



# ONE & ALE

Free

Campaign for Real Ale  
Cornwall Branch Newsletter

SPRING 2007

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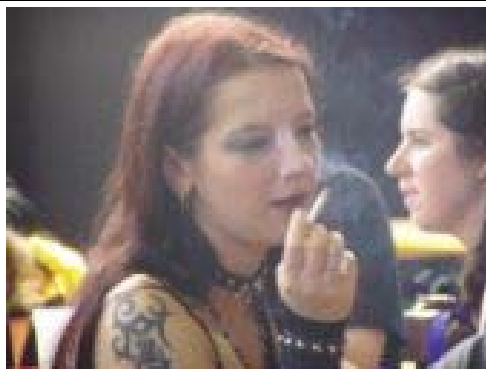
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## THINK POSITIVE ON SMOKING BAN



**It's not long to go now before the July 1st ban on smoking in enclosed public places comes into force and the various factions for and against are having a final say.**

One main point, as an organisation that campaigns for the availability of real ale, is the continuing increase in the number of pubs that are closing each month. The doom merchants are highlighting this and stating that it can only get worse as smoking customers stop going down the pub altogether, preferring to stay at home and enjoying their drink and smoke with likewise minded friends. Yes that may happen, but what about all

those non-smoking potential customers who can be encouraged to come out again, down to a smoke-free atmosphere to enjoy a drink and maybe a meal. The non-smoker has always been the majority, with about only twenty-five per cent of the population regularly smoking tobacco. This figure is rapidly decreasing each year as more give up either due to the Chancellor raising the price of cigarettes or a health choice.

What the pub entertainment industry must do is '**think positive**' that there will be more people visiting pubs than before, that the smokers will still come to the pub if they are catered for with areas set aside for them to continue their habit. There will be less work for bar staff to do by not emptying ashtrays all day.



## BEER FESTIVALS SOME IMPORTANT CHANGES

Apologies first to any Bodmin Beer Festival customers who were disappointed to find the festival did not take place. It was only a matter of days after we published One & Ale that the decision to postpone the event was taken. With only six weeks to go before the festival was due to take place CAMRA HQ came up with official approval of the budget. As previous Bodmin festivals have struggled to break even we wanted to get this one right. It was therefore decided to delay the festival until next year—2008 (put it in your diary for next year).

Next—we've changed the dates of the **Falmouth Beer Festival** from that advertised in the last issue of One & Ale. **Falmouth Beer Festival will now take place one week earlier over the weekend of Friday 19th & Saturday 20th October.** St Ives Beer Festival remains unaltered, taking place over the weekend of Friday 1st to Sunday 3rd June (Sunday if any beer left).

## Chairman's Corner



"There's a lot of urban myths out there.....". So recently spake the landlady of a Cornish pub, the subject being CAMRA's Good Beer Guide and how pubs get selected to go in. Or not. Yes, folks, it's that time of year again, and it's a favourite topic of discussion, argument even, when hard-working CAMRA

members are busy inspecting and selecting the best real ale pubs for next year's Guide. Mind you, it gets worse in September when the thing actually comes out and the new list is revealed to the winners – and losers. The winners never complain, of course. It's usually the others, especially the licensees of pubs who have been in the Guide before and who find they are now absent from same, who feel they have been unjustly 'dropped'. "But we sell 5 real ales...." they say. "We've been in the Guide for years", is another favourite. "What do we have to do to get in?" sometimes comes plaintively down the phone.

It's all very simple, really, as I have explained before, although this year being no different from the others it might be worth spelling it out again. First, urban myth number one: a pub gets 'dropped' from the Good Beer Guide. Wrong! Some seem to believe that once they are safely in, then that's it and they really have to do something dreadful to get left out thereafter. What really happens, though, is that the whole book is scrapped after a year, and we start again from scratch to build up our area allocation, which in Cornwall is 62 pubs. There are around 670 pubs in the county, so that's fewer than one in ten can be picked. (Alright, alright, you public bar pedants, I know I should call it rural myths around here, but everyone knows what an urban one is. So there!). Urban myth number two: a pub sells 5 or 6 real ales, so it is sure to be selected. Well, no. Or at least, not necessarily. Sure, pubs like the Star Inn at Crowlas or the Blisland Inn (which happen to offer several ales all the time) are likely to appear year after year. But that's because their respective landlords take care to keep their beers in consistently good condition, and will rectify the occasional lapse without argument if asked. I'm sure we can all name pubs which also offer as many beers, but where the selection and/or quality are often indifferent, boring or sometimes downright bad. This might be because the landlord offers too many beers for the numbers of customers buying them, so ensuring that his ale sits in the cask going stale long after it should have been sold. It might be that the landlord is not interested in exploiting the list of 'permitted' beers which the owning pub company allows him to buy. Or it might be that the landlord has odd ideas about how to keep and serve real ale, which are not consistent with best practice and result in a mediocre £2.40's worth in the glass. Beer frozen to within an inch of its life, flat beer, cloudy beer, stale beer – all these I have been offered in Cornish pubs – and I visit

