



BURP NEWS

The Official Newsletter of the
BREWERS UNITED FOR REAL POTABLES

"Light beer is the invention of the Prince of Darkness."
Inspector Morse, *The Promised Land* Episode

Check
www.burp.org
for current
information.

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January/February 2001

10812 Newport Mill Road
Kensington, MD 20895



- January *BURP Elections*
- January 13-14 *Spirit of Belgium, Ballston, VA*
- January 20 *BURP Gathering, Dr. Dremo's, Arlington, VA*
- February 3 *Meeting/Pale Ale Competition at Peter & Joyce Long's*
- March 17 *Special St. Patrick's Day Meeting/Stout Competition in honor of Dan McCoubrey at Rod Rydlun's*

Spirit of Belgium 2001
Is SOLD OUT!
Update from Tom Cannon

If you haven't purchased your *Spirit of Belgium Conference* tickets yet, it's too late. The event is now sold out!

The past month has been a busy one for the SoB planning team. The Saturday afternoon educational seminar will consist of presentations on Belgian beer, ingredients, beer styles, and brewing techniques. Presenters include: **Victory Brewing Company brewer Bill Covaleski**, BURP's own **Scott Bickham**, and **Brooklyn Brewing Co.'s Garrett Oliver**, as well as formal presentations by **Dr. Chris White of White Labs Yeast**, and **Don Feinberg representing VanBerg & DeWulf and Ommegang Brewery**. Thanks to **Steve Marler** for all of his hard work in securing this great line-up.

If you haven't visited the SoB2001 web page lately, check out the latest update on the Belgian imports for the Saturday evening reception. **Tim Artz** has outdone himself, securing a fabulous array of imported beers from **Van Berg and DeWulf, Merchant Du Vin, Wetten Importers**, and the **Brickskeller**.

BURP Gathering at Dr. Dremo's January 20, 2001

The Spirit of Belgium takes the place of our regular January BURP meeting. However, since many BURP members cannot attend this sold-out event, we will have BURP gathering at **Dr. Dremo's** (formerly called Bardo and Ningaloo) in Arlington on Saturday, January 20. No club business meeting or beer competition is scheduled. Just bring beer and we'll party. **Do not bring food, as it is prohibited by local ordinance!**

Bill Stewart has agreed to open early at 1:00 P.M. to accommodate us in the upstairs area. The entrance is at 2001 Clarendon Blvd., one and a half blocks north of the Court House Metro Station. For information, contact organizer **Craig Somers** at **202-365-0701** (cell phone) or **Dr. Dremo's** at **703-528-4660**.

Becky Pyle has been working closely with the brewers and the distributors to make excellent beers available to us for the Sunday afternoon tasting session. See the SoB Sponsors listed on the Website for the latest on brewers and sponsors who have helped us out in various ways.

Betsy Kepler is currently coordinating the banquet menu, while her husband **Bob** is tactfully handling ticket requests from scores of people who were shocked and disappointed to find out we sold out in mid-December.

Jamie Langlie is preparing conference check-in folders. Meanwhile, contest entries are showing up at **Andy Anderson's** house, and he and Beer Registrar/Judge Registrar **Tom Cannon** are working on the logistics of the contest.

For all BURPers who are attending the conference I have a couple of important reminders:

First of all, enjoy the event responsibly and be safe. We planned it so that nobody should really have to drive. The GMU Conference Center is right at the Virginia Square/GMU stop on the Metro Orange line, and the banquet hall is just two blocks from there. Last time I checked, there were still plenty of rooms available at the group rate at the Comfort Inn, and this too, is close by.

Secondly, let's remember to show our out-of-town visitors the usual hospitality and courtesy they've come to expect from BURP. When I travel to beer events around the country and tell people I'm a member of BURP, I usually get a response like "oh yeah, the Spirit of Belgium guys" or "I enjoyed your hospitality room at the AHA conference" [or "well we are FART"]. Seriously, we have a national reputation as a great homebrew club and gracious hosts so let's keep it up.

The *Spirit of Belgium 2001 web page* has been updated to include driving directions and hotel information.

For questions or comments, please contact:

sobinfo@burp.org or visit the SoB web page

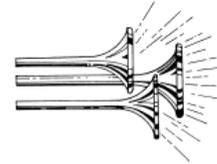
<http://burp.org/SoB2001>



**As We've Come to Expect, BURP's
Annual Potluck Holiday Banquet on
December 12, Was Full of Good Cheer,
Great Beer, and Too Many Good Things
to Eat. Thanks to All!**

Beer Yea, Beer Yea!

