





South Devon CAMRA Supporting Real Ale in the South West



### **28TH EDITION WINTER 2009**

The South Devon CAMRA Beer Festival in September was yet again a great success, with around 100 beers and 25 ciders. Festival-goers were also very generous towards our nominated charity Dartmoor Search and Rescue Team (Ashburton). DSRT made a coin collection during the festival, and in addition customers donated unused beer tokens as they left. Together the sum raised came to £625.27, a very useful amount, as the team have to fund all their equipment and training needs from just such donations.

Another festival that went well recently was the Celtic Festival at St Austell Brewery in late November. Brewers from all countries with a Celtic tradition were represented, and I particularly enjoyed Triple 8.8% abv from Brasserie Britt in Brittany, and Trashie Blonde 4.1% abv from BrewDog in Fraserburgh. However, there were other high spots; Ruination IPA 7.7% abv from Stone Brewery, California; and out of the 29 St Austell brews on offer, James's Flemish Style Sour Red 6.0% abv and Proper Cool Double Chilled IPA, at 5.5% abv, a big brother to Proper Job.

Seasons Greetings and Cheers!

Tina Hemmings, Editor

Cover picture—The Globe Inn, Frogmore. One of our new entries in the Good Beer Guide

The Ship Inn Kingswear Good Food, Good Beer, Good Company

Colin and Heather welcome

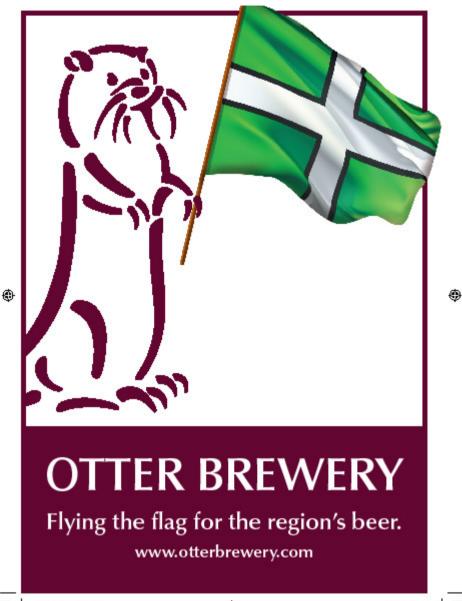


Colin and Heather welcome you to the Ship Inn. Our traditional Village Pub & Restaurant offers a selection of real ales, good food, together with a wide choice of popular drinks and first-class wines.

Otter Ale, Adnams Bitter, Timothy Taylor Landlord, Green King IPA and a selection of guest beers.

The SHIP INN is a traditional village pub, with a restaurant serving fresh seafood and steaks, using varied, seasonal, local and very fresh produce.

Winner of the South Devon CAMRA Pub of the Year 2006 TEL: 01803 752348



News & Brews ad.indd 1

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# PUB NEWS

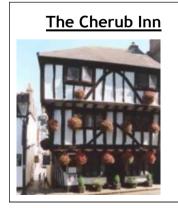
The **Blue Anchor**, Teignmouth has put on a splendid selection of LocAles over the last few months. Seventeen random visits over the period from August 1st to mid-November produced fifteen different brews and I am sure I must have missed some others while away on vacation. Brews noted were **Bays Best, Dartmoor Jail Ale, O Hanlon's Red and Yellowhammer**, five different **Red Rock** brews including the new 5.8% **Capstan** and 6 different **Teignworthy** brews. The number on at any one time varied from one to four; one on seven occasions, two on three occasions, three on four occasions and four on two occasions. Once there was no LocAle available, and including this a total of thirty two LocAles found during seventeen visits gives an average of 1.9 LocAles on at any one time. Well done Paul and Jamie for providing such a treat. During the same period, **Cotleigh, Everards, Fullers** and **Skinners** beers have also been very prominent and I write this after just sampling the delicious **Fullers Golden Pride!** 

The Ship, Teignmouth has continued to benefit from the new Heavitree guest list and has recently served Butcombe Bitter, O Hanlon's Yellowhammer, Red Rock Dark Ness and St Austell Tribute with the latest guest being Exmoor Ale.

Take 2 staged an interesting three day beer festival over the Halloween weekend with seasonal beers from Moorhouse (Pendle Witches Brew), Newmans (Wolvers Ale), Otter (Witch Otter), Robinsons (Wags to Witches) and Wychwood (Hobgoblin) in addition to the usual Bays, Dartmoor and St Austell offerings.

