

**STUDIES FIND BEER HAS SAME HEALTH BENEFITS AS RED WINE**

Two recent scientific studies support the notion that beer consumed in moderation may be good for drinkers' health:-

One was carried out on an all-male team from the University of New England in New South Wales and found that antioxidant levels in bloods increased after drinking red wine and beer, but less so after drinking white wine. Lead researcher Prof. Ken Watson said that the results suggest possible health benefits of drinking red wine and beer include lower cholesterol and prevention of cell death. "The scientific evidence that moderate drinking has health benefits is now overwhelming," Watson said. "The myth that red wine is a more effective source of antioxidants than beer is losing ground."

Researchers at Harvard Medical School have discovered that drinking a few glasses of beer every week reduces the risk of hypertension, the disorder that causes high blood pressure, heart attacks and convulsions in pregnancy. Their findings were based on a study of more than 70,000 female nurses who are taking part in one of the world's most extensive and longest-running studies into serious illness. The Nurses' Health Study, which was originally set up in 1976 to investigate the effects of oral contraceptives, found that women who drank about half a pint of beer every few days were at lower risk of hypertension than non-drinkers.

The views expressed in *Wightwash* are not necessarily those of the Editor or CAMRA either locally or nationally



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I wish to join the Campaign for Real Ale, and I agree to abide by the Memorandum and Articles of Association.

Signed.....

Date.....

# Wightwash

Volume 2. Number 14

Newsletter of the Isle of Wight branch of CAMRA

## WINTER 2002 ISSUE



SINCE  1840

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INSIDE THE WINTER ISSUE OF *Wightwash*

**PUB-GOERS SAY 'CHEERS' TO LICENSING REFORM ,  
THE LINED GLASSES DEBATE,  
BEER IS GOOD FOR YOU - OFFICIAL!!  
WAY OUT WEST,  
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Did you know  
*Wightwash*  
has a website  
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It's now just over a year since I took over the job of Wightwash News Editor and I am thoroughly enjoying it. It's the best excuse I've ever had for being nosy and visiting pubs and breweries. But I can't do the job properly without your help.

We sometimes get accused here at Wightwash of only being interested in a handful of pubs. Nothing could be further from the truth. We are interested in what goes on in every pub on the Isle of Wight. That means **your pub**, whether you are a patron, a landlord/lady, a bar person or just an occasional visitor. If you've got an item of news, an announcement or just a bit of gossip, please let me know. (No item too trivial)

Since our re-launch we have mentioned 152\* different Isle of Wight pubs (alas 23 are no longer with us). With your help we can do better.

**Wightwash Mail**

Wightwash, Oakdene, Rookley, Ventnor, Isle of Wight PO38 3NH

**Wightwash Phone**

721557

**Wightwash Email**

editor@wightwash.org.uk

Or just pop in to the **Lake Huron** for a chat.

Cheers!

Paul

*\* Tim counted them - sometimes I think he gets too much spare time on that boat of his.*

## Advert for Anchor

### NAME THAT BEER

See if you can match the names of the beers (listed below) with the descriptions. Beware of red herrings!

1. A beer brewed in the North East by Mordue whose name means "a trouble maker" in local circles.
2. A 5.7% old ale from Yorkshire whose name refers to a sheep who has rolled on to it's back and cannot get up again.
3. A 6.5% dark ale brewed in an 18th Century Suffolk manor house with ingredients including cinnamon and apple
4. A South of England ale brewed for bottle and cask to mark the 50th anniversary of the Battle of Britain.
5. This beer from Youngs of London describes the behaviour with which bees inform each other of nectar sources.
6. This 3.8% East Anglian beer is named after a type of shallow boat.
7. A local ale named after a Ventnor character from days gone by.
8. A beer from the Lake District whose name describes one who opens latches.
9. A 6% pale ale brewed in a microbrewery situated between the shafts of a disused iron mine in the Forest of Dean which celebrates a famous sea battle near the straight of Gibraltar.
10. This Bedfordshire ale from Charles Wells may evoke the memory of an early 20th Century boxing champion.

