

QUAFF

QUALITY ALE AND FERMENTATION FRATERNITY

April 1997

NEXT MEETING
Tuesday, April 15
7:30 PM Sharp
La Jolla Brewing Company

MEETING TOPICS

- Brewing (Boiling) by Ted Newcomb
- Stouts by Greg Lorton
- Bring Your Homebrew

Future AHA Club-Only Competitions

Contest	Due to QUAFF	Contest Date
Bock is Best	May 6	May 19
Extract Extravaganza	July 22	August 4
Weiss is Nice	October 7	October 20
Bitter Mania	November 18	December 1

Bring four 10-14 oz bottles (brown or green only) to regular meeting or to the Board meeting. The bottle should have no labels, raised glass lettering or symbols, embossing, or lettering on the cap. No Grolsch bottles either. Include a filled-out AHA entry form with your entry. Due dates are either the Board meetings (early in each month), or the regular monthly meetings (later in the month). Entries may be turned in to any Board member, or brought to the meeting. (Check to make sure the Board member will be attending the meeting.)

TICKETS FOR TEMECULA

As of April 1, Ted Newcomb had only eight tickets remaining for the Seventh Annual Southern California Homebrewers Festival. This year's festival will be held at Lake Skinner on Saturday, May 3. Tickets are \$25 per person. For more information or to buy tickets, call Ted at 549-9888 as soon as possible, or corner him at the monthly club meeting or the next Board meeting.

FREE ENTRY FOR TEMECULA?

The Festival organizers are looking for a limited number of men and women to donate two hours of time to work (e.g., gate attendant) at the Festival in exchange for free entry (save \$25!). If you're interested, call Lisa Cook at (909) 682-5765 or Kurt Miller at (909) 689-7643 as soon as possible (before April 11)!

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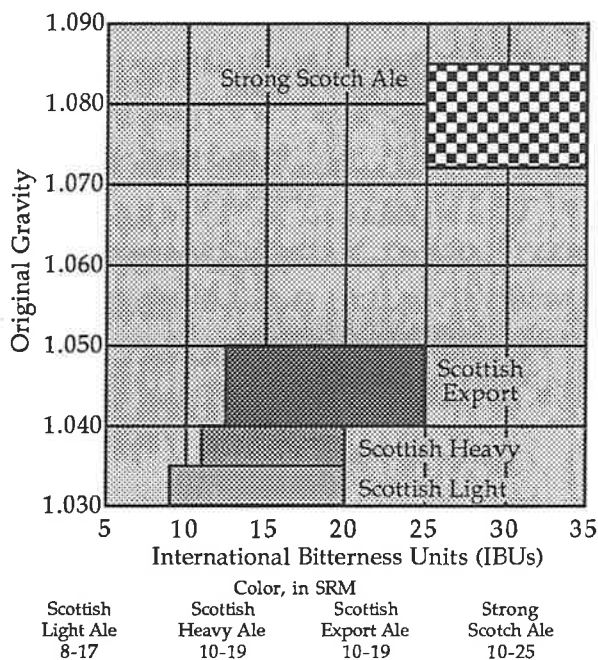
SCOTCH/SCOTTISH ALE

Scotch ale or Scottish ale? The terms are frequently used interchangeably. The AHA distinguishes between Scottish ale as lighter (starting gravities ranging from 1.030 to 1.050) and Scotch ale as heavier (1.072 to 1.085). Michael Jackson uses "Scottish ale" to refer to all of them.

Scottish and Scotch ales are dominated by malty character and sweetness. Hop bitterness flavor and aroma range from low to nonexistent. Scottish ales range in color from amber to deep brown. Scotch ales range from deep copper to brown. A bit of smoky or peaty character can fit in these styles.

Scottish and Scotch ales used to be referred to as 60/-, 70/-, 80/-, and 90/- (shillings). This is believed to have been the price of a barrel of the respective ale. The current AHA designations are Scottish Light Ale (1.030 to 1.035), Scottish Heavy Ale (1.035 to 1.040), Scottish Export Ale (1.040 to 1.050) and Strong Scotch Ale (1.072 to 1.085). The strong Scotch ales are occasionally referred to "wee heavies."

Many U.S. brewpubs offer Scotch or Scottish ales these days. The traditional Scottish brewers are Belhaven, Traquair House, McEwan, MacAndrew's, and Caledonian.