**February Meeting
Pale Ale Competition
Saturday, February 3, 1:00 P.M.
Home of Peter and Joyce Long
[See Directions on Back Page]**



Dittmann's Dispatch *John Dittmann, Fearless Leader*

The end of my term as Fearless Leader is finally here. It was a good year for me, and I would like to thank all of the club's members for allowing me to lead them. My term culminates with what might be the best and most anticipated homebrew club event in the Country, the Spirit of Belgium. I could not be happier about that.

Spirit of Belgium is approaching fast. Colleen Cannon and the rest of the volunteers have done a super job in putting this event together. The demand for tickets far outstripped the supply, and the whole of BURP should be proud to sponsor this event.

It is time to elect a new slate of leaders. We have an able group of candidates and I wholeheartedly throw my support behind the entire group. The voting starts immediately. You can vote by snail mail, on the web, or use the ballot that is attached in this newsletter. You should also be able to vote at The Dr. Dremo Outing. What Dremo's outing? Read on.

If you missed having a January meeting, we have a solution. Craig Somers has arranged for BURP to gather at Dr. Dremo's (the former Bardo and Ningaloo) on Saturday, January 20. Bill Stewart, Sr. will open the premises at 1 P.M. Stop on by to meet with other members. You can bring beer, but not food. This is an excellent way to avoid the Presidential Inauguration.

The new officers will be announced at our February meeting at Joyce and Peter Longs. Hope to see all of you there, and at SoB, and at Dr Dremo's.



BURP Elections 2001 Candidates' Statements

Once again, it is time to elect new officers to serve us as leaders of BURP. Because of The Spirit of Belgium, there will be no January meeting. However, a ballot and voting instructions are available on the Internet at the BURP website, www.burp.org/elections

You also can vote by mail using the ballot included with this newsletter or in person at Dr. Dremo's on January 20. The new officers will be announced in February.

Position descriptions and candidates' campaign statements are presented below.

Fearless Leader (President)

Duties: Coordinates BURP activities with other officers. Makes announcements at meetings. Represents BURP to the public. (Which means that you can send articles to your relatives, who will do almost anything to avoid telling their neighbors what you do for fun.)

Campaign Statement: Candidate Bill Ridgely

I am honored to run for the office of BURP Fearless Leader in 2001, not only the first year of the new millennium but also the 20th anniversary of the club's founding in 1981.

I realize I've developed a bit of a reputation as the "BURP officer who just won't go away". It's true that I've been an officer for over half of the club's existence. I've handled membership chores for 10 years and have variously served as club president, treasurer, libeerian, and newsletter editor, so if nothing else, I bring some experience to the table. I've done these things because I've enjoyed taking an active role in the club, and I'd like to continue moving us forward into the new millennium.

I feel we should continue to do what we do best – support the homebrewing hobby through topnotch education programs, competitions, and outreach to both

the homebrewing and professional brewing communities. The club needs to support all those who support it, including local beer and homebrew supply retailers, brewpubs and microbreweries, other area homebrew clubs, the beer press, and beer and brewing associations (both local and national).

I want to encourage more people in the club to participate in the planning process, so I intend to establish working groups to plan major activities (like SOFB and MASHOUT) as well as special events (like pub crawls and special 20th anniversary activities). I'd also like to establish a working group to find a semi-permanent meeting site (or perhaps several) to replace the Oxen Hill Jaycee Center (which is a fine establishment but unfortunately not in a good location for many of us).

With your help, BURP will continue to be the best homebrew club in the country. I appreciate your confidence in me to lead the club forward in 2001.

Minister of Enlightenment (Educator)

Duties: Organizes several educational sessions about brewing techniques or particular styles. Sets up yearly preparation courses for the BJCP exams. Holds pre-meeting commercial beer tastings to assist club members hone style recognition skills.

Campaign Statement: Candidate Wendy Aaronson's (Incumbent) Statement Is Not Available at This Time

Minister of Culture (Competition Organizer)

Duties: Runs monthly club competitions and writes articles about styles for the BURP News. Orders ribbons for contests. Recruits the competition organizer for the Spirit of Free Beer.