### ANSWERS

A. Waggle Dance; B. St Peters Spiced Ale; C. Stingo; D. Black Sheep Riggwelter; E. Rookley Rambler; F. Old Wooly; G. Bombadier; H. Simpson's Christmas Dark. I. Workie Ticket; J. Spitfire; K. Freeminer Trafalgar; L. Woodford's Norfolk Wherry

Send your answers to: **The Editor, Wightwash, Oakdene, Rookley, Ventnor, Isle of Wight, PO38 3NH** or by email to [editor@wightwash.org.uk](mailto:editor@wightwash.org.uk) by 1st February  
First correct answers out the hat wins a tenner!

 <p><b>The Dairyman's Daughter</b> <i>Free House</i> 01983 539361 Food served all day Up to 8 Real Ales including Scarecrow Bitter brewed on the premises <b>Arreton Barns Craft Village</b></p>	 <p><b>The Scarecrow Brewery</b> Brewing Traditional English Bitter with Bramling Cross Hops <i>"Outstanding in our field"</i> Visit our Brewery Shop for an amazing assortment of bottled beers and brewery memorabilia <b>Arreton Barns Craft Village</b></p>
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From our West Wight Correspondent Brian Snellgrove.

I am always being "got at" for not mentioning particular pubs with detailed comments so I shall treat them on a selection basis to see if that works.

**FRESHWATER**

THE PRINCE OF WALES is always good for an excellent pint and good company on both sides of the bar. It is refreshing to find an old-fashioned pub. Not many pubs keep mild these days. The Prince of Wales does and a very good beer it is. Much effort and presumably cash has gone into tidying up the corner site which is a great improvement.

**YARMOUTH**

THE KINGS HEAD is probably the busiest and may well be the best pub in town. It cannot be faulted for beer quality, only perhaps for lack of variety. Food is excellent, service is friendly and as prompt as the volume of trade allows. Coming off "Balmoral" on carnival night, all the pubs were seething and when delivering "Wightwash" late on a Friday evening they were all likewise very busy. It has to be said that in a small town they all have to keep their standards up and this they do

**TOTLAND**

THE BROADWAY always shows imagination in beer choice and at the time of writing they have one ale from each of the Island breweries. Can anyone match this? Quality is always good and trade seems to hold up even without food. Incidentally it is understood that a "take-away" is shortly to open next door so that any queue might well sample the beer next door! There is usually a small gathering of retired and other folk to keep strangers amused or annoyed as the case may be at lunchtime!

**COLWELL BAY**

THE COLWELL BAY INN has at last got a firm hand at the helm and they seem to be doing well. A good range of ales aided by a good menu and a pleasant place to eat. One small moan -too many smokers!

I'll add to the list next time.

A final plea - please note that WADWORTH does not have an "S" in the name.

*(noted—I will inform our proof reader – editor)*

Cheers for now.

Brian

**Members Notes**

In the next issue, members will receive a voting form for pub/beer of the year. If you do not receive one or if you have experience problems in the past, please let us know. Tel 721557 or email editor@wightwash.org.uk Members are encouraged to attend the AGM on 24th January at 8pm at the Travellers Joy



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SEPARATE RESTAURANT open in the evenings

From *Paul Mattick*

Following the autumn issue, The **Hole in the Wall** in Ryde has now been given back its original name. **The Railway** aka Fred Pecks, The Pie Shop, Cask and Cucumber etc, had quite a weekend recently by all accounts, and I hope those of you who had an invite enjoyed it. While we're on the subject, has anyone spotted the spelling mistake on therear wall? Well-spotted Mrs Barker of Tintagel. Don't change it Jan, Zee French are on their way!

The Isle of Wight held it's first county game against Kent at the **Simeon Arms** recently. Kent came out on top winning by just two points. The game you may want to know was none other than... Shove Ha'penny!! Through Wightwash the committee would like to thank **Jamie Clarke** for the excellent beer and buffet and all players who took part. The return game is being arranged for June.