a few! OK, every pub, even the best, can have an off-day, make the odd mistake – we make allowances for that. But to be told bluntly, "It's real ale, that's the way it's supposed to be" when you make your gentle and polite complaint (and incredibly, I have heard this twice in recent months) is, frankly, not the way to secure a place in the Good Beer Guide.

Let's have another: urban myth number three: "We're a cracking pub, low beams, lots of locals, great food, very popular.....". Yes, fine, but what about the beer? This is a good *beer* guide, not a good *pub* guide, although the two admittedly do often go hand in hand. We leave good pub guides to others who are not particularly interested in the quality and choice of real ale on offer.

CAMRA members being what they are, all these things are noticed and recorded, so that, come beer guide selection time, we have a comprehensive register of beer quality, where we can look back over the year and see how consistently our pubs have performed in the beer quality department. A simple marking system, where a beer is awarded a score on a scale of 0 to 5 at the time a member drinks it, means we can build up a picture of consistency or otherwise in the beer quality that a pub passes over the bar. The most consistent performers go on to a long list, which is then further weeded on the basis of other factors – the licensees have changed, the pub is being sold, the beer choice is boringly limited to one or two national brands (or 'blands', as some would say) you can get anywhere, the clientele are known to be of a somewhat dodgy character, the landlord is considered to be barking, maybe all those things. Then it's blood on the carpet time as the branch members argue the rest down to a final 62, which are submitted to the Guide editor who has the final say.

In summary, the local CAMRA membership are making a list of favourite beer venues, where we know we can get consistently good ale, in order that we can share a good experience with visitors to our area. And we've just finished selections for the 2008 edition of the Good Beer Guide. Done and dusted. Now we look forward to the book appearing in September, when the whole process of getting an earache from aggrieved landlords will no doubt start again. At least I can now just refer them to this Chairman's Rant of March 2007.

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## SMOKING BAN



**Ireland and Scotland have already introduced a smoking ban. As July approaches England must learn from their experiences.**

A year ago saw the introduction of the Scottish ban. The Scotland on Sunday recently asked its readers, "A year after it was introduced, has the smoking ban improved the lives of those living and working in Scotland?" Some of the replies are published below.

Smoking rates up, bar business down, a third of bars have laid off staff, bingo halls and bars closed, hate and intolerance up. The evidence is in, as Andy Kerr says the smoking ban has been "a resounding success".

*George Paterson, Scotland*

The ban has probably been great for off-licences and online bingo sites. It's the Bahamas for their owners this year.

*Conner Mcleod, ex-Wellington NZ*

The main justification for the smoking ban was to protect the health and safety of the employees who work in the bar industry (also prevent a rash of compensation claims that would likely emerge as a result of the health consequences of breathing in other people's smoke). Smokers may claim that they are worried suddenly about the profits of pub owners. Don't worry, there is clear evidence that pub trade is booming, especially among the bars that have grasped the opportunity that a smoke-free atmosphere can have on their business. Going for a few drinks is now a great pleasure. The only complaint I have is that the ban wasn't brought in soon enough.

*Youngy, Edinburgh*

When my wife and I went to Germany last year, we couldn't believe how difficult it is to go out without being pestered by smoke making your eyes water and your hair and clothes smell. Even with areas allocated for non-smokers it is impossible to feel comfortable as, unfortunately, smoke drifts to these areas. In Scotland we now have, thanks to the smoking ban, the freedom to go to any place that before was impossible for us to go to.

*J Vale, Glasgow*



Wales introduced a smoking ban on April 2nd and Northern Ireland will follow on April 30th, three years after the Republic of Ireland.

Pub chain J D Wetherspoon has introduced a total smoking ban in many of its pubs now, ahead of the English ban, and reports no down-turn in profits. Wetherspoon pubs were always known for their large areas set aside for no smoking as the emphasis is often on food. Truro's Try Dower opened as a totally smoke free pub. Among other problems at these premises caused by the inclusion of residential apartments above the pub, was the smoke rising from those smokers standing outside the entrance. This could be a problem for other pubs that do not have areas to the rear and will have smokers standing outside on the street.