In November, **The Globe Inn** at Chagford had a Grand Opening of its new function room. It includes a large viewing screen with overhead projector and surround-sound, for movies or sports viewing, and is the culmination of several improvements undertaken during the year. John O'Hanlon from **O'Hanlon's Brewery** did the honours and expressed his admiration of the work put in to improve the pub by owners Graham and Mary. O'Hanlon's beers and log fires are a popular feature of this local pub.

**St Austell Brewery** has recently taken over the **Three Crowns** at Chagford and the lounge bar and dining room have been refurbished along with 6 of the 19 bedrooms. Work on the other bar areas and remaining bedrooms will follow. **Tribute, Proper Job** and **St Austell IPA** are the regular beers and St Austell seasonal ales will appear as guests.



- 13 Higher Street Dartmouth Phone 01803 832571 www .the-cherub.co.uk CAMRA recommended Real Ales and Cider Selected Red and White wines
- Lunchtime and evening meals -
- a la carte meals in the evening.



PETER EVANS 1954 – 2009

After a brave fight against cancer, Peter died recently and on the 19<sup>th</sup> November, Ogwell Parish Church was filled to capacity by his family, friends and work colleagues to celebrate his life.

Peter was an avid Real Ale fan and active, hard working member of South Devon CAMRA. His enthusiasm and sense of humour will be missed by his fellow drinkers especially at Beer Festival time when he and his wife, Liz were always busy behind the bar.

Our thoughts, at this sad time, are with Liz and her family.

### Contact Us.

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Visit our award-winning Web Site at www.southdevoncamra.com

### **VOYAGES OVER THE COUNTY LINE**

This year, we varied our travel arrangements for our annual visit to the Somerset Beer Festival at Minehead. Instead of the usual minibus to Bishops Lydeard, and then on to the Festival by Preserved Line steam train, we opted for a more rail-based journey. This involved a train from Newton Abbot to Taunton, then a much shorter bus journey to Bishops Lydeard, and then on to Minehead by the much more sedate steam train.

Whilst the transport may have varied, the weather had not - as it nearly always is, it was a day of glorious sunshine. Somerset Camra must have an abundance of credits with the Weather Gods. This year, a couple who had come over from Amsterdam especially for the Festival, bringing their greyhound Hendrik, for his first ride on a steam train (although he had apparently already been to several Beer Festivals), boosted our numbers.

On arrival at Minehead, the platform was buzzing with drinkers - because it opens onto the street, there is no entrance charge at this Festival. We were spared the queue for glasses and tokens, as our resident Camra Regional Director had again arranged for supplies to be waiting for us. Then it was off to join the throng at the bar for our first beers - in my case the new Fremington Brewery's 'Puffin' at 3.7% -one of all 22 Somerset breweries that were represented at the Festival. Several beers later, it seemed prudent to try some of the fast-disappearing Titanic 'Chocolate Vanilla Stout' - one taste of which explained its popularity. It was all-too-soon time to buy some more tokens - not the usual card ones, but, probably unique to this Festival, in the form of Edmonson Tickets (the form of ticketing used in the Golden Age of Steam).

Some 12 beers later, it was time to catch the train back to Bishops Lydeard. One subsequent bus journey later, we were back in Taunton. Having time to spare before our train back to Newton Abbot, conveniently placed between the bus and railway stations we found The Plough, which, with one beer on Gravity and a further three on Hand pump, offered the chance of a final libation at the end of a great day out. Peter O'Nions



# THE GOOD FOOD, REAL ALE, RELAXED SURROUNDINGS THE TRADITIONAL COUNTRY PUB IS BACK email: pig.whistle@btinternet.com 01803 863733

## LocAle - look out for it.

This initiative, recently launched by CAMRA, is designed to encourage pubs to stock ale from local breweries (more precisely- beers produced within 30 miles of the pub). Not only will this assist the local economy but it will help reduce the number of 'Beer Miles' i.e. the distance covered by Real Ale between producer and customer is shortened and thereby cuts down on those nasty emissions! The pubs that have signed up to this initiative, so far, are:

Dartmoor Lodge, Ashburton Exeter Inn, Ashburton St. John de Grandisson, Bishopsteignton Globe Inn, Chagford Sandy Park Inn, Chagford Teign House Inn, Christow Union Inn, Moretonhampstead Union Inn, Newton Abbot Wolborough Inn, Newton Abbot Isaac Merritt, Paignton Clifford Arms, Shaldon Royal Oak, South Brent Blue Anchor, Teignmouth Devon Arms, Teignmouth Jolly Sailor, Teignmouth Take 2, Teignmouth Hole in the Wall, Torquay

If any reader/member knows of any other local pub which is serving good quality, locally produced Real Ale – please contact the Branch Chairman or Editor.