SPENT GRAINS

Notes from the March Meeting
recorded by Greg Lorton

President Dion Hollenbeck officially called the meeting to order sometime around 7:40 at the Back Room of La Jolla Brewing Company. We had quite a few guests, including John Peterson, Tom Kelly, John Russo, Gregg Adamec (Brewer's Beer Gear, Carlsbad), and Brian and Karen Tapken. Brian won Best of Show in the America's Finest City Homebrew Competition with his Altbier.

Liz, the kids, and I visited the Tustin Brewing Company on the way to Disneyland earlier this month. This brewpub is located in a spacious, European-style building on Newport Avenue, north of I-5. We sampled a porter, American pale ale, red ale, and a lemon weizen. The last two were our favorites, and the red ale was the strongest. The food was good, too.

Dion made the feature presentation on advanced mashing techniques. He focused first on decoction mashing, and then on recirculating infusion mashing systems (RIMS). His discussion kicked off a number of lively discussions about various topics, such as temperature control, stuck mashes, and starch conversion times.

Tod Fitzsimmons followed with a talk about porter. He described the long history of porter, its characteristics. He finished with a sampling of his latest porter, which took the gold medal for porters in the America's Finest City Homebrew Competition.

Throughout the meeting, entries from the America's Finest City Homebrew Competition were available for tasting. These entries filled up eight large coolers, and consisted of most of the entries, except for the Best-of-Show beers.

The March Beverage List

Over 200 AFCHBC Entries

QUAFF Quiz

Rick Steele sent in this beer quiz, taken from The Ultimate Book of Beer Trivia, by Bill Yenne and Tom Debolski.

What language (or languages) have the following word for beer?

- | | |
|------------|------------------------------|
| 1. Alus | a. Czech or Russian |
| 2. Bier | b. Finnish |
| 3. Bière | c. French |
| 4. Cerveja | d. German, Dutch, or Flemish |
| 5. Cerveza | e. Latvian |
| 6. Olut | f. Polish |
| 7. Pivo | g. Portuguese |
| 8. Piwo | h. Spanish |

Answers on page 4.

Assorted QUAFF News

Here is some miscellaneous news from the QUAFF Board meeting at San Diego Brewing, held on Tuesday, April 1 (the day after the monumental victory of the Arizona Wildcats in the NCAA Basketball tournament - personal editorial).

QUAFF netted \$450 from the America's Finest City Homebrew Competition. Revenue totaled \$1,250 and expenses totaled \$800.

Because of expansion at AleSmith Brewing, the 5th AFCHBC will probably need a new site. If you have an idea for a suitable location, let Dion know!

To encourage more member participation in the AHA Club-Only competitions, we are planning an award program. Suggestions for awards are encouraged. We are considering a cumulative award, too, for the member who excels in a year's worth of competitions.

The new Board meeting venue is San Diego Brewing. It just so happens that the Board meeting night (first Tuesday of the morning is the night that San Diego Brewing has "cask-conditioned ale night." Members are welcome at Board meetings. In March, the cask-conditioned ale was a pale ale.

Thanks for all of the contributions to the newsletter. I greatly appreciate the help. This includes articles from Rick Steele and Mary Anne Bixby, and information forwarded to me by Dion Hollenbeck and Rich and Teresa Link.

An Rx for Beer?

Mary Anne Bixby sent this article from the February 1997 issue of Medical Laboratory Observer.

The next beer you reach for at your next barbecue may have an inhibitory effect on carcinogens in charred meat and fish, according to a Japanese research group.

Small amounts of beer recently proved to counter mutagenic effects of Trp-P-2 (tryptophan pyrolysate product number 2) on bacteria in a test tube culture, according to a team at Okayama University led by Hikoya Hayatsu, a professor of pharmaceutical sciences. Trp-P-2 is one of a class of strong carcinogens known as heterocyclic amine that are produced by burning meat, fish, and tobacco leaves, among other things. When about two drops (as little as 0.1 mL) was combined with the Trp-P-2 and administered to *Salmonella* bacteria, the mutation rate in the bacteria fell to half that seen when Trp-P-2 alone was added to the test tube.

Armed with this information, what's the likelihood HMOs will soon cover six-packs as preventive medicine.