## WHO'S CALLING TIME ON THE BRITISH PUB?

Despite the imminent threat to the English pub industry from falling sales as punters are turfed outside for a cigarette, shares in the sector have been steadfastly rising.

Over the past six months, major pub firms such as Punch Taverns, JD Wetherspoon, Mitchells & Butlers and Greene King have seen their shares go up by between 25 and 50 per cent. Pub bosses have seized on the new legislation as an opportunity to rejig their pub portfolios, ditching old "landlocked" venues without outside space in favour of larger, brighter ones with gardens or terraces to lure back older female customers, in particular, and make the places more family-friendly.

While preparations for the smoking ban have certainly kept the sector on its toes, as landlords and managers seek ways to combat falling drinks sales and accommodate al fresco smoking, the major drivers behind the sector's stellar stock market run is the property value of pubs.

A strong property market, falling property yields, new real estate investment trust (Reits) legislation - potentially providing pub companies with a more tax-efficient way of organising property assets - and a bid for Mitchells & Butlers by the property tycoon Robert Tchenguiz have shifted the industry focus heavily towards "asset-backed" or property-based valuations. On this basis, analysts at Merrill Lynch upgraded all the stocks that the investment bank follows in the sector at the start of the year.

And evidence from the Scottish smoking ban, which has been in place for a year, suggests the pub sector and its shareholders have little reason to panic.

Rooney Anand, chief executive of Greene King, which has 297 managed pubs north of the border, says: "In the worst cases where pubs are small, without outside space, sales are down double digits, but in venues with gardens and better food offerings, sales are up double digits."

But not everyone is so upbeat. Beers sales in Ireland, where the ban was introduced in 2004, are falling 7 per cent a year; in Scotland the figure is 6 per cent. The British Beer and Pubs Association is forecasting similarly gloomy figures for Wales and England.

After the first year of the ban, the Scottish Licensed Trade Association says that 34 per cent of pubs have laid off staff and only 3 per cent have taken on more. Its members reported 56 per cent fewer visits from regular customers and 30 per cent fewer from new ones. The figures are a warning from Scottish publicans to their English counterparts.

But Mark Hastings of the BBPA points out that certain sectors of the industry are flourishing. "The impact of the ban on pub companies in Scotland has been marginal," he says. "Some have seen a big surge in food sales to offset losses elsewhere, while other drink-led pubs have suffered."

But sales at Punch Taverns, which has more than 400 pubs north of the border, JD Wetherspoon, which has 40 pubs, and Mitchells & Butlers, with around 100, are up between 3 per cent and 5 per cent as increased food sales offset the decline in booze.



*(Continued on page 9)*

## The Ship Inn, Par

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## BEER TASTING

Knowing what's in a beer, or who made it, can taint your taste buds, a new study finds. Past research has revealed that knowing the brand or other information about a product can lead to higher consumer ratings.

Leonard Lee of Columbia University in New York and his colleagues had 388 patrons of a pub taste-test two types of beer: a regular beer and the "MIT brew," which was the regular beer plus a few drops of balsamic vinegar. The tasters were divided into three groups. One tasted the samples "blind," with no knowledge of the secret ingredient. A second group found out about the vinegar before tasting the MIT brew. The third group learned of the additive immediately after tasting the special brew, but before indicating a preference between the two beers.

The blind group preferred the MIT brew over the regular beer significantly more than either of the informed groups. Apparently, vinegar can improve a beer's taste, the scientists said.

The timing of information made a substantial difference in beer choice. Patrons with prior knowledge of the ingredient showed a much lower preference for the MIT brew compared with those who learned of the vinegar after drinking it. If the vinegar knowledge had acted as just another factor--like temperature or sweetness--in a patron's beer preference, the scientists would have expected similar results from both groups. This wasn't the case, suggesting disclosure affected the actual taste experience.

## ROGER RYMAN ROWING ROUND CORNWALL

A team of intrepid rowers led by St Austell Brewery's Head Brewer Roger Ryman are preparing to take on the challenge of a lifetime by attempting the first ever complete row round Cornwall.

The team from Charlestown Rowing Club will battle rough seas and take on an arduous 30-mile overland push to complete the first full 300-mile circumnavigation of the county by boat, using a traditional Cornish gig.

Roger Ryman – who is also the Charlestown club rowing secretary - says he came up with the idea as an alternative to having a mid life crisis on approaching his 40<sup>th</sup> birthday in June!

Super-fit Roger found seven willing volunteers from the club to join him for the Row Round Cornwall challenge, which will take place in May 2007 and will raise money for the RNLI's Train one, save many campaign as well as Charlestown Rowing Club's new boathouse project.