Campaign Statement: Candidate Alison Skeel

In the 9 years I've been a BURP member, I've drunk my share of free beer in the Club competitions without taking on any of the work associated with running them. So I'm ready to step up and take over as Minister of Culture. I'm a BJCP Certified Beer Judge, but my main qualification is that I show up at almost all of the BURP meetings. Plus, if I'm elected, Andy Anderson will do Spirit of Free Beer; so you get Two for the Price of One.

Minister of Truth (BURP News Editor)

Duties: Edits the BURP News and gets it to you in time for you to know when and where the next meeting is. Solicits articles and people to be meeting reporters. Serves as BURP's Secretary for its official functions.

Campaign Statement: Co-candidates Jamie and Paul Langlie (Incumbents)

Thank you for your support this past year during which Paul and I have served as Co-Ministers of Truth for the **BURP News**! Our first year has been a learning experience re rustling up articles and the mechanics of producing the newsletter. Not to let all of this experience go to waste, we are seeking your mandate for another term. In addition to publishing officers' reports and brewing-related articles, we've developed regular features, including "BURP Entrepreneurs," "Bike and Beer," "Rydlun's Riddler," and "For the Good of the Order," among others. New ideas and articles are always welcome, because bottom line, the newsletter is only as useful (and fun) as your contributions make it. If we're re-upped, we'll continue to work with you to publish all the club news fit to print ... and perhaps some that's not.

Minister of Propaganda (Membersip Chairman)

Duties: Serves as BURP'S point of contact with folks who are interested in joining. Maintains the club membership database and electronic newsletter notification e-mail list. Prints the labels for your newsletter, membership cards, and renewal notices.

Campaign Statement: Candidate Bob Kepler

I see dead people. As Mem-Beer-Sip chairman I will seek out dead people and delete them from our roster. I also see live people. I will put them on our roster. I will print and send annual renewal notices and cards. I will update and maintain the BURP directory and publish it regularly. I will smile constantly.

I like this club. I like the people. I like to help BURP (MASHOUT planning, Spirit of Belgium and the SOB website, etc). Plus I'm all about maintaining databases. If you think joining tables is setting more places for dinner then don't bore yourself w/ some of the qualifications I list below. Just vote for me please.

At work I've use several different types of databases. I use SQL to store data in Sybase tables when I have related data that needs to be joined and queried. I use PLS database when I want to do fast text searches. I even use simple reads of files in a directory hierarchy to build arrays and load them into cache. Plus I already have experience with a nifty FTP client that I regularly use to send files to burp.org

I also have some new ideas like giving members the option of posting their picture into the online member directory, and investigating alternatives to our current (but not) dBase III data model. I hope I'm not talking too much out of my rear ... I just want to contribute to the club, and I welcome your support.

Campaign Statement: Candidate John Esparolini's Statement Is Not Available at This Time

Minister of Finance (Treasurer)

Duties: Knows where the money comes from and where it goes. Maintains the BURP bank account. Participates heavily in financial forecasting issues, such as "can we afford to front the money for T-shirts, glasses, and openers." Makes reimbursements when presented with appropriate receipts.

Campaign Statement: Candidate Ralph Bucca (Incumbent)

As the incumbent seeking re-election unopposed, I take it as a mandate that that I either did a real good job, or nobody else wants to be treasurer. I figure that in most organizations two years makes sense. The first year is OJT and the second year you can be proficient knowing what you are doing, and then the challenge is gone. I promise to do an excellent job as Treasurer in 2001 and not be Treasurer in 2002.

Minister of the Web (Webmaster)

Duties: Administers burp.org. Maintains the web site. Creates new pages for upcoming BURP events and updates the web pages. Keeps the BURP Calendar current. Custodian for BurpList and BURP's administrative internet mailing lists. Maintains the @burp.org email aliases.

[See next page]

Campaign Statement: Candidate Lynn Ashley (Incumbent)

If elected, I will continue to serve as BURP's Webmaster in 2001 providing BURP with the internet resources upon which it has come to rely. Four years ago, in 1997, I was instrumental in the creation of Minister of the Web as a BURP Office.

This year, if I had not procrastinated, I would likely have stepped aside for new blood. However, passing the torch of this office requires that a new officer have the internet resources needed to host burp.org. I will attempt to find other BURPers, who are willing and able, with the hosting resources to run for office next year.