In my last report, I allegedly said that the buxom beauty used for **Ventnor Brewery's Hygeia Ale** (5.2%) was very similar to **Xavier Bakers** girlfriend. Rumour has it that she's had to get implants to keep up with the badge. Joking aside (not that I was) the Hygeia trial brews are just starting and the hops, which come from New Zealand, are on their way 1<sup>st</sup> class post for the next brew, so it won't be long now. With an excellent summer for cask and bottle sales plus a three-month stint supplying **Wetherspoons** nationwide, Xavier was so busy he missed autumn! Last year **Christmas**



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Esplanade, Ventnor  
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Ale (5.8%) went down so well, it's making a comeback this winter. The four extra conditioning tanks are now in use (see last issue) and an additional 50 casks were ordered along with the original 100 (yes, it makes 150!).

Last year Ventnor Brewery won an award for Label of the year by the **Labologists Society**. The label in question was

**Admirals Ale**. This paid off recently when the brewery was asked to host this year's event. Almost forty Labologists from across the world, including one from the USA visited Xavier for a tour of the brewery. Refreshments followed at the **Crab and Lobster** where judging took place for this year's competitors. Nobody can remember who won what, but Mr Baker has a wide knowledge of how to remove bottle labels via the internal and external warm trickle method (it's true, ask him!!). With donations from every bottle of Admirals sold last year plus the proceeds from a raffle, **£2000** was raised for Cowes Inshore Lifeboat. Well-done Chaps.

The **Scarecrow Brewery** is doing remarkably well bearing in mind its exclusivity to the four Gibbs pubs on the Island. Head brewer Worzel "Baker" Gummidge told me that there might be a chance of buying

**Scarecrow bitter** in bottles shortly, which will be available from the shop along with a very wide selection of bottled beer from around the world. Head of Brewing, **Chris Coleman of Goddards**, would like to thank each and every one of you for making this year the best

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For the walkers amongst you a walk/cycleway/bridle path has been created along the old tin miners railway from **The Bassett Arms**, Portreath to **The Old Quay Inn**, Deveron. Both were closed as it was before opening time, however Scorrier is about half way and **The Plume of Feathers** and **The Fox and Hounds** were both open and the **Sharp's Special** 2 pints in each gave us enough energy to complete the walk some 12 miles in total.

### New Inn, Manaccan

Small 14th century Country Pub, the **Directors** was excellent and the food smelt wonderful!

### King's Arms, Marazion

A St Austell Pub with good food with separate lunch and dinner menu., well-kept beer and a friendly landlord.

We passed many more but alas you can't have everything, can you? We had to be on our best behaviour with the ladies present and driving prevented drinking all we wanted to, but that's where the take-away comes in!

We will go back perhaps to a different area as all of the pubs are in West Cornwall except the **Blisland Inn**.

On our return journey we stopped at **Starcross**. Devon award winning food, **Otter Brewery** beer very tasty and the 4pint take-away came in to play yet again!

### Pete Cobb & Greg Pullar

Ably assisted by Heather and Pat



## Advertisement for Solent Inn

Accompanied by Heather and Pat respectively, we set off on the 7.30am ferry bound for the first stop, **The Blisland Inn** on Bodmin Moor, North Cornwall. Arrived just in time for lunch. The genial host Gary a.k.a. King Buddha won the National CAMRA Pub of the Year 2000. In the 6 years he has been there, over 1500 real ales have passed through his pumps. Six were on; due to driving we tried the **King Buddha** -A special brew for the **Blisland Inn** 3.6% but we had a taste of a couple more and took away 4 pints of **Ould Arthur**- a dark 6% bitter brewed by the **Doghouse Brewery**, Scorrier (so called as it's on the site of old kennels). The menu is good and varied and quite reasonable. We also picked up the latest Real Ale in Cornwall £4.95 -an invaluable guide to Cornish pubs as it tells you which pubs do not have REAL ale and avoids wasting good drinking time!

Cornwall boasts 9 Breweries: - **St Austells, Skinners, Sharps, Organic Brewhouse, Keltec, Doghouse, Redruth, and Ring o Bells**. Also 3 Brew Pubs: - **The Blue Anchor Helston, Driftwood St Agnes and Wheal Ale Hayle**. During our stay we visited a few pubs and only had one bad pint!