The crew will spend the evening stop-overs at St Austell Brewery pubs in each of their ports of call around the coast, with the Brewery meeting the cost of the accommodation and working

with each of the pubs to throw a special party and fundraising event to coincide with the team's arrival.

Roger, who was recently named the UK's Brewer of the Year, said: "I know it sounds extreme but with my 40<sup>th</sup> birthday around the corner I felt the need to take on some sort of challenge. Being a keen rower at Charlestown, a long distance row seemed the most appropriate thing to

do – in which case why not do a first and row around Cornwall.

"One minute I was just talking about it and the next we had boat full of volunteers asking when we were going to set off. Now we have gone through the details of what's in front of us it looks quite daunting but we are training hard and we're confident we can do it."

The plan is to have a crew of eight in the boat, with six rowing at any one time, one resting and one coxing.

The crew will row their traditional gig 'Tormentor' out of Charlestown Harbour and head east towards Plymouth



## LIZARD 2000 CLUB

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## **ROGER RYMAN ROWING ROUND CORNWALL**



and then on up the River Tamar.

One of the most physically demanding sections of the journey will involve pushing the gig and trailer, with a combined weight of more than half a tonne, across land from the upper reaches of the River Tamar to the Bude canal and the north Cornwall coast.

From there it will be hard rowing all the way down the rugged north

Cornwall coast, round Cape Cornwall, Lands End and then back up the south coast to Charlestown where the hardy bunch are expected to arrive after a total of eight days.

James Staughton, managing director of St Austell Brewery said: "We're delighted to be supporting Roger and the club in this uniquely Cornish challenge.

"St Austell Brewery is a longstanding supporter and sponsor of gig rowing as a widespread community activity in Cornwall. We're looking forward to welcoming the team and supporters to our pubs around the route to celebrate their achievements and raise money for two very worthy causes."

Dave Nicoll, RNLI Area Fundraising Manager for Cornwall and the Isles of Scilly, says this incredible journey is the perfect way to raise money for the RNLI's Train one, save many campaign: "The RNLI expects its volunteer crews to face many challenges in often demanding and difficult conditions and therefore training is vital.

"This row will highlight the importance of training and dedication as Roger Ryman and his team prepare and undertake the journey. It costs £1,000 to train one RNLI crew member for a year and we thank the rowers for all they are doing to ensure we can continue to provide the very best education for the RNLI volunteers who launch time and time again to save lives at sea."

Shane Sullivan, Chairman of Charlestown Rowing Club, said: "Gig rowing in Cornwall is a growing sport and one which is proud of its close links with local communities.

"I'm delighted that it is Charlestown Rowing Club taking on this challenge - certainly the biggest fundraising event we have been involved in - which will highlight and raise much needed funds for the Charlestown clubhouse and community building appeal as well as the RNLI."

## **BUDGET INCREASE IN PRICE OF BEER**



In the recent budget Chancellor Gordon Brown announced an inflationary rise in Beer Duty. The new duty rate is £13.71 per hectolitre percent. Microbrewers pay half this rate. Keith Bott new Society of Independent Brewers Association (SIBA) President, who also

leads SIBA's political sub-committee, commented that he was pleased SIBA had yet again convinced the Chancellor of the benefits of the current Progressive Beer Duty (PBD) regime. "This years Industry report clearly showed that Britain's Independent Brewers were able to invest heavily in all aspects of their businesses and that this was leading to growth within our breweries. SIBA brewers were responsible for the increase in the number of consumers able to try great, local, fresh beer and it is only by increasing the number of consumers trying beer that we could turn round the current decline in beer sales".

Keith went on to say that, "it was exceptionally disappointing that the Chancellor had chosen to increase duty on beer this year, we made a great case for a duty freeze based on the difficult trading conditions with which we were all faced, and for the first time put a simple single argument forward in conjunction with the British Beer & Pubs Association on behalf of the entire industry. It is particularly disappointing that the Chancellor felt that it was right to freeze Spirit duties but would not extend this benefit to our sector".

The duty on wine rose 5p a bottle, 7p for sparkling wine, cider 1p a litre.

## ISLAND DRINKING

CONTINUING OUR SERIES BY STEVE WILLMOTT WHEN HE GOES TO MALTA

**Our story starts just before Christmas when Steve's mate from Doncaster rang to say it was time they took a holiday away together. "Why not Malta?" Chris Tyas suggested.**

Although Chris had been to this Mediterranean island twice, Steve had not, but he did know it had 'interesting' buses and tended to be warmer in February than Cornwall. The proposed time of the holiday also tends to be quieter in the Doghouse Brewery, so an agreement was soon reached and the booking made. Hmm, well due to some confusion in text messages it happened that Steve booked his connecting flight from Newquay 2 days later than the Air Malta flight left Gatwick. It was only a week before hand that this was discovered, but fortunately just in time.