The Globe Jnn CAMRA Recommended FREE HOUSE at Frogmore, Nr Kingsbridge TQ7 2NR 01548 531351 Well kept Ales, 8 en-suite rooms Delicious, locally sourced home-cooked food, Sunday Roast. Folk Nights every 3rd Thursday of the month.



# BRUGES (AT LAST)

After 2 years of trying, this year I finally made it to the 3<sup>rd</sup> Bruges Beer Festival, which has probably the biggest collection of premium Belgian beers under one roof. The festival is held in the Belfry, a medieval building in the middle of Bruges itself. The total number of beers was reputed to be 280 and more than 54 different brewers attended. Each brewer has his own stand, manned by the brewers themselves, and they are very eager to share their beer knowledge with anyone who shows the slightest interest. Every stand is equipped with its own hand pumps and gas fonts, and a very large portable fridge to ensure the bottled beers are kept at the correct temperature. The organisation of the festival is similar to many of our UK festivals, in that you pay an entrance fee, which includes tokens for beer, a class and a beer list, which I found to be a lot more detailed than the average British one. The red plastic tokens even had to be used for take-away purchases. The festival prices were of very good value. The festival opened at 12 noon on the Saturday and 11 am on Sunday and on both days was absolutely packed. I went on both days, getting there early and leaving around 5.00 pm, by which time a diet of cheese, mustard and Belgian beer slightly had the better of me. I specifically tried beers I had not tasted previously, but as some of the beers are up to 12% abv, care was needed. My favourite beer was the Viven Stout, a lovely rich dark chocolate/coffee beer. At one point on the Saturday afternoon, the group discussion on my table was between Americans, Australians, Belgians, Germans, South Africans and a Japanese couple. It was also surprising to see so many youngsters attending. I can thoroughly recommend both this festival and Bruges itself. The number of bars in the city with over 100 beers is amazing and they are of a mix of wonderful decors. More details about the festival and Belgian beer in general can be seen at www.belgianbeerboard.com . The fun of the festival still goes on, as currently I am in correspondence with an American brewer I met at the festival to send me some of his stout. George Hemmings



**The Tradesman's Arms** Scorriton Nr Buckjastleigh TQ11 0JB 01364 631206

A real ale pub, just rejurbished and welcomed back after 15 months. This very friendly local serves great food and fantastic Sunday lunches. Make this pub your stop as you walk or ride the Moor. (www.beerintheevening.com)

4 Real Ales, Local ciders., Thursday Quiz night Accommodation Available, Dogs and Well-Behaved Children Welcome, www.thetradesmansarms.co.uk



The Manor Inn 2 Stoke Gabriel Road Galmpton, Brixham Devon TQ5 0NL

Tel: 01803 661101

www.manorinngalmpton.co.uk

Good beers (Otter, Abbot, Sharp's Doom Bar, St. Austell's Dartmoor). Good food, function rooms, accommodation, patio, large car park, good company. Quiz nights Thursday (general knowledge) and Sunday (music). Children and dogs welcomed in a real village pub.

### The Roving Group: around Teignmouth.

The party of us that make up The Roving Group recently travelled to Teignmouth, Shaldon and Coombe-in-Teignhead, as we had not checked out this area for some time.

Our visits are to see if any pubs are serious contenders for inclusion in the Good Beer Guide, because of the quality of their real ales. This CAMRA publication only allows the South Devon Branch to put forward 29 pubs for reasons of space. This means there are many good pubs serving decent beer, which for various reasons do not quite make it.

We started off at the Ship Inn Teignmouth, always a very nice pub with a decent if restricted, beer range. The beer was pleasant and we spent an enjoyable thirty minutes there, but soon we moved on as we try to visit four public houses at each trip, ending up with a meal at the last one.

Next stop was the Jolly Sailor, which was in the Good Beer Guide at one time. This pub, like several pubs in Teignmouth, is tucked off a main street, and gave us two good real ales; Bass and an exceptional pint of the Red Rock Brewery's Dark Ness, a delicious stout that was enjoyed by all four of us. This pub is well worth a visit.