CALENDAR

April	
15	April QUAFF Meeting at La Jolla Brewing (7:30)
28	Opening for entries for first round of National Homebrew Competition
May	
3	National Homebrew Day
3	7th Annual Southern California Homebrew Festival Lake Skinner (near Temecula)
7	QUAFF Board Meeting at San Diego Brewing (6:00)
9	Deadline for entries for first round of National Homebrew Competition
21	May QUAFF Meeting at La Jolla Brewing (7:30)
June	
3	QUAFF Board Meeting at San Diego Brewing (6:00)
17	June QUAFF Meeting at La Jolla Brewing (7:30)
July	
1	QUAFF Board Meeting at San Diego Brewing (6:00)
15	July QUAFF Meeting at La Jolla Brewing (7:30)
August	
5	QUAFF Board Meeting at San Diego Brewing (6:00)
19	August QUAFF Meeting at La Jolla Brewing (7:30)

America's Finest City Homebrew Hall of Fame

1997	Brian Tapken	German-Style Alt
1996	Tod Fitzsimmons	Porter
1995	Douglas King	Belgian Wit
1994	Greg & Liz Lorton	Belgian Tripel

Someday, possibly enshrined on the restroom wall of AleSmith Brewing Company.

MENU FOR A CASUAL BEER-TASTING PARTY

Rick Steele sent in this article on beer from the October 1996 Sunset magazine. It includes three recipes, each of which uses beer as an ingredient.

We hope you've noticed by now that beer resists any efforts we might make to take it too seriously. Let's be frank: Even after it's been scientifically explained and dissected into different taste components, beer is 98 percent fun.

There are few hard-and-fast do's and don'ts for matching beer and food. But one thing we've discovered is that bitterness may be the most important flavor consideration to keep in mind. A bitter brew cooked down will become even more bitter (often unbelievably so). Additionally, don't pair bitter beers with bitter foods. Instead, team an aggressively hopped beer with dishes that have other characteristics, such as sweetness, sourness, or saltiness. This rule actually applies to all beers, bitter or not. Match the beer you're drinking with foods that have complementary, not similar characteristics.

These three recipes (with their suggested beer accompaniments) will help you create your own tasting party. Begin the meal with easy-to-fix appetizers, such as grilled oysters, grilled sausages with mustards, and a cheese board that includes sharp cheddar, creamy blue, gouda, and münster along with whole grain breads and crackers. With the appetizers, offer a variety of beers for guests to sample.

For an even easier party, put together a collection of beers and a series of tasting stations. One of these might feature salsas and chips, another several kinds of grilled sausages with mustards, and a third grilled chicken and ribs dripping with thick, spicy-sweet barbecue sauce. You guests can wander freely, making inventive matches with the beers. All you'll need to do is relax and enjoy the serendipitous pairings.

Fennel and Endive Salad with Wheat Beer Dressing

Preparation time: about 25 minutes

Notes: The dressing for this salad was inspired by a recipe in *Famous Chefs and Other Characters Cook with Beer*, by W. Scott Griffiths and Christopher Finch (Doubleday, New York, 1996; \$25). Accompany this salad with additional wheat beer to drink.

Makes: 8 servings

- 1^{1/2} ounces of very thinly sliced prociutto
 - 1/2 cup wheat beer, such as Pyramid Hefeweizen
 - 1/4 cup lemon juice
 - 2 tablespoons sugar
 - 1 tablespoon Dijon or whole-grain mustard
 - 1 tablespoon extra-virgin olive or salad oil
 - 1 teaspoon finely grated lemon peel
 - 2^{1/4} pounds fennel heads (2 to 3) feathery greens still attached
 - 1^{1/2} pounds endive
 - Salt and pepper
1. Cut prosciutto into very fine slivers. Place slivers in an 8- to 10-inch nonstick frying pan and stir often over medium-high heat until lightly browned and crisp, 3 to 4 minutes. Pour from pan; set aside.
 2. In a blender or a small bowl, whirl or whisk together beer, lemon juice, sugar, mustard, oil, and lemon peel until smoothly blended.
 3. Mince enough of the feathery fennel greens to make 2 tablespoons and set aside; discard remainder or reserve for another use. Trim off and discard tough fennel stems and root ends. Halve bulbs vertically. With a vegetable slicer or mandoline, cut fennel crosswise into paper-thin slices. Transfer to a large bowl and mix with about half the beer dressing.
 4. Remove and reserve 24 whole endive leaves. Keep chilled until ready to use. Cut remaining endive crosswise into 1/4- to 1/2-inch-thick slices. Add sliced endive and minced fennel greens to sliced fennel. Add remaining dressing and mix well.
 5. Spoon mixture onto salad plates or a serving platter; tuck whole endive decoratively around salad. Sprinkle with prosciutto slivers and season to taste with salt and pepper.

More recipes on next page.

OKTOBERFEST '97 EUROPEAN BEER TOUR

Hello Brewers,

My name is Mark Stuart and I work at Deschutes Brewery. I homebrew and started a homebrew club in Bend, Oregon.