'Interesting' Maltese bus

Re-booking fee paid to Air SouthWest and all was well until Steve strained a muscle in his back a day before he was due to fly. "How I got out of bed at 5 a.m. and got on that plane I'll never know", said Steve. It was probably the fact that he hadn't taken a holiday since he went to Miami Beer Festival in February 2005 (see previous O & A article), and he'd already spent a fortune on double air fares, that he forced his aching body to Gatwick.

Everything was fine and Chris was there to meet him, but an hour's delay in the outbound flight from Gatwick started to cause concern regarding the return flight to Newquay. There wasn't too much connecting time and having suffered lost luggage on the return from Miami 2 years before due to flight delays the warning signs were there again. It is normally best to be relaxed when you are joining a flight. But with all the security checks you have to endure these days, the requirement to bag all liquids and lotions, and removal of shoes etc to be scanned does not help when you are already suffering with your back pain. It was a good job Steve had slip-on shoes as he would have been unable to bend down to tie shoe laces. He only just remembered in time to bag the Tiger Balm he took for his back pain, or security would have probably thought it was some explosive. It does work that way on your back, so probably not far from the truth!

In-flight movie was 'Robots', which may entertain kids, but the map of Europe with a plane flying over it was just as good. Efficient transfer by coach to our hotel in Qawra meant we arrived in time for the evening meal. This was accompanied



by our first taste of the local beer—Farsons Hop Leaf (3.8%). A pale ale of the English style and easy to drink. With a few hours to check out the local hostelries within walking distance of the hotel we set off to explore. Situated

in a residential district of Qawra rather than an area of bars and other hotels meant the choice was restricted, but we soon found the Sailor's Arms and that Farsons was the beer to drink when in Malta. In the Sailor's we tried the Blue Label (in bottle). This weighs in even weaker at 3.3%, but is a full-

flavoured light mild, again in the English style. Although not too hot at the time of our visit I can imagine these weaker beers would be most suitable for a hot climate. Strangely enough, just after booking the holiday, the January edition of CAMRA's newsletter 'What's Brewing' arrived in the post and low and behold the famous beer



writer Roger Protz had written an article about Malta and Simonds Farsons Cisk Brewery. In the 1880's the large regional brewer, H & G Simonds of Reading, set up an importing business on Malta to supply British troops. This became such a substantial part of Simonds's business that when a Maltese family, the Farrugas, opened a brewery, the Reading company decided to join forces with it and start brewing on the island rather than just exporting to it. The 'Farsons' part of the brewery name is an English-sounding contraction of Farrugia. In the 1940's a merger



with the Malta Export Brewery added the 'Cisk' to the company title. This was the name of that brewery's main lager brand. It's Maltese for Czech, although the brewery was built with the help of Munich-based Augustiner and actually has no Czech connections.

After Malta had suffered so much damage from bombing in World War II a new brewery was built in 1949 at Mriehel. The site was chosen taking into account Malta's perennial shortage of water as the area has artesian wells; but even these need backing up with water flowing along Roman aqueducts from the ancient hill town of Mdina, storage tanks on the brewery roof to catch rainfall, and more recently the availability of desalinated seawater.

Saturday we took the bus to Malta's capital Valetta to do some sightseeing that had to include The Pub, or more famously known as Ollie's Last Stand. Situated at 136 Archbishop Street this was where Oliver Reed took his last drink when he died while filming Gladiator.



A common feature of Maltese pubs is the free snacks brought to your table, usually peanuts or popcorn. Malta is also famous for its bread and this can also be served as a free snack, soaked in an olive oil, tomato mixture. Very tasty and difficult to leave alone.



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## ISLAND DRINKING IN MALTA

While enjoying various snacks and a bottle or two of Blue Label we realised a good few of our fellow customers were off HMS Cornwall that happened to be in the Grand Harbour of Valetta on its way to The Gulf. Of all the bars in all the world...etc. I do believe those we met were civilian staff who had stayed on board to fix some equipment rather than those who have seen the most recent action.

Another feature of The Pub is the ability, if you over indulge, to be run over by a horse and carriage if you aren't too careful stepping out onto the narrow street. These carriage rides tend to be expensive and you are advised to fix the price with the driver before you set off.

