues. You may pay your dues on the club website www.strandbrewersclub.org/membership, or you can pay by cash, check, or credit card at the next club meeting. Contact Christy Hoy, Strand Treasurer, if you have any questions about paying your dues.

The club has insurance through AHA. If you have paid your club dues and have an AHA membership, but have not registered as a Strand Brewers Club member in your AHA profile, please update your AHA profile. Insurance through AHA is free if our club has 75% membership rate in AHA.

3rd Annual Jeff Sanders Memorial

Jill Updyke, Competition Coordinator

Our club is hosting the 3rd Annual Jeff Sanders Memorial competition this year on Saturday, April 14th. It is held in memory of long time member Jeff Sanders, a good friend to many in the club, and the styles of beer accepted are limited to the beers Jeff enjoyed.

The competition can be found on the AHA and BJCP calendars, and the website, jeffsandersmemorial.com, will be open in early February for registration and online entries.

It would be wonderful if we could get a good turnout of entries from our club, so check out the accepted styles on the JSM website, and start brewing! We will also need judges and stewards the day of the event, and help with picking up entries and labeling/sorting the weekend before.

You can register to judge or steward online once the website opens; check out our Facebook page for competition updates. To volunteer, or get more info, you can also contact Jill at jillrupdyke@gmail.com.

January Meeting Minutes

By Jill Updyke

2. Having a club garage sale was proposed for brewing equipment – Chris will send date notification via Facebook.

3. Monkish Barrel project briefly discussed – still waiting to hear back from Henry.

4. Discussion of nominations for VP: Mike Coply and Anthony Brownstone were nominated. Voting to be held next meeting.

5. Jeff Sanders Memorial & Pacific Brewing Cup Competitions discussed. First planning meeting for both will be Friday, January 19th, place TBD.

6. Reminder of upcoming Southern California Homebrew Festival coming up May 4-5 at Vale Lake. Campsites reserved will have room for those who want to tent camp. Bragging rights beer will be 24A Belgian Wit. Those with a good recipe should brew and bring to April meeting.

7. Discussion of Brew Con 2018 in Portland – event, finding hotels, possible van rental to take up homebrew if we want to participate in club night.

8. Iron Brewer Challenges announced for 2018: March: Nelson hops, Golden Promise Malt, chocolate/cacao, July: Citra hops, Wheat, Cranberry, October: East Kent Golding hops, Smoked malt, Pumpkin

9. Suggestions made for this year's Final Friday locations.

10. Reminder that the club has insurance – all members should list Strand as club on AHA membership for club to get a discount.

11. 2018 dues are now due.

12. Homebrewer of the night was Michael Copley with his sour loquat beer with local wild yeast.

A short note on beer and vitamin B

By Jim Wilson

You and your liver are drinking buddies. You enjoy beer's flavor and alcohol and your liver cleans up the mess. [How](#) the liver processes alcohol is

complicated but you can help your buddy by doing two things. 1. Drink water and 2. Take vitamin B.

Drinking equal volumes of water and beer is a worthy goal, but the constant restroom trips cut into my drinking time so I had to compromise a bit on that one. Replenishing vitamin B as it's used up to allow the liver to keep doing its job is easy. Just take B-Complex (a pill containing all eight B vitamins) before and during drinking sessions.

My doc knows I brew and drink. He told me water plus vitamin B make sense to him because they agree with treatment for alcohol poisoning which is precautionary steps followed by intravenous B-Complex and rehydration. Those docs know all the big words.

Water soluble vitamin B is hard to overdose so I gave it a try with Costco's 1000mg "Super B-Complex".

It worked! When I took one after drinking enough to feel the alcohol, my head cleared quicker than if I did nothing. If I took one before bed, I woke up hangover free unless I really overdid it the night before. The only side effect is that my urine looks like Mountain Dew now. Don't be surprised if yours will too.

My doc monitors my liver chemistry and manually inspects the organ on every visit. Before I took B, he found a hard spot that perhaps was due to fat deposits. The liver chemistries were normal, so it wasn't cause for alarm yet. After regularly taking B my liver returned to its normal feel. He thought the vitamin helped.

This is an anecdote, not medical advice. If you're curious, here are some references that may help before you talk to your doc.

[B-Vitamins and Drinking Alcohol](#)

[Why B Vitamins are Critical for Drinkers](#)

[Nutrition Recommendations for Drinkers](#)

Austin Beer Adventures

By Ryan Penrod

During the Christmas holiday my wife, Jen, and I visited Austin, TX while our kids stayed in Houston with their grandparents. With only adult company Jen allowed me to indulge in a few brewery tasting room visits.

