

Hangtown Brew Noose



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www.hazeclub.org

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**BRING RAFFLE FODDER
TO THE MEETING!!**

**H.A.Z.E. is dedicated to fostering social and educational
opportunities for homebrewers in the foothills.**

Haze Humor

While shopping in a food store, two nuns happened to pass by the beer, wine and liquor section. One asked the other if she would like a beer.

The second nun answered that, indeed, it would be very nice to have one, but that she would feel uncomfortable about purchasing it.

The first nun replied that she would handle that without a problem. She picked up a six-pack and took it to the cashier.

The cashier had a surprised look so the nun said, "This is for washing our hair."

Without blinking an eye, the cashier reached under the counter and put a package of pretzel sticks in the bag with the beer.

"The curlers are on me."

HAZE HOP HELP

HAZE, not known for idle beers or inaction, is responding to the current hop shortage by initiating the HAZE HOP CO-OP, our very own hop garden. More details to follow in the months to come.



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Stay Fit and Brew Strong!

January, the beginning of the New Year.
Anticipation and expectations.
Of what we'll brew, competitions we'll enter.
New equipment and recipes we'll try.
And other worthy goals and objectives.
Possibly we'll contemplate a little 'personal improvement'
In addition to perfecting that double IPA or classic British mild.
But is our love of the malt and hop compatible with our love of the svelt?
Weeeeelllllllll.....

The truth is, you can still drink beer and be very fit. In fact, it has been medically established that moderate consumption of alcohol is a positive contributor to longevity. Of worthy note, the American Medical Society permits a far higher weekly consumption than our socialist cousins "across the pond"! The key of course is m-o-d-e-r-a-t-i-o-n!

INACTIVITY BELLY!

"Moderation" is defined by most doctors as 1-2 beers a day (make that per week if you're English!), and NO, you cannot save up through the week and catch up on the weekend drinking 10-12 beers in an evening. That is NOT moderation. It turns out that moderation works both ways. In other words, moderate exercise can balance out moderate drinking. This can be very effective at preventing INACTIVITY BELLY (sometimes referred to as beer belly).

The fact of the matter is, the physics governing Beer Balance is fairly simple:

Calories IN (beer) > Calories OUT (activity) = Weight Loss (FAT)

Now, I can hear you out there, moaning, rolling your eyes (well, I can't actually hear that!), and generally being skeptical. And of course there are those of you saying "No matter what I do, I can't loose the weight." It's true that variability will depend on factors such as the amount of lean muscle mass you have (burns more calories at rest) and your genetic Basal Metabolic Rate (BMR); the higher your BMR, the more efficient you are at burning calories (which may also be related to muscle mass). For the record, my brother and sister both have BMRs far higher than mine! But let's not get too technical and just agree that there are person to person differences. It's still no excuse.

Just for fun (and to establish a baseline), try this little exercise:

For one day, write down everything you eat and drink, including quantities. Also write down all activity. Compare the two and my guess is you'll be amazed at how much more the Calories In are compared to Calories Out. Repeat this day in and day out and it will be easy to understand how we, uh, develop the way we do! And don't forget, food choices have a major role here, too!

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Stay Fit and Brew Strong! continued

Ok, enough of this. Let's talk solutions. The simple truth is, If you can add exercise into your schedule for 20-30 minutes a day, your daily consumption of alcohol (1-2 beers) will not have any additional impact on your gut (if you're a guy) or your lovely, supple as...uh, I mean, your hinterlands, if you're a woman. So here are two possible plans designed to balance you better than a premium Dortmunder Export:

Workout #1: This is a great full body toner as well as a calorie burner:
Repeat 3-5 times

- Walk, run or bike 5:00
- Squats - 20
- Push-ups - 10-20
- Sit-ups or Crunches - 20



Workout #2: Swimming and elliptical gliding (cross country skiing) burn the most calories per hour (This workout can burn up to 1000 calories in one hour!)

- Swim 20-30 minutes non-stop
 - Elliptical Glide 20-30 minutes
- And for more info, check out



[US Beer Drinking Team](#)

Follow some of the other workouts listed in the Stew Smith article archives for more tips on burning calories.

3rd Annual Steinbier Brew

It was another rockin' good time at the Frenn's as they hosted the 3rd Annual Steinbier brew. This year drew quite a crowd, with two other brewers bringing their equipment to get in on the action. The HAZER award goes to Jeff Bunch (2nd year in a row) for being the first on the scene and bringing a scheiss-load of wood – thanks, Jeff!

This year featured an Alt style bier And in fact the batch was split between a traditional alt and one boiled in the Steinbier tradition. Both are now lagering but we'll report on them as soon as they're ready.

See the next page for some HOT images bound to get your ROCKS off!



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3rd Annual Steinbier Brew Pictures



Virgins awaiting to serve.



Not gonna get served anytime soon by any virgins!



The fire "down below".



Three bastards!



A visitor from the "dark side" – the vine!

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3rd Annual Steinbier Brew Pictures



Boil, bubble, toil and trouble!



The event in full swing.



The President likes his rocks on the small side!



We did actually brew, honest!



Sacrificing the first "hot" virgin!