The Saturday evening while we were in Malta happened to be the night the islanders were choosing their Eurovision Song Contest entry. They don't stand any greater chance than the UK! Attempts to avoid television screens took us into Angelo's Bar in Buggiba where we managed to avoid being involved in a line dancing session by drinking some more Blue Label. The dancing appeared to be very popular with the locals. Leaving before things got too frantic on 'grab-a-granny' night we finished up in Fat Harry's Bar where our first encounter with Farson's Hop Leaf Extra proved quite tasty and a lot stronger than the previous beers. At 5.2% it was a bit like Fullers ESB, but served by mixed-gas dispense, nitroked to you and me, it would have been inter-



esting if ever it were produced as a cask beer.

Sunday was again spent riding the local bus routes to take in some of the historical sites at Mdina, the silent city. Known as this as it was built by the Knights Templar without straight streets to allow any invaders to get a shot with an arrow. This also means noise, which travels in straight lines, tends to be reflected and produces a 'silent city'. Mdina was the central capital of Malta until Valetta took over on the coast. Nearby Rabat, built around the base of Mdina's defensive walls, has some interesting historic buildings too. Being a Sunday we decided to head for the coastal port of Marsaskala for lunch on the beautiful seafront where there are a selection of bars from which to choose. As it was quite warm and lunch time the light alcohol Blue Label was the choice of beers.

That night we were able to select a few different beers, all from Farsons, while exploring the local bars of Bugibba. The British influence is still very strong and the choice of beers are the usual suspects of John Smiths and Boddingtons, both on creamflow of course, together with lagers such as Fosters and the internationally available Guinness. Yes, they still have quite a few 'Irish Bars' as fashions change even more slowly than they do in Cornwall. Nonetheless, O'Reilly's in Bugibba is worth a look.

Next day was our planned expedition to find the source of our favourite Maltese beer, Farsons Brewery. This is fairly centrally located, off any tourist map, on Notabile Road,

## THE BLISLAND INN

BLISLAND, BODMIN  
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## BRITAIN'S BEST NEWCOMERS

Popular young publicans Adam Sprague and Carly Price are celebrating after being crowned Britain's best newcomers at the pub industry's Oscars.

Adam and Carly, who run the Western Inn, in St Austell, were named Newcomers of the Year in the prestigious Publican Awards, held in front of an audience of 1,800 pub landlords and drinks industry leaders at London's Grosvenor house hotel.

The award recognises their success in bringing a new lease of life to the busy town pub since taking over the tenancy in 2004 – and sustaining their excellent track record over a period of more than two years.

It is the second major honour for them after they were last year named South West Regional Newcomers of the Year in the Morning Advertiser Awards.

Adam said both he and Carly were stunned to hear themselves announced as national winners at such a major event.

He said: "The whole thing was amazing and at first is just didn't click that it was us. It's starting to sink in now and of course we're delighted and very proud, not just for ourselves but for the whole team who work so hard to make the pub what it is.

"We all put in a lot of effort ensure the Western is at the heart of the community and the atmosphere is really like a village

pub even though it is in the centre of town."

Adam, 27, and Carly, 22, brought plenty of new ideas with them when they took over the pub - as well as an impressive family heritage stretching back three generations of working with St Austell Brewery.

They have worked closely with the community, local charities and sports clubs, made changes where necessary to improve the pub and were rewarded by the Western Inn becoming the only pub in St Austell to feature in the Good Beer Guide 2006.

Along the way they have also picked up a Cask Marque Beautiful Beer Award and won the award for the best kept cellar in the St Austell Brewery Estate Awards.

Adam Luck, St Austell Brewery estate director, was full of praise for Adam and Carly. He said: "We are all incredibly proud of them and of their success in running such a wonderful community pub at the Western Inn.

"Adam and Carly's achievements are the result of hard work, imagination and excellent relationships with their staff and customers – for all those reasons they fully deserve the recognition they have received with this award."





## WHO'S CALLING TIME ON THE BRITISH PUB?

(Continued from page 3)

Jim Clarke, finance director of JD Wetherspoon, explains: "Wet margins [margins on drinks sales] are 10-15 per cent higher than food margins. Provided we can sell a decent coffee we can make similar margins to beer."

### Buyers & Sellers

In the meantime, companies are jettisoning the more down-market parts of their estates. Punch Taverns is selling off as many as 1,000 pubs ahead of the ban, while Enterprise Inns last year sold 769 of its low-value pubs to Admiral Taverns and its entire 137-strong Scottish estate to Mr Tchenguiz.

Greene King similarly sold 155 pubs to Admiral last year, and Admiral is seen as the most likely buyer for Punch's unwanted estate.

Industry insiders say that Admiral is taking a long-term view of these assets, preferring to buy under-performing pubs cheaply rather than pay a premium for the best-run venues. "Admiral has no institutional shareholders and can get more leverage," a private equity source commented. "Compared to other property investments, such as retail, the yield on a pub is significantly higher."