....cont overleaf

# <u>What's On</u>

### Branch Meetings and Social Events

### Beer Festivals

### Branch Meetings and Social Events

Date	Time	Purpose	Location					
Sat 12 Dec 2009	19.30	Christmas Meal & Social	Pig & Whistle, Littlehempston					
Tues 9 February 2010	20.00	Branch Meeting W	ild Goose, Coombeinteignhead					
Tues 9 March 2010	20.00	Branch Meeting Cou	Court Farm, Abbotskerswell					
Beer Festivals								
Fri & Sat 8-9 January 2010 Exeter Festival of Winter Ales St James Park, Exeter								

### **Continued....Roving Group Report**

We next went over the river to Shaldon where we stopped at the Good Beer Guide pub, the Clifford Arms. The beer in here is always good and the landlord stocks the Ringmore Craft Brewery range of beers, brewed in Shaldon and including the light and malty Oarsome Ale.

Our last stop was back towards Newton Abbot to the Wild Goose at Coombe-in-Teignhead, another Good Beer Guide pub that has up to seven real ales on at any one time. Handily, they serve tasters in one third of a pint glasses. Our reason for ending our jaunt there was because it was a Tuesday, fish and chip supper night, always very good and excellent value. We tried all seven in the beer range - and together we agreed they were of a very good standard indeed.

I am organising our next roving visit, taking in the Bovey Tracey and Liverton areas. You will know how we got on in the next copy of the News and Brews. I would urge you all to visit the four pubs mentioned, as they all serve good real ale - and the food is consistently enjoyable. Anthony Woodwark.

Trading Standards Office Devon 01392 382818 Torbay 01803 208080

Contact them if you are dissatisfied with service or quantities and are unable to resolve this with the service provider.



## Jazz and More....

The Bay Horse Inn is most likely the only truly real ale led pub in Totnes, which is surely the reflection of a dedication to selection, preparation and consistency of the ales served. However, as even the most ardent CAMRA member knows, a pub cannot survive on beer alone! A great deal of emphasis at the pub is on ensuring that complimentary products, such as lager, cider and wine, stack up to the same quality standard as the ales. This has long been reflected in the preference for lagers satisfying the more strict continental purity laws, which has also recently seen the addition of Pilsner Urquell (the original Czech pilsner). Similarly, the selection of cider has focussed on the more traditional family producers such as Thatchers & Westons, with the newest addition being Aspall draught cider (produced by the same family in Sussex since 1728). The wine list has also received a complete overhaul to ensure that even the house wines are of the highest quality available in the same price bracket as the real ales. Indeed, the bar menu too attempts to provide the best quality of local fare at a truly reasonable price.

With this overall philosophy in mind, it should be no surprise that the recent launch of the "After Eight Jazz Club" every Sunday night at the Bay Horse Inn also delivers on the theme of providing best in class at the best possible value (in this case the highest quality jazz performers free of charge). New landlord Rob Alexander has teamed up with young local jazz guitarist Neil Burns to host the best modern jazz players in the Southwest, including Craig Milverton, Louise Parker, Martin Dale, Maggie Reeday and regular favourites the Sam Richards Trio just to name a few. So why not drop in and sample some of the coolest sounds around every Sunday night after 8PM.

### Are you a beer drinking loser (and sadsack)?

As a regular reader of the Guardian newspaper (stop laughing you Telegraph degenerates), I am a great admirer of Malcolm Gluck, their knowledgeable and witty wine correspondent. He has done much to promote new wines and their associated regions and generally, to de-mystify arcane labelling and classification systems as well warning that the supermarket brands are often under the ownership of a small number of the very large companies (Hardy's et al). However, he has gone somewhat over the top with a recent broadside on the beer front. This is what was written in the Guardian earlier this year "...beer is only drunk by losers and sadsacks, un-sexy people who care nothing for their minds and bodies". He continued, "Beer drinkers are terrible lovers, awful husbands and untidy flatmates. Wine is the super cool liquid and drunk sensibly is actually good for you". He further added, "When was the last time you heard a beer drinker pass a witty remark?"