Some of the pubs we visited: -

#### **The Halzphron Inn, Gunwalloe**

Cornwall's Eating Pub of the Year 2001, excellent food, **Sharp's Beer**. If you want to eat book a table as it's always busy! Sunday lunch is amazing £7.50. Large selection of Malt whiskies, has 2 double rooms B&B.

#### **The Blue Anchor, Helston**

What can we say! A 15th century pub, no frills no fancies -just a friendly good honest pub which brews it's own beer, and what beer it is. The **Easter Special** 7.8% went down like full cream milk! **Bragget**, a honey and herb beer 6% an acquired taste but very refreshing on a hot day. The **Middle Spingo** 5% also good. We used the 4 pint take away here.

#### **The Victoria Inn, Perranuthanoe**

Excellent up-market food and prices, again book in advance! Good selection of well kept beer. Does B&B. Next to surfing beach.

#### **Godolphin Arms, Godolphin Cross**

Very good country pub. "Best fish pie in Cornwall" says Daily Telegraph! **Sharps Beer**.

#### **Queens Arms, Breage**

Runner-up Cornwall CAMRA Pub of the Year 2001. Very good selection of speciality sausages and curries and great beer.

#### **Turks Head, Penzance**

4 good Real Ales, menu varied and extensive. The CAMRA Guide says, "Beer is expensive by local standards", but we didn't find it so.

#### **Ship Inn, Mousehole**

St Austell's pub over-looking the harbour. The **Tribute** 4.2% was good.

#### **Ship Inn, Porthleven**

Ace Pub, Good beer, Good food and Good views.

#### **Three Tuns, St Keverne**

Say No More!

on record for cask ale sales since the brewery started trading in the 20<sup>th</sup> Century. He wanted to thank every CAMRA member by putting his hand in his pocket and buying them a pint until Anthony Goddard told him it would be impossible to put 200+ straws into one glass!

**Winter Warmer** 5.2% is

back for; yes you've guessed it, the winter months. **Island Ales** will, by the time this issue reaches you, be stocking several ales for the Christmas and New Year festivities. **Steve Taylor** informs me that he has a limited supply of **Adnams Tally-Ho** (6.5%). Also available will be **Hardy Hansons Rocking Rudolph** (5%) described as a, "Strong dark brew with a full flavour that will warm the cockles of your heart" .It's worth an award for it's write up alone! Other beers obtainable include **Robinsons of Stockport Snowdon Bitter** (4%), which is traditionally brewed using the finest of raw materials, and **Thwait's Good Elf** (4.9%), an ideal warming ale with a rich malt and hoppy flavour.

Ed 'The Head' Anderson of **Oakleaf Brewing Co Ltd** was pleased with demand for '**Piston Porter**' (Boom Boom!) which I was going to report on in this issue, but as he won't be brewing the next batch until the new year, I may well pay him a visit for a hands on knowledge and tell you all about it in a future issue. This one also came 1<sup>st</sup> in it's class at the **Eastleigh Beer Festival**. Another one we missed which also won the **Best Beer** at the **Portsmouth Beer Festival** was **Green Gold** (4.3%). Brewed with



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**Three Cheers!**

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harvest hops and only available at a particular time of the year, Ed promises another consignment next autumn. With six regular ales to choose from including **Farmhouse Ale** (3.5%) and **Blake's Heaven**, I must mention **Stokers Stout** (5%). Described as, "A firm favourite for many years, this award winning Stout has strong chocolate and roasted coffee flavours with subtle burnt notes". Look out for it at a cinema near you!

News just in.

**Ventnor brewery** have just launched the new **Wight Spirit** tankard. It's a super addition to the Ventnor Golden tankard (if you have one) which sold out very quickly last time around. Hurry while stocks last on this limited edition finely crafted work of art- sorry I thought I was in the QVC studio.