Please join me on a 14-day European beer tour for under \$1,700 including air!

We will tour Germany, Belgium, and the Czech Republic, touring famous breweries and sampling their beers. Cities we will visit include Brussels, Antwerp, Düsseldorf, Cologne, Frankfurt, Windisch-Eschenbach, Munich, and Pilsen.

Reservations are limited to 40 people.

Call me if you or someone you know would like to be a part of this Great Beer Adventure! Price is subject to change until all deposits are received.

Sincerely,

Mark Stuart
246 NW Florida Avenue
Bend, OR 97701
(541) 383-3352
(541) 318-0656 (fax)
E-mail: adc@bendnet.com

Grilled Pork Tenderloin with Golden Ale Gravy

Preparation and cooking time: about 2 hours, plus at least 2 hours for marinating

Notes: Serve with the same beer you use to make the gravy. You can start marinating the meat and cook the caramelized apples one day ahead.

Makes: 8 servings

- 1 bottle (12 oz) golden ale such as Oregon Honey Beer
 - 1 onion, finely chopped
 - 1/4 cup honey
 - 2 tablespoons lemon juice
 - 1/2 teaspoon pepper
 - 3 pork tenderloins (3/4 to 1 lb each)
 - 3 tablespoons butter
 - 4 sweet-tart apples (about 2 lb total), such as Pippin or McIntosh peeled, cored, and each cut into 8 wedges
 - 1/3 cup sugar
 - 1 cup beef broth
1. In a large bowl or 2-gallon zip-lock plastic bag, mix together beer, onion, carrot, honey, lemon juice, and pepper. Trim off and discard excess fat and silvery membrane from pork. Add pork to beer mixture and turn to coat. Cover or seal and chill at least two hours or up to one day. Turn occasionally to keep meat evenly coated with marinade.
 2. Melt half the butter in a 12- to 14-inch frying pan over medium-high heat. Add half the apple wedges and half the sugar. Stir often until sugar melts and butter mixture bubbles. Turn apple slices often until they are well browned and caramelized, about 10 minutes. Remove from pan and keep warm. Repeat to cook remaining apples, using remaining butter and sugar. (If you have two pans, divide apples, butter, and sugar between them and cook simultaneously.) Set aside and keep warm. (Or, if making ahead, cool, cover, and chill up to one day. To reheat, place apple slices on a baking pan, cover lightly with foil, and bake in a 350° oven until hot, about 10 minutes.)
 3. Remove pork from the marinade; cover pork airtight and keep chilled. Pour the marinade and vegetables into a 4- to 5-quart pan. Cover and bring to a boil over high heat. Simmer until the carrot and onion are very tender when pierced, about 45 minutes. Uncover, and if necessary, boil until the mixture is reduced to 1 1/2 cups. Whirl the mixture in a blender or food processor until it is very smooth, then pour through a strainer back into the pan. Add the beef broth, bring to a simmer, then cover and keep warm.
 4. After vegetables have simmered 25 to 30 minutes in a marinade in step 3, place pork on a lightly oiled barbecue grill above a solid bed of medium coals or a gas grill on medium (you can hold your hand at grill level only 4 to 5 seconds). Close lid on gas grill. Cook, turning often to brown evenly, until pork is no longer pink in thickest part (cut to test) or until a meat thermometer inserted into center of pork registers 155°, about 25 minutes.
 5. To serve, cut pork into 1/2-inch-thick slices. Arrange pork on individual dinner plates or on a serving platter and garnish apples. Serve with gravy to add to taste.

QUAFF Quiz Answers

from Page 2

- 1 e (Alus = Latvian)
- 2 d (Bier = German, Dutch, or Flemish)
- 3 c (Biére = French)
- 4 g (Cerveja = Portuguese)
- 5 h (Cerveza = Spanish)
- 6 b (Olut = Finnish)
- 7 a (Pivo = Czech or Russian)
- 8 f (Pivo = Polish)

Gingerbread Torte with Double Bock Caramel Syrup

Preparation and cooking time: about 55 minutes

Makes: 10 servings, to be enjoyed with the same double bock used to make the caramel syrup.

