

THE ROTARY CLUB OF FAIR OAKS

THE ACORN

August 3, 2015



The Prestigious Career of Dr. Charles Bamforth

- Anheuser-Busch Endowed Professor of Brewing Science, University of California, Davis
- Chair, Department of Food Science And Technology, University of California, Davis
- Director (previously Head) of Research Brewing Research International
- Quality Assurance Manager at Bass Brewers, Preston Brook Brewery
- Quality Assurance Manager, Bass Brewers, Preston Brook Brewery
- Senior Projects Manager, Bass Plc
- Head of Malt and Wort Production, Head of Biochemistry & Biophysics, Principal Scientist, Senior Scientist, Scientist all at the Brewing Research Foundation



Charlie Bamforth

UC Davis, Anheuser Busch
Endowed Professor of Malting
and Brewing Sciences
(And the funniest speaker
some of us have ever heard)

The Wisdom of Charlie Bamforth

On the subject of beer, as compared to wine

Brewing beer is more scientifically demanding than making wine and wine lovers are just primitive. How is wine made? You throw a bunch of grapes into a vat, stomp around on them and wait for them to ferment. What do you do while you're waiting? You drink beer. Red wine is not better for a person's heart than beer. It's the alcohol that's good for the heart, and not some other substance in red wine. Beer has more nutritional value, with more silica, more folic acid and even more soluble fiber. Wine drinkers tend to be healthier because they are wealthier, they jog, they belong to health clubs and, in general have healthier life styles. Charlie did note that soluble fiber causes flatulence.

Most of the world's cuisines go better with beer (as opposed to wine). Charlie believes that beer should be respected and most beer advertising, which shows men behaving badly, does not do this. Charlie does not advocate playing beer pong.

On beer in general

How to duplicate the experience of drinking Guinness Stout: Stub out 20 cigarettes in an ash tray and then lick the ash tray. (Charlie says he loves Guinness.)

On hops as a key ingredient in beer: Hops is the flowering body of the female of *Humulus lupulus*. Males are undesirable. Hops is antibacterial and helps to preserve beer. The resins in hops make beer bitter and the oils add to the aroma of beer. Hops closest relative in the plant kingdom is marijuana. Most of our hops were once grown in Sacramento, but Yakima, Washington, with more water and better latitude stole the hops-growing business. Charlie observed that the pinnacle of fine dining in Yakima is the local Dairy Queen.

IPA stands for India Pale Ale. The hops content in IPA beers is very high. The British colonizers of India wanted beer that tasted like the beer back in England. Brewers in England added large quantities of hops to their beer and increased the alcohol content so barrels of the stuff could survive intact the long sea voyage to India.



Photo of Charlie from his UC
Davis webpage (found under
"Who Am I?")

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On alcohol content of beer: Boston Beer (maker of Sam Adams) began a war over alcohol content by introducing a beer, Boston Utopia, with an alcohol content of 27%. It reportedly costs about \$150 per bottle. A beer from Scotland called "The End of History" now contains 57% alcohol. Each bottle costs about \$750 and comes encased in the stuffed body of a dead animal, said to be obtained as roadkill. On the subject of beer and dead animals, a Colorado brewer is now selling "Rocky Mountain Oyster Stout". You can Google this to obtain a more complete description of the beer, some of which is not suitable for the Acorn.

On drinking beer

A good beer is any beer that you enjoy. There is a beer for every time of day. For example, hefeweizen is a breakfast beer. A good hefeweizen has the smell of cloves and bananas and should never, never be served with a slice of lemon.

The most beautiful brewery in the world is the Sierra Nevada brewery in Chico. If you're ever going to visit a brewery, this is the one.

On beer foam: Foam is good. It forms a beautiful cathedral of tiny bubbles atop a glass of beer. Beer should never be drunk straight from the bottle. You must drink beer from a very clean glass and beer should be poured into a glass with vigor, to release the carbon dioxide and create a head of foam. Charlie described, in detail, how to properly wash a beer glass. We're skipping most of that part of his talk here in the Acorn because we all know how to wash glasses, except to note that beer glasses should be air dried and finger prints inside the glass are bad. Beards and moustaches are bad because food residue, etc can fall from facial hair into a clean beer glass. Apparently even tiny quantities of grease or oil will impair the formation of Charlie's "beautiful cathedral of foam."

