

## *P.A.L.S. Minutes*

*8-17-02*

*All members were present for the meeting, and our regular honored guest, Andrea. Jan's deck was comfortable, and the yard setting pretty. Unfortunately it was getting a little dark to really enjoy the plants and flowers (sorry we were late, Jan). The weather was perfect and the mosquitoes nearly nonexistent. Being that it was Irish Fest weekend, we were all thirsty. Jan's picks looked familiar but were never-trying varieties. Although I know I've had Sierra Nevada brews, club has never sampled AtNY varieties, until Jan introduced the Pale Ale. Most were pleasant, but the Boddington's Pub Ale with the Draughtflow system poured out "waves of head". Its flavor was not a familiar one, and took getting used to. As usual we enjoyed friendly conversation mixed with serious conversation and sincere hopes for positive outcomes. Joan provided her usual comic relief and celebrity imitations (Zhsa-Zhsa), and was she also Jack Nicholson in "The Shining"? A big "thank you" to Dave who took pictures for us.*

*Later we enjoyed a gift sample from Annie (Joan's friend and coworker), who was gracious and thoughtful to bring us beer from Hudson Valley Brewing Company in New York! It was so nice of her to do that for us, and we enjoyed the beer, Snoozefest, an Octoberfest beer. Thanks Annie!*

*Jan also provided me with several issues of the "Beer Across America, Something's Brewin'" newsletter. After perusing them I came across a tidbit of information I thought you'd be interested in. Apparently a professor from the University of CA at Davis, who is a brewing scientist, recently reported that beer may possess nutritional qualities that make it part of an overall healthy, balanced diet. It contains anti-oxidants, several B vitamins, notably folic acid, certain useful minerals, and fiber!! Bonus!!*

*Next meeting: - Field trip, Septemberfest; September 27, Friday, 8pm-11pm*

*Can we get 15 people to do a group rate? Talk it around.*

*Joan will not be able to attend, nor can Heidi and Wally. Jim can't make it with Denise, and I'm not sure about Al.*

*October is my beer club - out of town turns out to be a little tough this time, so it'll be at my house. I'm looking at possibly Oct. 4<sup>th</sup> or 5<sup>th</sup>. Can people make it? Let me know - we'll talk.*

*Respectfully submitted,  
Mariana*