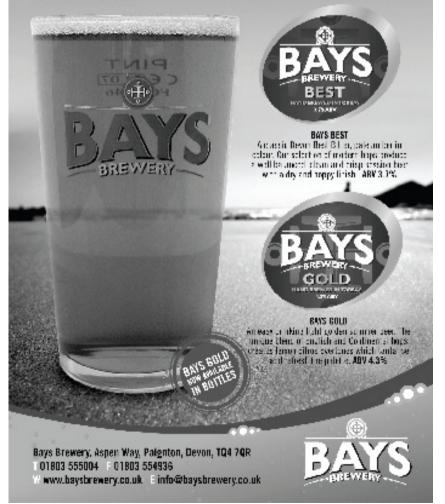
Comments like this did not remain unchallenged, by Roger Protz amongst others. My first, and very uncharitable thought, was that he had possibly been 'bashing' the St. Emillion or Shiraz just a little too hard to produce this tirade. It also portrays a large degree of ignorance about both the beer market and its drinkers. If only he had taken the time to contact his wine buff friend Oz Clark, appearing on BBC2's excellent programme Oz and James Drink to Britain, he may have learnt a thing or two. The series followed the two as they travelled around Britain and Ireland discovering the amazing array of drinks that are on offer and produced programmes that were both educative and entertaining. Was Mr Gluck just thinking about the mass-produced industrial beers, the sales of which are in free fall, whilst being totally unaware of the resurgence of British beer in the form of independent craft brewers? Over 200 of these craft breweries have opened in the last 3 years and now number over 500. Strangely, this is the very sort of trend that Mr Gluck would have praised to the high heavens had it been wine rather than beer as he has often extolled the virtues of the superior qualities of smaller wine producers struggling against the large combines. With better knowledge. I am sure that he would have been on our side.

Roger Protz in his reply states, "I do not deny that sales of wine have increased in Britain. But we still drink far more beer: wine has overtaken beer in the off trade but beer easily outsells it in pubs..." Very true, but is it really a case of beer versus wine? I would have thought that discerning consumers could do just that with both products, recognising a quality burgundy and appreciating an excellent stout. Whilst mentally preparing this article I was sitting drinking a magnificent pint of Dark Star Hop Head and clearly saw myself as a winner rather than a loser and certainly not a sadsack (?). As for being terrible lovers and awful husbands then how does he know, and is his opinion based on friends and other acquaintances, hardly representing a scientific sample? Surely both beer and wine, if drunk sensibly, are good for you and personally I would not want to be seen as a 'super cool' anything. As for beer drinkers being pathologically incapable of witty comments, then this defies belief. I cannot actually recall the last witty comment I heard from a beer drinker, but that is only because I encounter too many! I have two pieces of advice for Mr Gluck; either keep to what he does so well when he concentrates on writing about wine or learn a little bit about the real ale market before foraging into all matters beer.

Bob Southwell with thanks to the *Pub Paper* being the newsletter of Halifax and Calderdale CAMRA

# Everyday's a Bays day

From our family run brewery in Torbay we are dedicated to hand brewing a selection of premium ales. We invite you to sit back, relax and enjoy the fruits of our labour.



# Hole in the Wall



# 

Tucked away in the centre of Torquay, only a few yards from the harbour is Torquay's oldest inn.
For hundreds of years, smugglers, men of the sea, businessmen, locals and visitors alike have enjoyed drinking in this authentic establishment with its listed cobbled floors, beamed ceilings and warm atmosphere.
Abbot Ale, Adnams, Bombardier and Guest Ales Fine food, our chef having worked on the QE2

# Thoughts From The Grumpy Old Man

### The 'grumpy old man' says thank you for your comments and support.

It is good to know that my words are both read and apparently enjoyed. In response to my last article on problem pub customers I was amazed by the number of people who were only too keen to identify themselves as the 'culprits' but were less keen on being called 'rednecks' or 'bigots'. Not surprisingly, the bus ticket collector and idiot Marxist have not come forward, although I have seen the former taking photographs of buses. More worryingly, it was pointed out that the women I described were mad or predatory or prostitutes and that this represented a typical example of male misogyny. I was conscious of this at the time, but did point out that there are plenty of sensible people of both sexes and also that these people were perhaps too mundane to make good copy. Other people seem to have a good memory of Cardiff and told me about some other pubs where similar activities took place! The last paragraph mentioned some of my apparent pub conversations about stabilising the world price of sugar and the role of interest rates on the 18<sup>th</sup> century economy. Most of you will have recognised that there was a degree of self-parody throughout the article in that anybody, including myself, can be dull and boring. One person missed the point entirely and asked whether he could join me for a drink and join in these fascinating conversations. I think I would actually prefer the company of the bus ticket collector!