Minister of History (Libeerian)

Duties: Maintains the BURP Libeery, a great resource, which is underutilized. Receives newsletters from clubs all over the country, which is pretty interesting. Sends the BURP goon squad after people who have not returned Libeery material.

Campaign Statement: Candidate Wendy Schmidt (Incumbent)

As the current Libeerian seeking re-election, I would like to continue to update the Libeery. Last year saw the following accomplished: 1) All libeerian materials were collected from past libeerians and placed under one roof; 2) All books and magazines on-hand were inventoried; and 3) The Libeery spreadsheet was updated and expanded. If elected for this coming year, I would like to: 1) inventory all the newsletters, papers, and correspondence and update the spreadsheet accordingly; 2) track down the missing/overdue material from the Libeery; and 3) work with the Minister of the Web to update the on-line Libeery listing. I would like very much for your support and vote in this upcoming election.

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Rydlun's Riddler

By Rod Rydlun

Hoppy 3rd Millennium! What is to be the next brew pub in DC, and where will it be located? Who is the head brewer for this new operation, and why is he special? (Answer on page 7.)

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Potential Antioxidant Benefits of Beer Touted

By Anne Harding

[Forwarded to DC Beer by Randy Paul]

NEW YORK (Reuters Health, Dec. 22, 2000) - Beer may not be considered a health food, but it is rich in the nutrients that help make fruit and vegetables good for you. Three new lab and animal studies presented this month at the International Chemical Congress of Pacific Basin Societies in Honolulu confirm that beer -- especially darker brew -- contains plenty of antioxidants.

These chemicals shield cells from the effects of free radicals, which are corrosive molecules produced during normal metabolic processes that have been implicated in the development of many aging-related diseases.

"We think that beer is good for you, at least in an antioxidant way," Dr. Joe Vinson, from the University of Scranton, Pennsylvania, told Reuters Health.

In laboratory studies, Vinson found, beer prevented the oxidation of low-density lipoprotein and very low-density lipoprotein -- two types of bad cholesterol. This oxidation is believed to be an initiating step in the development of heart and blood vessel disease.

When Vinson and his colleagues gave hamsters the equivalent of two beers a day, their rate of atherosclerosis was halved. The hamsters, who consumed the diluted beer in their drinking water, had been fed cholesterol and saturated fat for 10 weeks to increase their blood cholesterol and triglyceride levels.

Another group of hamsters was given the equivalent amount of plain ethanol alcohol to determine whether beer's health effects are separate from its alcohol content. Alcohol alone did not have any effect on the amount of disease in the hamster aorta (the major blood vessel supplying the body).

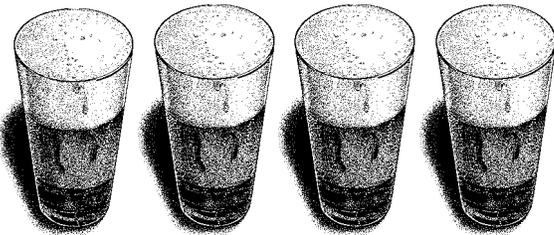
While Vinson's lab studies found that ales contained more polyphenols, a family of antioxidant chemicals, lagers had a stronger effect on the hamsters.

A second study looked at how alcohol consumption impacts on cataract formation. Cataracts are another aging-associated disease thought to be related to oxidation. People who consume one alcoholic beverage daily reduce their risk of developing cataracts by half, according to Dr. John Trevithick of the University of Western Ontario in Canada and colleagues. The researchers have found evidence that the antioxidants in beer and wine, along with its alcohol content, could be responsible for this effect.

Trevithick and his group exposed rats' lenses to high levels of glucose, similar to what occurs in the eyes of people with diabetes. Normally, the excess sugar would damage important cell components, but adding an antioxidant called venoruton prevented this damage from occurring.

His daughter Colleen Trevithick, a doctoral candidate at the University of California, Los Angeles, led another study investigating the source of beer's antioxidants. She found that beer and the beer ingredients wort and malt all reduced oxidation by 95%, as compared with 75% for ethanol alone.

Trevithick's research was supported by Labatt Brewing Company, a Canadian beer maker, along with other companies. Vinson received financial support, and beer, from the Czech brewer Pilsner Urquell.



The Joys of Extraction

By Ben Schwalb

One of the topics that some beer geeks like to discuss is something called "*extraction*". Some people even brag about their particular extraction level, as though attaining a high one must mean that they are God's gift to brewing.