**Undercliff, Holy Joe** and a new **Yates Special Draught** (5.5%) are about to be produced in bottles from December/January. **Yates Brewery** boss **David Yates** has also brewed a special rich ruby Christmas beer called **Good King Senseless** (4.5%). Look out for **Wight Winter** (5%) at your local from the second week in December.

I'm off to stuff the bird now.

**Ventnor beers are reaching parts that other beers don't.**

On a recent visit to Amsterdam, editor Tim Marshall visited a shop called De Bierkoning "a sort of Harrods for beer drinkers", where he spotted a whole shelf-full of Ventnor Beers. The manager, Ton, was especially complimentary of Sandroek, the smoked beer and Tim was able to fill him in as to the origin of the name

**8 Real Ales**

**Runner up**

**CAMRA**

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## The Lined Glasses Debate

Many people are outraged by the nonsensical proposals to legislate that 95% liquid = 100% pint. If you haven't already expressed your opinion to your MP or the DTI, then please do so.

The fact is that many Island pubs have freely decided to adopt lined glasses, and, in doing so have found them to be of benefit for the following reasons:-

1. Less wastage when pouring a pint – not having to keep pouring froth over the rim means less slops, less wastage for the landlord.
2. Faster pouring time. Time is saved by not having to let the beer settle and not having to do top-ups. This means more pints pulled and more people served at the busiest times.
3. Customer satisfaction. People do not like having to ask for top-ups, nor do they like getting short measures. A landlord who voluntarily delivers full pints is perceived as a 'good honest publican'.

There are some false arguments and misconceptions being raised against lined glasses. All of these are unfounded, designed to fool the gullible and worry the customer. Some of these arguments are:-

- The cost to the customer will have to rise because of increased measure. This is not true, as demonstrated above, there is an actual cost saving and increase in efficiency. Those landlords who have already converted to lined glasses can confirm this.
- The cost of replacing the glasses is punitive to the landlord. This, again, is a red-herring. Glasses can be replaced through natural wastage. The life of a glass in a busy pub is quite short.
- You cannot train staff to pour to the line. Without wishing to insult any bar staff - this is not rocket science; they can train monkeys to do more complicated tasks!
- The customer complains when they see an unfilled glass. Well they will if they are unused to lined glasses. But, the simple words "this is a lined glass" (or some such) when serving a new customer will soon avert any misunderstanding.

In truth, the only real argument against lined glasses is from those establishments that continually serve short pints without intending to top them up, because they will see a decline in, what can only be described as, their illegal profiteering. These people are a scourge to the reputation of the pub industry and need to be reported to your local Trading Standards Officer, without sympathy – you will be doing yourself, customers in general and the good, honest landlord a big favour!

John Nicholson  
Chairman, Isle of Wight CAMRA

are tired of unnecessary restrictions on when and where they can enjoy a drink. The current laws are largely based on laws introduced during the First World War and have no place in today's society."

CAMRA has dismissed claims that the new Act may lead to a free for all, with all pubs opening 24 hours a day and unrestricted access for children. Mr Benner said, "It is natural that people are concerned about a more relaxed approach to licensing after restrictions have been in place for so long, but it is simply not the case that all pubs will be able to open for 24 hours a day. Pubs will have to submit operating plans to the licensing authority and the police and local residents will have a say on the hours the pub will be able to stay open. It is likely that most pubs will just apply for an extra hour or two on Friday and Saturday nights."

"It will be up to publicans and the licensing authority to decide on the suitability of premises for children. It is not the case that kids will have access to premises without restriction, but it will mean that pubs will become more family friendly which will benefit millions of people."

"There were fears that our streets would be invaded by drunks when the law was changed in 1988 to allow pubs to stay open in the afternoon, but these fears proved unfounded as there was no significant increase in alcohol consumption or alcohol related disorder. The same will be true following these changes and we can all look forward to the benefits of a more relaxed approach to enjoying a drink."

**For more information:**

CAMRA Press Office 01727 867201

**PRESS WATCH**

*Shame on you Nigel Lewis!*

Whose full page article in the Daily Mail 18th Oct seemed to encourage the purchase of pubs for residential development. We don't stand for that sort of thing round here.