Green beer bottles are a bad container for beer because they let in light, which causes beer to degrade. Brown glass is better. According to Charlie, the best container for beer is the aluminum can, because no light gets in, and our aversion to cans is purely psychological. (Ed Note: Yuck)

The shape of the beer glass does not affect the taste of the beer. Beer goes downhill from the time it is brewed and it must be stored cold.

Other Beer Information and Miscellaneous Matters

Charlie's class on beer is the most popular class on campus at UC Davis. The #2 class is sex education. #3 is a class on nutrition. Therefore, according to Charlie, the students' priorities are: beer, sex and food, in that order.

In England in medieval times, beer contained hops and ale did not. English ales possibly contain less hops than English beers. Charlie was not entirely clear on this point, but he did say that "years ago I thought that English ale was like an angel weeping on the tongue, but now I like a little more hops". Old-style ales still exist in England (according to Wikipedia) bearing such names as "Theakston's Old Peculiar" and "Marston's Owd Roger".

How the cost of beer breaks down, in descending order of cost:

1. The bottle
2. Marketing
3. Tax
4. The beer itself

With respect to item #4, so much for beer being more sophisticated and scientifically exacting than wine.

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MEETING HIGHLIGHTS



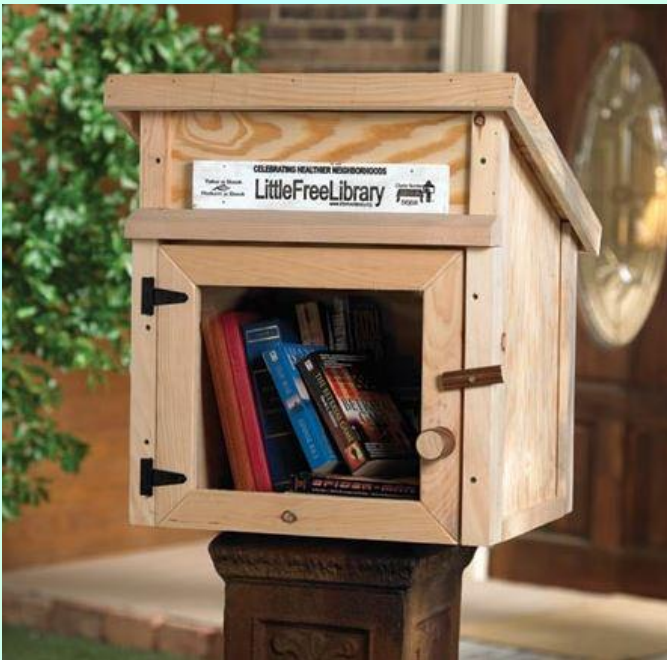
Bruce Hagel shown here with his wife, **Debra Price**, and their son, **Chris**, announced that our Little Free Library Boxes project was funded. This is one of our two District Grant projects for 2015-16.

The idea is simple: set up a Little Free Library near the street in front of your house, school, church, or workplace (get permission if necessary), then seed it with books you love but no longer want or need. Ask neighbors, friends, and coworkers to contribute books. Fiction or nonfiction. Paperbacks, hardcovers, kids' books, whatever. Once people discover your Little Free Library, they'll start taking books (and leaving) books.

Little Free Libraries can be registered online on the "Little Free Library Map of the World" to help people find them.

According to Bruce, we will be placing our Little Free Libraries in neighborhoods where children might need better access to books. We will be partnering with the woodshop at Del Campo High School, where our Little Free Libraries will be made.

Shown at the left is a Little Free Library assembled from a commercially manufactured kit.



Diana Cralle (left) thanked the membership for RSVPing on their attendance for Monday's meeting. Sixty-four people RSVPed and sixty-four people attended, allowing the cooks to purchase the right amount of food for the meeting and saving the club money on the cost of food.



Elaine Rock (above), with guest Rotarian **Skip Lawrence**, announced that we are now in 4th place among the large clubs in the District 5180 blood drive. **Chris Hagel** is the donor champion for the month, having donated blood twice.