The first stop was Austin Beer works, which was the only brewery I was not already familiar with. They had a great selection of beer including lagers,

stouts, IPAs, and sours (Berliner Weisse and Gose). The tasting room also had a huge air conditioning system that is probably a great attraction in the Texas summers but not in use during our December visit. Their core range and some seasonal beers were available in cans. I avoided most of the high alcohol beers opting for more samples of more session-able beers, but did try the double IPA and one big stout, both were well made, but the double IPA could have been a little drier. I thought that the blood orange Gose and the German lagers were delightful. I also enjoyed the beers names, especially the Nakatomi plaza rice lager, even though most people incorrectly believe [Die Hard is not a Christmas Movie](#).



Figure 1. Outside Austin Beerworks



Figure 2. A flight of tasters at the brewery





Figure 3. The Brewery menu

We made a quick stop at the Celis Brewery to verify that the Belgian Wit is as good as I remember. It was.

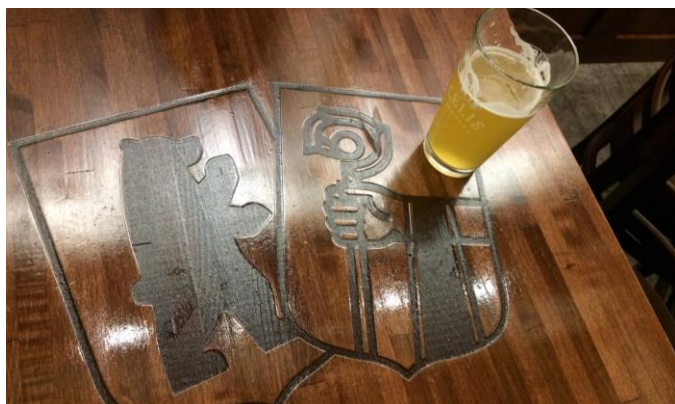


Figure 4. A pint of Celis Wit at the Brewery

The Celis Brewery is owned by Pierre Celis's daughter. The taproom has nice atmosphere and in addition to Celis Wit, offers a number of other beers from Celis and Uncle Billy's Brewing, including the classis Celis Grand Cru and a number of IPAs. The bartender told me that the brewery still uses the same strain of yeast that Pierre Celis originally used in his Belgian Wit.



Figure 5. Tap handles at the Celis Taproom

Our last stop at an Austin brewery was Adelberts. This brewery was of interest to me because they brew mostly Belgian style beer, and few Texas breweries that I am familiar with other than Jester King brew a lot of Belgian styles. Adelberts beer makes it onto the shelves in Los Angeles sometimes and I had tried some of them before, normally large format corked bottles. I had never been to the tasting room before, and was surprised with a number of beers available in cans. The tasting room offered a few fruited sours and brett beers in addition to the core range. The glass I got with the tasting flight even mad it back to Los Angeles without breaking.

Overall I was impressed with the range of styles and quality of beer in Austin. The small sampling of breweries here warrant another trip.



Figure 6. Adelberts Taproom

Strand Brewers Club Events

The next meeting is Wednesday 2/14 at South Bay Brewing Supply

The Club meets the second Wednesday of every month.

Iron Brewer

Iron Brewer is a club competition to brew a beer using the three special ingredients (a grain, a hop, and an adjunct) and anything else. It is a great event to foster experience with recipe formulation and creativity. Check out the [website](#) for past competitions and winners.

Month	Ingredients
March	Nelson hops, Golden Promise Malt, chocolate/cacao,
July	Citra hops, Wheat, Cranberry
October	East Kent Golding hops, Smoked malt, Pumpkin

The Last Friday of Every Month - Final Friday

The Final Friday schedule for 2018 is still TBD.

Tell Us What You're 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 the [Editor](#). The more content you provide the better each *Dregs* will be. Thanks!

What We Stand For

The objectives of the Strand Brewers Club are to brew beer and share information about 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, 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 Brewers 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.

Name	Location	Phone	Email
Jay Ankeney	Manhattan Beach	310-545-3983	jayankeney@mac.com
Jim Hilbing	Redondo Beach	310-798-0911	james@hilbing.us
Jim Wilson	Redondo Beach	310-316-2374	jim7258@gmail.com
Steve Fafard	Rolling Hills Estates	310-373-1724	sfafard@cox.net

2017 Club Officers

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