- 6 large eggs, separated
 - 1 3/4 cups sugar
 - 1/4 cup molasses
 - 1 teaspoon vanilla
 - 1/4 teaspoon cream of tartar
 - 1/2 cup all-purpose flour
 - 1 teaspoon ground cinnamon
 - 1 teaspoon ground ginger
 - 1/2 teaspoon baking soda
 - 2 cups double bock such as Samuel Adams or Celebrator
 - Powdered sugar
 - Vanilla ice cream
1. In a large bowl, beat together the egg yolks, 3/4 cup granulated sugar, molasses, and vanilla until thick and well mixed. In another bowl, with clean beaters, beat the egg whites with cream of tartar on high speed until stiff, moist peaks form. In a third bowl, mix together the flour, ground cinnamon, ground ginger, and baking soda. Alternately fold the egg whites and flour mixture into the egg yolk mixture, stirring just until evenly incorporated.
 2. Pour batter into a greased and floured 9-inch springform pan. Tightly wrap a sheet of foil around the base and 2 inches up the sides of the pan. Place pan in a larger roasting or baking pan. Fill larger pan with 1 inch of very hot water. Bake the torte (still in the water-filled pan) in a 350° oven until top is browned and springs back when it is lightly pressed, about 35 to 40 minutes. Immediately remove cake from water, remove foil, and let torte cool on a rack. Use warm or cool.
 3. While cake is baking and cooling, combine beer and remaining granulated sugar in a 5- to 6-quart pan. Bring to a boil over high heat. Let boil, stirring occasionally, until reduced to 1 1/4 cups, about 10 minutes. Keep warm.
 4. To serve, arrange wedges on the torte on individual dessert plates. If desired, sprinkle the top with powdered sugar pressed through a sieve. Accompany with scoops of vanilla ice cream, and drizzle each portion equally with some of the warm double bock syrup.

Brewing To-Do List:

- The first round entry window for the National Homebrew Competition is between April 28 and May 9. Entries from California should be sent to NHC '97, c/o Bencomo's Homebrew Supply, 1544 Palm, Fresno, CA 93728. Rules and information are in the Winter 1996 issue of *Zymurgy*.
- It's time to brew your beer for the 7th Annual Southern California Homebrewers Festival at Lake Skinner (near Temecula). QUAFF needs to provide at least 50 gallons! Distinctive, powerful, and unusual beers are always popular at the festival.
- Bock is Best is the next AHA club-only contest, with entries due to QUAFF on May 6. Bock styles need some aging, and you've got only two months until the actual contest (May 19). Bock is Best includes Traditional Bock, Doppelbock, Eisbock, and German-Style Helles Bock/Maibock.
- The August AHA club-only contest is Extract Extravaganza. This contest is open to any style, as long as the malt is at least 75% extract.

THE SAN DIEGO BREWING SCENE

BREW PUBS

- Baja Brewing Company** 231-9279
203 Fifth Avenue (Gaslamp Quarter)
Juan Pistola's Pale, Sangria Ale, Acapulco Gold, Cerveza Cafe, La Bruha Negra, Agave Light
- Callahan's Pub and Brewery** 578-7892
8280A Mira Mesa Boulevard (Mira Mesa Mall)
Callahan's Red, Shamrock Gold, IPA, Black Mountain Porter, Blueberry Wheat, Baja Chili Beer
- Carlsbad Brewery and Public House** CLOSED
571 Carlsbad Village Drive (Carlsbad)
- Coronado Brewing Company** 437-4452
170 Orange Avenue (Coronado)
Coronado Golden, Hefe-Weizen, Brown Ale, Oatmeal Stout
- Del Mar Stuff Pizza Cafe & Restaurant** 481-7883
12840 Carmel Country Road (Carmel Valley)
Oatmeal Stout, Pale Ale, Amber, ESB, Hefeweizen, Blueberry Wheat, Scotch Ale
- Dino & Luigi's Stuff Pizza Sports Bar and Microbrewery** 592-7883
10155 Rancho Carmel Drive
- Gaslamp Brewing (formerly Cerveceria, La Cruda)** 239-0117
500 4th Street (Downtown)
Tidal Wave Wheat, Las Brisas Light Ale, Red Bush Ale, Blowfish Bitter, Mekanudo Porter
- Hops! Bistro and Brewery** 587-6677
4353 La Jolla Village Drive
Blonde Ale, Red Moon Raspberry, 3-Peat Wheat, Sunset Red Ale, Grand Slam Golden Ale, Triangle IPA, Bock
- Karl Strauss Brewery Gardens** 587-2739
9675 Scranton Road (Sorrento Valley)
- Karl Strauss Old Columbia Brewery & Grill** 234-2739
1157 Columbia Street (Downtown)
- Karl Strauss Brewery & Grill** 551-2739
1044 Wall Street, (La Jolla)
Karl Light, Amber Lager, Stargazer Ale, Red Trolley Ale, Marty's Bliss, Strauss Stout, Oatmeal Stout
- La Jolla Brewing Company** 456-2739
7536 Fay Street (La Jolla)
Red Roost Ale, Windansea Wheat, Pumphouse Porter, Sealane Amber
- Pizza Port/Solana Beach Brewery** 481-7332
135 N. Highway 101, Solana Beach
Hefeweizen, Rivermouth Raspberry, Honey Ale, Nut Brown, Port's Porter, Sharkbite Red
- San Diego Brewing Company** 284-2739
10450 Friars Road
Grantville Gold, San Diego Amber, Old Town Nut Brown, Mission Gorge Porter, Admiral Baker's Best, Old 395 Barley Wine
- San Marcos Brewery & Grill** 471-0050
1080 W. San Marcos Boulevard
Amber Ale, Pale Ale, Brown Ale, Oatmeal Stout, Hefe Weizen
- Sports City Cafe and Brewery** 450-3463
8657 Villa La Jolla Drive
Oatmeal Stout, Two-Berry Ale, Charger Gold, Aztec Amber
- Terrific Pacific Brewery & Grill** 270-3596
721 Grand Avenue (Pacific Beach)
Pale Ale, Amber, Stout, Hefeweizen, Peach Wheat Ale