"Extraction" refers to the amount of sugar extracted from mashed grain relative to the amount that's available. People usually talk about it in terms of percentages, but as far as I'm concerned, this is of little help when determining how much grain to use for a particular

batch. Instead, I like to use concrete numbers, probably because I'm an engineer and tend to get caught up in minute details while ignoring larger issues such how to make drinkable beer.

I use a figure called *points per pound per gallon (PPG)*, which works very well in my brewing calculations. I did not invent this figure (which is probably why it works so well), and I'm surprised that I've heard so few people mention it. PPG refers to the gravity that one pound of grain will give to one gallon of water. PPG is figured by the equation $(V * B) / N$, where **V = gravity**, **B = gallons of beer**, and **N = pounds of grain**. Gravity readings in this context are the figures to the right of the decimal point, e.g. a *1.040 gravity translates to 40*.

Let's take a concrete example. Say you use **11 pounds of grain** and make **5 gallons of pale ale** with an **O.G. of 55**. Your PPG would equal $(55 * 5) / 11$, equals **25**.

Of what use is this figure? Well, it can help you determine how many pounds of grain to use for different wort amounts and gravities. The formula for determining how much grain to use is $(V * B) / PPG$. For example, if you want to make **10 gallons of IPA** with an **O.G. of 1.066**, and you know that your **PPG is 25**, then you should use $(66 * 10) / 25$, or **26.4 pounds of grain**.

Different grains have different yields. If you get a **PPG of 25 for Briess** grains, you might find that you get a **PPG of 27 for Belgian or German** grains. Then you can compare costs and determine which grains give you the most malt per dollar. For example, a **PPG of 27** represents an **8 percent gain over 25**; however, if the higher yield grain costs \$1.00 per pound while the other costs 80 cents per pound, then it costs 25 percent more, so the lower-yield grain would be more cost-effective in terms of yield (though this does not take taste into consideration).

Different mashing methods can give different rates of extraction. Decoction can raise your yield, though I'd rather use another dollar or two's worth of grain than spend additional hours and propane decocting.

Note that your PPG will drop when you do high-gravity beers that use only first runnings, because some sugars are lost in the second runnings. Your normal PPG of, say, 25 might drop to 21 (which you'll find out by trial and error), and this latter figure is the one that you should use when determining how much grain to use for that barleywine or quintupel.

Now, for those of you who like to talk in terms of percentages, you can determine your extraction percentage by dividing your PPG by the maximum PPG attainable by that particular grain. Who determines maximum PPGs? Some very lucky scientists who get paid to mash grains and make beer, which they can keep in the office fridge because it's work-related. Let's say you use Briess 2-row malt, which drunken scientists have determined has a maximum yield of **34 PPG**, and you get a **PPG of 25 at home**. Your **extraction rate would be (25 / 34)**, which equals about **73.5 percent**. This is respectable for homebrewing. Professional brewers tend to get somewhere between **84-93 percent**.



For the Good of the Order

A big THANK YOU to out-going Fearless Leader, John Dittmann, and our entire BURP cabinet for a great year! A special pat on the back goes to our retiring Minister of Culture, Bruce Bennett, for all of his hard work with running our competitions.

CHECK IT OUT ...

AHA 2001 Club-Only Competition Schedule, Contact Gary Glass, gary@aob.org

The MASHOUT 2000 web page is at: <http://burp.org/mashout2000/> See photos, competition results, and more.

Spirit of Belgium 2001 web site! See <http://burp.org/SoB2001>

Editors' Corner

*Jamie Langlie, Minister of Truth
(and trusty Co-minister, Paul)*

Please note that articles for the March issue are due no later than Saturday, March 3. Fresh faces are always welcome. We are also seeking meeting reporters to volunteer, in advance, for all of the 2001 meetings and events.

?? ? ? ? ? ? ? ? Answer to Rydlun's

Riddler:

What/where is to be the next brew pub in DC? Who is the head brewer and why is he special?

Gordon Biersch Brewery Restaurant [third largest brew pub chain in America] is opening at 9th and F Streets, NW, in February 2001, per Mark Loveland, Ph.D., new Head Brewer.

Mark began brewing as a BURP member and then, went to brew locally professionally. Mark was assistant brewer at Native Brewing Co. in Alexandria, before the Fordham of Annapolis take-over.

Please contact Rod if you have a beer-related trivia question to contribute for future issues.

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