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MORE MEETING HIGHLIGHTS



Faith Parks was inducted as a new member. Faith is shown here with her mentor, **Diana Cralle**, Membership Director **Alice Rowe** and friends **Vicky Callen** (far left) and **Ronda Leuty**



Our 2014-15 outbound Rotary Youth Exchange (RYE) student was **Giovanna Perricone**. Gia is the person in the middle of the photo at left. Gia spent the last school year studying in Japan. She returned to the United States last week and attended the Monday meeting with two of her friends.



Shelley Mathews (right) with **Marlow Simonetto**

Shelley now works for the Rotary Club of Sacramento. Shelley announced that she has a job opening at the Sacramento Club. It is a full-time office position with room for growth. Call Shelley if you might be interested.

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MORE FROM THE MEETING



Ray Ward is the club Communication Director. Ray reported on the recent meeting of the Communications Committee.

1. The club needs to communicate better with members, prospective members, sponsors, and the people who get services from us.
2. To accomplish better communications, we need writers – for the Acorn, for press releases, for marketing purposes and for all of our other communications.
3. Branding: The club needs to promote its brand. Ray has prepared a list of items that should appear somewhere on all club communications. It includes the Rotary Logo, the address of our website and several other things. The Communications Committee will help anyone communicating with the public with branding.
4. Please join the Communications Committee. It's going to be a lot fun.



Guests **Vic and Vicky Callen**



Guests **Kristin Chang** (daughter of member Rick Chang) and her friend **James**.



Frequent guest, **Joe Maloney**



An Announcement From Fred Rowe

This year's District Foundation Dinner will be Saturday, November 7; there's a great speaker this year, past Rotary Ambassadorial Scholar to South Africa Steve Solomon. The cost is \$55 per person and the club has prepaid two tables of ten, with the option of reserving a third if we fill the first two quickly.

BUT.... the cost per person goes up to \$65 per person on September 1 and we don't want to be forced to get the third table at that price, so I have opened online registration for the dinner. To register, click the Register Online link below and you will get the registration page; it's pretty easy after that and you can register guests. You will need to know your ClubRunner password to do all this. To confirm your registration, you just need to give me a check for the appropriate amount; make it out to Rotary Club of Fair Oaks. Please refer to "More Announcements" (next page) for more information.

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WHO DINES AT NO CHARGE AND WHO DOES NOT

Pete Schroeder, President

Hi folks,

Just a friendly reminder of our club's policy re: who dines at no charge.

1. Prospective members (up to 3 free meals, then, they are welcome to return before they choose to join but they would be expected to pay the \$15)
2. Speakers & 1 guest (extra guests would be charged \$15 each)
3. Speech contestants & 1 guest (extra guests would be charged \$15 each)

As you know, it's \$15 per person, \$8 per person who attends but does not eat, and \$5 to purchase a leftover meal.

Thank you for abiding by this club policy.

Pete

More Announcements

Saint Francis Episcopal Church is now holding a Senior Produce Market every Tuesday morning, from 10:00 – 11:00 am. Their primary goal is bring produce of outstanding quality at reasonable prices. The market is open to all and is no income test. They welcome special orders. Saint Francis is located at 11430 Fair Oaks Blvd.

The **annual club photo** will be taken at the August 31 meeting. Please attend and arrive early. We want as many members as possible in attendance for the photo.

The **Fair Oaks Rotary Foundation** will meet on August 15. The Foundation Board typically meets two or three times per year. All members are invited. The meeting will be held at the Primrose Clubhouse at 5200 Primrose Ave. Some highlights from the agenda are:

- An investment report and discussions on other financial matters
- An update by Pete Schroeder on his plans for fundraising efforts and the relationship between the Club and the Foundation
- Election of Foundation directors and officers for a two-year term of office

More info on the **District RI Foundation Dinner**:

Date: November 7, 2015 from 6:00 – 9:30 PM

Location: Doubletree Hotel at 2001 Point West Way in Sacramento

Details: Event Chair Jack Arney promises, "This won't be your father's Foundation Dinner."