### The 'grumpy old man' looks at the future of pub service.

I am deep in dreamland. It is 2030 and on the way to my 'local' but it seems to have changed its name to The Monkey and Spacesuit. There is also something strange about the entrance doors, as they now resemble those push button sliding doors on modern trains. Activating the doors, they then opened with a gentle hiss allowing admittance into the entrance vestibule playing gentle relaxing music. You are now required to place your palm on a screen, and your eyeball to another, in order to be photographed, and identified, from the national security database. A form of disinfectant is now sprayed into the vestibule and you must wash your hands in industrial alcohol. As soon as this is completed, a digital screen is activated with the information that today's Customer Inter-face Director is Tim. The doors now hiss open again, the previously mentioned Tim welcomes you with the words, "And how are you on this fine day and where would you like to be seated?" (Notice that there are two questions there and an obvious attempt to get you into some sort of meaningless conversation). Sensing my hesitancy (actually total bemusement), the ever helpful Tim gives me the choice between the Games and Recreational area, the Gastronomic Participation Lounge, the External Viewing and Observing Bar or the Ambient Imbibitions Quarter. Still sensing my hesitancy Tim senses the latter choice and sets off to escort me towards the same. I am then ushered towards seat D12 and immediately my posterior touches the seat a digital screen informs (warns) me that today's Food and Beverage Consultant is Amanda. The latter duly arrives and the obsequious Tim departs."And how are you on this fine day and by what means can I be of assistance" and yet another double question! I reply, "I would rather like a pint of bitter please". Clearly, this answer did not compute. Apparently there was only beer, and not bitter, and pints had disappeared some years before to be replaced by REGULAR and large sizes. I am now asked, "How would you like your beer?" which was again greeted by bemusement. The ever-cheerful Amanda now asked about the degree of bitterness that I might prefer which apparently comes in a range from minus four through REGULAR to plus four. Continued overleaf.....

### Continued....

"What sort of glass would you prefer? Would it be a conic, nonic, dodecahedron or REGULAR?" I am now reaching the end of my patience, but there is still yet one more question. "How would you like the temperature of your beer in the range of minus three through REGULAR to plus one degree?" (Note the wider scale on the cooler temperatures) I end up ordering a beer of REGULAR bitterness, in a REGULAR glass and of REGULAR temperature. It arrives guickly and Amanda wishes that I will enjoy (note the grammatical error) and issues the proverbial threat that if she can be of any further assistance then I need merely to ask (please leave me alone). Peace at last to hopefully enjoy the beer. It is horrible and bland, cold and totally insipid. Precisely three minutes later Amanda bothers me again to ask, "Is the product to your total satisfaction?" Amanda is surprised that I am expressing any for of discontent and immediately produces a probe and confidently informs me that it is spot on in terms of bitterness and temperature etc. (I had some other thoughts about any potential role for this probe, but managed to keep my calm.) There was little else to do but grin and bear it and ask for the bill (apparently that is now called the 'leisure experience account') and it came to 22 Euros. I then woke up in a sweat.

There is obviously plenty to be 'grumpy' about in this world of the future. Some of the issues can be left to the *Daily Mail* twitters which will give them yet another chance to have a go at their usual fare 'bashing' the European Union, Euros and Health and Safety etc. I want to concentrate on some more irritating aspects. **Firstly**, there is over-service that becomes no service at all. There is a trend, largely arising from American Corporations, to negotiate the product and resulting service whereby a series of annoying questions about your requirements supposedly produces the perfect result. It produces nothing of the sort with severe irritation being the most likely outcome. In case you think I might be exaggerating, these trends have already arrived in coffee houses and fast food restaurants and will be in the pubs in the non-too distant future.

Secondly, and related to the above, is the over- personalisation of service. I do not care one jot whether they are called Tim or Amanda, as they are never going to become life long buddies or go on my Christmas card list. This is yet another attempt to engage me in personalised 'negotiation'. They all come with little badges and pithy and exaggerated job titles that, guite frankly, are often laughable. **Thirdly**, there is the insidious creep of the term REGULAR. (When I was a child, the term was meant to be the result of the application of cod liver oil!) Whatever happened to small, medium and large and especially to the former? In a coffee house if you ask for a small, your order is automatically changed to a REGULAR and similarly with a request for a medium. Bizarrely, therefore, a regular is both a small and a medium measure. What sort of nonsense is this? I have already been asked in a pub whether the cola requested was a REGULAR. Going along with this I was then served about 3/4s of a pint. Apparently, REGULAR is also a euphemism for a short measure! Fourthly, there is the growth of marketing and corporate babble speak which contrives to glamorise or enhance your experiences in totally meaningless ways such as the external viewing and observation bar area which really means sitting next to the window!