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Jay Chapman, proprietor of the Fat Cat Bar in Freshwater Bay wants your help. Jay is planning an Isle of Wight Beer Festival to be held next year. Provisionally called the Fat Cat beer festival it will be held somewhere in the West Wight between 25th and 30th March. The overall theme will be

beers from Islands but Jay would like suggestions of what to stock from YOU. Contact Jay on 758500 or email fatcats@btconnect.com **Spotted recently in New York** - 5 ex-Southern Vectris buses. The old Bristol double deckers now topless but still with their DL number plates are busy ferrying tourists round the Big Apple.

**Wightwash** has received numerous enquiries as to the fate of The Blacksmiths Arms and the previous landlord ,Edgar Nieghorn. We have no firm news about the Blacksmiths. At the time of going to press, it was still "Closed for Refurbishment". We are happy to report that Edgar and Donna are now running a lovely pub in Wiltshire. It is called The Lamb and it is in a small village just outside Salisbury called Hinton. All residents of the Isle of Wight will be made most welcome (with possibly a couple of exceptions). The Lamb, a Young's pub has 15 bedrooms.

Have a great Christmas. Paul

Graham, Susan and Andy  
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**DATES FOR YOU DIARY**

- |                         |  |
|-------------------------|--|
| Friday 6th December     | <b>Christmas Social</b><br>Venue to be decided, 8.30 p.m.      |
| Friday 24th January     | <b>A.G.M.</b><br>Travellers Joy, 8.00 p.m.                     |
| Wednesday 19th February | <b>Social &amp; Walkabout</b><br>Volunteer, Ventnor, 8.30 p.m. |

**CAMRA welcomes a new era for Britain's pubs and their customers**

Members of CAMRA, the Campaign for Real Ale, are today raising a toast to the reform of liquor licensing law announced in the Queen's Speech. British pub goers can look forward to a more flexible approach to pub opening hours from the summer of 2004.

Mike Benner, Head of Campaigns and Communications said, "After years of campaigning we can finally look forward to longer opening hours for pubs which will boost tourism and help stamp out binge drinking through a more relaxed and responsible approach to enjoying alcohol". Recent CAMRA research reveals that seven out of ten British adults support longer opening hours for pubs.

Mike Benner added, "This will be a popular change with consumers who  
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**CAN YOU REMEMBER THIS**

Hi,  
I wonder if anyone in IW Camra can help.

We have just spent an excellent week on the Island and a memory came back to me. My wife (to be) and I went to one of the first Camra beer festivals in Ryde in the mid 1970s. Unfortunately we couldn't recognise where it was held although I'm sure it was on or near the pier.

Does anyone remember where and when? All I remember (I hope correctly) was that all beers were 5p a half!

Regards

Alan Rutherford  
Email: anr@mqp.com

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LARGE GARDEN & SUN TERRACE

EQUESTRIAN RIDING STABLES & PONY RIDES CALL FOR DETAILS



**KIPPER TAI**

Well, if you drink in the Traveller's Joy in Northwood you will need no introduction to this band of joy. Nick Inett on guitar and vocal, Dave Webster on bass and vocal and John Lee on guitar and vocal make up the band. Covering songs from Travis to the Pogues

the Kippers have recently started to branch out. The Prince of Wales in East Cowes has hosted them along with gigs now at the Woodvale in Gurnard becoming a regular in their calendars. Nick is no newcomer to the scene sitting in on drums with end of season talent Keith Gore, even performing a stunning 'Wish You Here' at Keith's gig at the Quay as recent as October 2002.

John the 'quiet one' keeps himself to himself and gets on with keeping the rhythm going. Then there is Mr Webster, best known for his bass playing in the Maxwell Brothers. Dave a live wire who like a caged animal pounces on people when they least expect him to, but loves performing Beatles and other sixties stuff.

Nick and Kipper Tai are looking for more gigs so if you want an evening of mixed music ranging from the 60's through to present day then these guys might just be your cuppa tea (Kipper Tai). Contact Nick at the Traveller's Joy on 298024.


For more details and further gigs log on to [www.iowrock.com](http://www.iowrock.com).

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