This explains why the sector has attracted the attention of financial and property buyers alike.

The City's change of focus towards property-backed valuations for pub groups has been intensified by the new Reits legislation, potentially allowing a pub company to split off its property assets into a tax-efficient trust. It is an opportunity that has not gone unnoticed by the billionaire entrepreneur Mr Tchenguiz, whose R20 investment vehicle is stalking Mitchells & Butlers and putting pressure on the board to realise the value of their property assets.

And that value is substantial. Mitchells & Butlers has over 63,000 pubs in the UK, 90 per cent freehold or very long leasehold. Merrill Lynch puts a gross market value for these property assets at £4.9bn.

As is so often the case, premium assets will always attract attention, an adage being played out across many parts of the pub sector. What is more, the switch to property-based valuations has resulted in the stocks trading on multiples significantly about their historical ranges.

Overall, rising property prices, low interest rates, the use of operating company/property company dual valuations by private equity firms, and the bid for Mitchells & Butlers are all contributing to the upward pressure on share prices. Still, most analysts now agree that the initial excitement over the possible impact on the sector from the Reits legislation was "somewhat overblown".

Doug Jack at Panmure Gordon says: "Converting into a property company and an operating company would mean losing a lot of flexibility. Most pub companies are already highly leveraged on the back of their property assets - there's just not much upside to be had from converting."

Pub company boards have a duty to consider the possible implications of the new legislation, and Mitchells & Butlers and Punch Taverns plan to provide updates in May.

Mr Bunting goes further. "I do not expect any of the pub companies to convert their property assets into a Reit. It is

much more likely they will use Reits as a counter-partner for sale and leaseback deals, where the property is sold to a Reit and leased back," he says.

The rise of the gastro-pub and a far greater emphasis on food offerings by the industry looks set to provide new opportunities for private equity. Many in the sector expect to see mergers between pub chains and restaurants. Mr Tchenguiz, whose private equity vehicle owns the Laurel Pub Company, is already stalking the Spanish tapas bar chain La Tasca. However, Mr Anand of Greene King cautions that pub companies still occupy a clearly defined place in the market: "The base of wet trade provides good cashflow. It's good business - it's the heart of the British pub. Not everyone wants to sit in a gastro-pub. It's about choice."

### THE UK'S BIGGEST BOOZERS

Whitbread: 365 pubs in England; 20 Scotland; 10 Wales

Punch: 8,500 England; 400 Scotland; 400 Wales

Mitchells & Butlers: 1,800 England; 100 Scotland; 80 Wales

Greene King: 2,344 England; 297 Scotland; 18 Wales

Enterprise Inns: 7,339 England; 348 Wales; none in Scotland

JD Wetherspoon: 671 England; 30 Scotland; 41 Wales

### WHAT THE INDUSTRY THINKS OF THE BAN

Rooney Anand, chief executive, Greene King:

"I have seen licensees take over a pub, rip out the bar to transform the venue into a restaurant and then six months later come to us to hand back the keys.

"It is nonsense [to say] that pubs will have to become mainly restaurants to survive."

Jim Clarke, finance director, JD Wetherspoon:

"Overall, the only sales going down are for beer. Since the ban in Scotland we are finding new customers, people who previously didn't visit pubs. If we can make a decent coffee, the margins are similar to beer."

Kathryn Holland, director of communications, Mitchells & Butlers:

"The ban is a huge issue for the pubs industry and some venues will certainly suffer. So far, though, M&B has seen like-for-like sales up 1.3 per cent since the ban started, which is encouraging."

Taken from: <http://news.independent.co.uk>



ISLAND DRINKING—MALTA  
CONTINUED FROM PAGE 7



Mriehel. Having tried e-mailing the brewery on several occasions before leaving home, and receiving no reply, I was a bit unsure whether a trip round would be granted. After spending about fifteen minutes in the security cabin you see in the middle of the picture, mentioning every brewer and beer writer’s name I could drop into the conversation, the reply was still a polite, “I’m sorry, there are no brewery trips this week”. My first failure!

A new brewery is being built at Mriehel, due to come on stream in 2008, so the disappointment at not seeing inside the old Art Deco plant was doubled. However, it is reported that the buildings you see in the picture are listed and will have to be retained, probably as a museum and perhaps with a pub. We’re likely to be more successful when this happens.

Set up by H & G Simonds of Reading the interior of the brewhouse is full of Art Deco tile work, polished brass and copper. Those with long associations with CAMRA will remember when Simonds famously became part of the Courage group in the 1960’s: the closure of its old brewery in Reading was the occasion of one of CAMRA’s earliest protest campaigns. Its famous Hop Leaf brands were a casualty of the takeover and disappeared from Britain. A Courage yeast culture is still used to ferment the Hop Leaf pale ale at 3.8 per cent ABV.



