



# The Brewer's League Journal

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August 1998



## Come to the Brew Farm



### Brew Partying on the Farm

**W**ell, summer is waning, the back to school sales are in full swing, The Don is probably trying to decide whether he wants to host yet another Oktoberfest celebration, and we are about to enjoy a Saturday on the Farm with Shelley, Gary and Eric. This coming Saturday (the 15th of August), the Albrights are hosting a potluck brew meeting at their home. You will find a map to their home elsewhere in this short issue of the newsletter. Please come on out and share a day in the sun (or shade). Remember we will be having our Tomahawk tasting at this event. Please be sure and bring an extra sample of your Tomahawk offering to give to Tom and Brian for judging. They have kindly offered to judge our beers based on BJCP protocol. I doubt that their judging will take place at the farm, so be prepared to leave your sample for them to take.

This event is a potluck event, so bring your eats. Shelley has offered a hot grill if you want to cook up something. Don't be shy. Get on out to *The Farm*.

#### In this issue...

Not much again (hey what do you expect, it's summer and I want to play too!)

### T-Shirt Order

**S**pecial on G.E.B.L. Shirts! Now would be a good time to order additional G.E.B.L. shirts. The WearGuard company (where we get our shirts) is having a special on the model shirt that we have.

**Remember that the following prices are the base price. Please add \$6.95 (for the embroidery) and \$1.00 (to cover shipping costs) per shirt.**

Here are the special prices:

#### For short sleeve shirts regularly \$26.99 and up:

Sizes-----	S, M, L, XL	\$18.99
	2XL, 3XL	\$22.99
	4XL	\$26.99

Colors----- Black, Deep Teal, Federal Blue, Heather Gray, Maroon, Natural and Navy

#### For long sleeve shirts regularly \$31.99 and up:

Sizes-----	S, M, L, XL	\$23.99
	2XL, 3XL	\$27.99

Colors-----Black, Deep Teal, Heather Gray, Maroon and Navy



## We need to have a minimum order of 12 of a dark color or 12 of a light color.

If we don't quite meet the minimum requirement numbers, maybe we can vote to have the club buy the needed quantity to fill the order.

If you are going to be at the August meeting, write down your order and bring it with your checkbook to the meeting. If you can't make the meeting give me a call prior to the meeting to place your order.

I will be placing the order the week after the meeting to assure us that we can get our shirts at the special price.

We will also talk about purchasing hats at the meeting. The minimum order for hats is 24.

Thank You—Shelley

## “Beer Me” Diet

**F**act: A lite beer has between 70 and 100 calories, is almost all water, and the part that isn't water is almost pure carbohydrate.

Fact: The average diet recommends a daily caloric intake of 1200 calories for women, and 1500 for men, if you want to lose the medically approved two to three pounds per week. On the “Beer Me” diet, this caloric intake equates to at least 12 beers per day for women and 15 for men. A measureable goal.

Fact: The alcohol in beer is a diuretic, which causes the water to flush out almost immediately, leading to a consistent workout regimen including deep knee bends (getting out of the chair), fast walking (very good for your heart) and squats (as the case may be).

Fact: Drinking beer actually helps you sleep, even when you aren't necessarily tired. All that added rest is certain to help any problems you may have experienced in sleep deprivation, counting calories on those other fad diets. In addition, you may experience the occasional “How did I get here?” when you wake up, which generally makes for lively conversation and possibly additional exercise if you have to beat a hasty exit.

Fact: The “Beer Me” diet is good for your heart. After just one day of consuming your required 12-15 beers, you will certainly want to consume some aspirin, which is medically proven to help prevent heart attacks.

Fact: On the “Beer Me” diet, you can eat anything you want. The only rule is that you cannot consume any food

until you have consumed at least half of the day's required beers. This way, the food will probably only stay in your body a short time, until you again exercise the deep knee bends, quick walk and, this time, the “lean-over-and-hurl” stomach crunches.

Fact: Beer drinking is often done in bars, where other forms of exercise are common. Dancing, for example, is a good way to build up a thirst, as is chasing members of the opposite sex. If you really want to maximize your workout, try actually walking up to the bar, versus using a waitress. To take this to the extreme, you could even get up and get someone else a beer, perhaps someone who is newer to the diet plan than yourself.

Fact: Beer is cheaper than Jenny Craig. Based on these facts, let's run through a given scenario for diet implementation. CAUTION: This is a weekend diet plan and should be attempted during the work week only by the staunchest of dieters.

MONDAY THROUGH THURSDAY: Eat junk food and basically be a slob. FRIDAY: Feeling “huge”, swing by the liquor store and stock up. Go to your favorite place for beer drinking and begin the consumption process (remember, 12 for women and 15 for men).

SATURDAY: Wake up (as required), and lounge around all day, feeling slightly smaller after expunging any food you may have accidentally consumed (particularly if it involved beef jerky from 7-11). Take aspirin. Notice that you have absolutely no interest in food.

SATURDAY PM: Restart cycle, noticing that you appetite has still not returned. Perhaps only meet half of your consumption goal due to an ongoing discussion with “the dog that bit you.” This is a good thing, as only half-consumption means less than 1,000 calories for the day, and you still don't feel hungry.

SUNDAY AM: Wake up for mandatory sports day. This is a very convenient diet during football season, but it can be successfully implemented year-round. There is some major professional sport being played every day of the year except the day before and the day after the Major League All-Star game (fact, look it up). Consumption on this day should be paced to cover the entire day, as you don't want to peak too soon. Again you notice a lack of appetite, and are feeling thinner all the time. Don't forget the aspirin.