What's New? Call Greg or Liz Lorton (943-8280) with new information on San Diego brewpubs and microbreweries, or E-Mail to GALorton@oees.com.

MICROBREWERIES

- AleSmith Brewing Company** 549-9888
9368 Cabot Drive (Miramar)
Brewers: Ted and Skip
ESB, Golden Anvil Black Anvil Oatmeal Stout
- Stone Brewing Company** 471-4999
155 Mata Way, Suite 104, San Marcos
Brewer: Steve Wagner
Stone Pale Ale
- Ballast Point Brewing** 298-2337
5401 Linda Vista Road, Suite 409, San Diego 92110
Brewer: Peter A'Hearn
N₂-tapped Special, Belgian White Porter, Barley Wine in Tasting Room
- Brewer's Union** 278-2739
5553 Kearny Villa Road, San Diego 92123
Brewer: Josh Lippitt
Extra Pale Ale, Brown Ale, Golden Ale

HOME BREWING SUPPLIERS

- American Homebrewing Supply** 450-9476
11404 Sorrento Valley Road, Suite 103, San Diego 92121
- Beer Crafts** 591-9991
950 W. San Marcos Blvd, Suite I, San Marcos 92069
- Beer and Wine Crafts** 447-9191
450 Fletcher Parkway, El Cajon 92020
- Brewers Beer Gear** 434-0435
2633 State Street, Carlsbad 92008
- Home Brew Mart** 295-2337
5401 Linda Vista Road, Suite 406, San Diego 92110
- Home Brew Mart** 794-2739
731 S. Highway 101, Suite 1B2, Solana Beach 92075
- Ocean Beach Homebrewery Supply** 222-8408
1922 Bacon Street, Ocean Beach 92107
- U of Brew** 578-9405
9245 Dowdy Drive, Suite 113, San Diego 92126

BREW-ON-PREMISES

- Brewer's Union** *see above under Microbreweries*
- Murphy's Custom Brewing**
2640 Financial Court, San Diego 92117

BEER SUPERSTORES

- Beverages, & more!**
8410 Center Drive, La Mesa 461-6230
212 N. El Camino Real, Encinitas 943-6631
11475 Carmel Mountain Road, Carmel Mtn Ranch 673-3892
- Mesa Liquor and Wine Company** 279-5292
4919 Convoy Street, San Diego 92111

**SUPPORT
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LOCAL
BREWERY**

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MEMBERSHIP INFORMATION

Membership dues are \$15 per calendar year, due January 1, and expiring on December 31.

Make check payable to Ted Newcomb. His mailing address is 3233 Lahitte Court, San Diego, CA 92122.

CONTRIBUTED ARTICLES

Articles are gratefully encouraged and accepted, and are printed at the editor's discretion. Articles must be received no later than 11 days before the next meeting date. Articles may be mailed to Greg Lorton, QUAFF Newsletter, 2602 La Duella Lane, Carlsbad, CA 92009. E-Mail contributions are accepted at GALorton@oees.com

POSTMASTER - PLEASE DELIVER TO THE ADDRESS ON THE STAMPED SIDE!!! THANK YOU!!!

Greg Lorton
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