I could go on, but feel my invective should be curtailed in the interest of an imminent rise in blood pressure. Unless we fight the above trends, they will be commonplace in our pubs and REGULAR an established, and unnecessary, part of our vocabulary.

The Grumpy Old Man aka Bob Southwell

It takes all sorts to Join CAMRA Complete the Direct Debit form below three months membership free and a membership subscription. Alternativel to CAMRA Ltd with your completed f call 01727 867201. All forms should be Secretary, CAMRA, 230 Hatfield Road	A and fanta y you orm, addu	d you astic o u can , visit resse	wi disc ser ww	Il rece count of nd a ch vw.can o Mem	ay ive on your acque payable ara.org.uk or bership	Reg Delit			
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Reference Number Banka and Building Societies may not accept Dira		is for some types of account.			You can cancel a Direct Debit at any time by writing to your Bank or Building Society, Please also send a copy of your letter to us.				



## Drink up your Beer . It's Healthy

Drinking beer in moderation has many health benefits:

Up to two beers a day for men (one for women), will help to reduce your risk of having strokes and heart disease. Research from the US shows as much as a 20% reduction in risk .

Beer can help to increase the level beneficial cholesterol in the body and decrease the likelihood of blood clots.

A couple of beers can raise the level of anti-oxidants in the blood stream. This enables the cells to carry more oxygen around the body. More oxygen helps better muscle activity among other things.

Beer contains vitamin B6, necessary for the production of haemoglobin, which carries oxygen around the body. It also helps maintain correct blood sugar levels.

It is fat free, aids restful sleep and promotes relaxation.

Beer contains vitamins B and B2 (as well as B6) and essential minerals like calcium, potassium, and phosphorus.

Dark beer is better for you than light. It contains more natural oxidants that help to protect the body from disease.

For post-menopausal women, beer may be a beneficial addition to the diet as some hop characters have properties like oestrogen which may produce a form of HRT.

Beer can help to reduce blood pressure and levels of insulin in the blood.

Beer drinking can also, it seems, reduce the incidence of kidney stones. It has not been proved if this is due to the water, the hops, or the alcohol, but improvements have been noted.

BUT - Too much beer can make you fat, and cause a number of other health problems. Like all good things, beer should be consumed responsibly. Bottoms up!

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2009 and 2007

## Letters to the Editor

Your article regarding the Red Rock Lighthouse beer has the effrontery to suggest that the Teignmouth lighthouse is a folly! The writer is obviously a landlubber who has never needed to be guided in from the sea on a dark and stormy night.

The Teignmouth lighthouse has served the port for many years as an important navigation light; it is a 10 metre high fixed red light with a range of approximately 6 miles. The more observant may also notice another more modern fixed red light on a black post in front of Powderham Terrace. This is 11 metres high with a range of approximately 3 miles and mariners arriving from the West know that when they can line these two lights up, they can head straight into port saved from the Ness rocks.

Yours disgruntledly The Anoraked Mariner

Madam

Mr Bob Southwell (this issue) suggests that readers of the Daily Telegraph are 'degenerates'. Whilst not denying my degeneracy, I do not attribute it solely to my reading of this newspaper. Mr Southwell professes to read the Guardian – an organ renowned for its grammatical and spelling errors, thus often referred to as 'The Grudjon' or similar. Perhaps this explains why Mr Southwell is so 'grumpy' in his dotage. However, I bear no grudges, and am quite prepared to meet Mr Southwell for a pint sometime (possibly in a pub in Fleet Street). I remain your Psychic Telegraph Reading Travel Correspondent. Peter O'nions.



Ad Size	1 issue	2 issues	3 issues	Year	Advertise Here
1/4 page	30	45	60	70	We publish quarterly and
1/2 page	40	65	90	110	distribute to all Good Beer Guide Pubs
full page	55	100	140	180	and other outlets .
back page				240	We have a circulation of over 2,000.
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Last date for submission for the Spring magazine- 23 February 2010

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