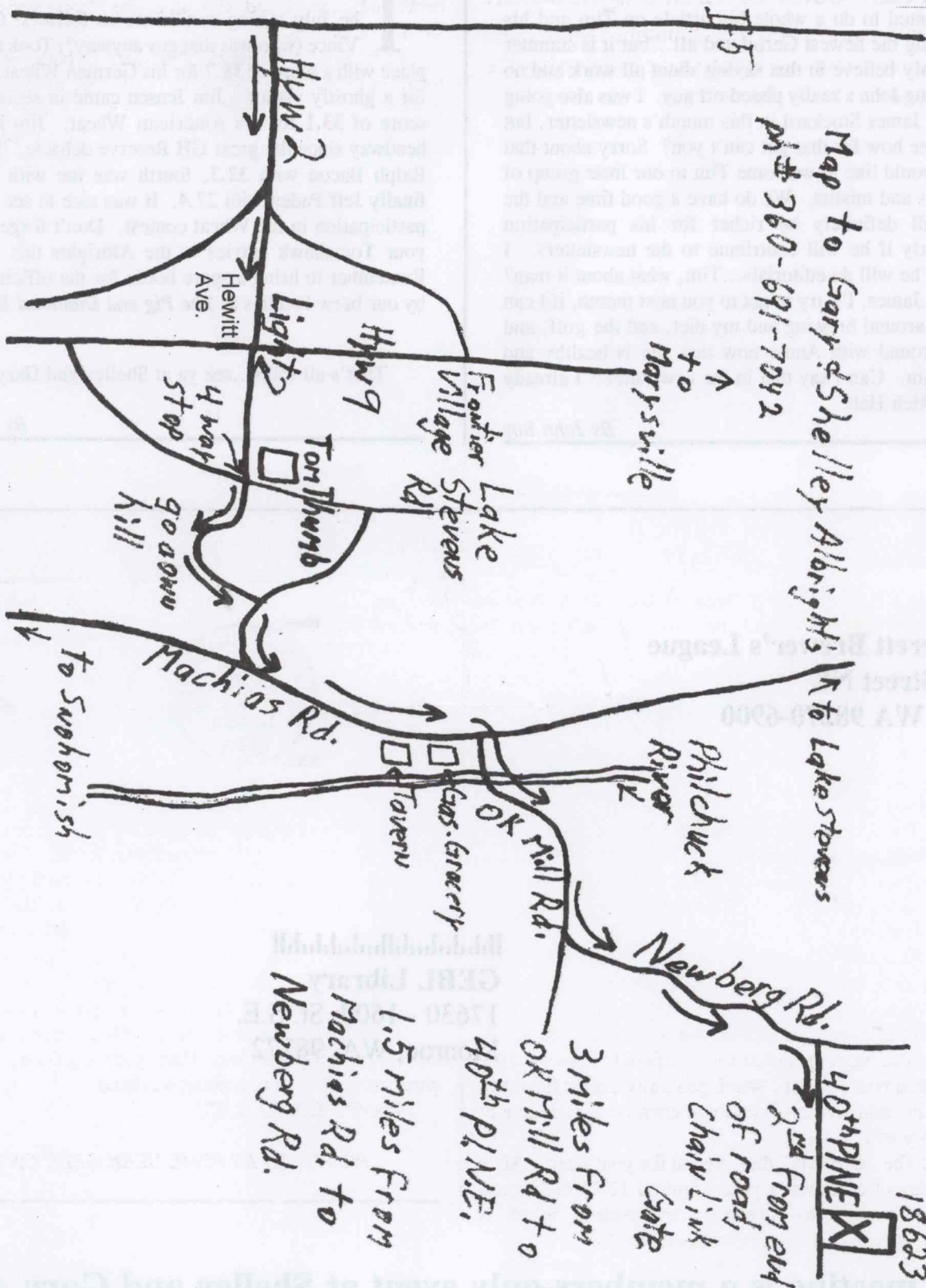
MONDAY: Return to work, feeling thinner, well rested, and surprisingly mellow. Mark your log book, and begin preparation for the upcoming weekend.

HAPPY DIETING !!!!!

PROVIDED BY SOME BEER GEEK ON THE WEB



# MAP TO THE ALBRIGHT'S BREW FARM



## Welcome Tim Martin!

I wanted to do a whole big article on Tim and his being the newest Gerbil and all...but it is summer and I firmly believe in that saying about all work and no play making John a really pissed off guy. I was also going to feature James Stockard in this month's newsletter, but you can see how far that got can't you? Sorry about that boys. I would like to welcome Tim to our little group of beer geeks and misfits. We do have a good time and the group will definitely be richer for his participation (particularly if he will contribute to the newsletter). I wonder if he will do editorials...Tim, what about it man? Oh well...James, I'll try to get to you next month, if I can find time around brewing and my diet, and the golf, and fooling around with Annie now that she is healthy and horny again. Can I say that in the newsletter? I already did. Heh Heh Heh!

*By John Boy*

## Tasting Results

The July tasting results are as follows: Our guest Vince (who was that guy anyway?) Took away first place with a score of **35.7** for his German Wheat. Not bad for a ghostly visitor. Jim Jensen came in second with a score of **33.1** for his American Wheat. Jim is making headway since the great GH Reserve debacle. Third was Ralph Bacon with **32.3**, fourth was me with 31.8 and finally Jeff Paden with 27.4. It was nice to see all of the participation in the Wheat contest. Don't forget to bring your Tomahawk entries to the Albrights this weekend. Remember to bring a spare bottle for the official judging by our brew buddies at *The Pig* and *Diamond Knot*.

That's all folks...see ya at Shelley and Gary's.

*By John Boy*

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**Marysville, WA 98270-6900**



**GEBL Library**  
 17630 - 160th St. S.E.  
 Monroe, WA 98272

**The next meeting is a members-only event at Shelley and Gary Albright's home on Saturday 8/15 from noon to 5 or so. See map inside.**