Although we had managed to sample several of the Hop Leaf Pale, Hop Leaf Extra, and the Blue Label, Roger Protz had alerted us in his What’s Brewing article to the existence of a true milk stout—Farsons Lacto. Milk stout, of which Mackeson is the most famous, is brewed with the addition of lactose, or milk sugar. Farsons

Lacto, at 3.8 per cent is stronger than Mackeson (just 3 per cent) and not surprisingly is really Hop Leaf pale ale with added caramel, lactose and vitamin B. Nonetheless, having not found any in the bars we’d visited up till then, it was thought the brewery sample room would have been *the* place. Down-hearted we took a few photos to prove we’d made it as far as the gate and headed off back into Valetta to be up-lifted by one of Valetta’s gems in which to enjoy a drink or a meal, or both—Valetta Snooker Club.

Yes, it may sound a bit strange, but ‘non-members’ are welcome and you don’t have to play snooker. In fact, situated right on the main traffic-free tourist street of Valetta (you can’t miss it), the interior is as magnificent as any cathedral.



Having visited one brewery on Malta and drunk only their beer for the first few days, it was on the Monday evening that we came upon what appeared to be evidence of another brewery on the island. LBM Victory was a 4.5 per cent pale lager-style bottled beer we found in a small back street bar in Bugibba that night. The bottle gave the address as LBM Breweries, Triq I-Iljun, Qormi. We were again on a mission!



Tuesday started with a long and uncomfortable bus journey (Steve’s back was still playing up) to Marsaxlokk. One other reason for the discomfort is that many of Malta’s buses date from the 1950’s and earlier and are not much more than converted

trucks. Much more interesting than the modern air-sprung fully automatic gearboxed Hong Kong-built buses that are slowly replacing them.

Marsaxlokk is essentially a fishing harbour, but is another tourist attraction in that the fish market takes place on a Sunday, every other day the market stalls sell tourist trinkets and souvenirs. A distinct lack of pubs required a lunchtime to be spent in Valetta again.

This time we tried the Kings Own Band Club, another grandiose building on the opposite side of the main street to the snooker club visited the day before. By now the streets and buildings were being decorated for the fiesta to celebrate the shipwreck of St Paul in AD60. Not many places celebrate shipwrecks, but he did a bit of religious conversion of the islanders while being transported as a Roman captive



## ISLAND DRINKING—MALTA

on his way to Rome.

Another interesting feature of Valetta, the capital of Malta, is the preservation of the traditional architecture. Even McDonalds (yes there was the inevitable burger outlet on the main street) has to be restrained in their shop front and is not adorned with that big yellow 'M'.

Having discovered another brewery to find on the island we had spent some time searching maps for the town of Qormi, but to no avail. So having previously added the Malta National Museum of Aviation to our 'to do' list we went to Valetta's bus station once more. All buses line up around the



Triton Fountain, and appear to leave at the same time. Much tooting of musical horns takes place in true Mediterranean fashion and they eventually sort themselves out in a mad dash out of the capital.

On the way to the aviation museum we passed signs for Qormi and what quite probably was the depot of LBM. Apparently this stands for Lowenbrau Malta, but even now I've returned home, I cannot find any reference to the various beers we found in Malta. These were Victory (4.5% lager) and Red Lion (3.7% Pale Ale). Both only ever found in bottle without specific reference to them being brewed in Malta or specially imported. Lowenbrau is of course based in Munich, but is one of those international brewers who could have a small brewery on the island. If any reader has more information you could solve a bit of this mystery.



The heroism of the RAF in World War II, and indeed the bravery of the Maltese islanders, against the might of the German and Italian air forces was such to earn the island the George Cross for gallantry.

The George Cross is displayed in the World War II Museum in Valetta, along with many photos and artifacts associated with that desperate struggle. Malta holds a rather unenvied record as being the most bombed place on earth.

It was an early start the next day, Wednesday, for this was our only organised trip of the holiday, to Gozo. This is a smaller island just off the coast of Malta where the main industry is tourism. Lace making, glass blowing and such 'industries' serve to supply souvenirs for the tourists. We were taken to sites such as the natural arch (opposite) and craft shops as well as a famous cathedral called Ta Pinu. This is where miracles



are supposed to occur with some regularity and the interior walls are decorated with a multitude of letters of thanks from grateful people from all over the world after they have been

cured of some illness, or blessed with the arrival of a baby after years of trying. Steve thought he needed a miracle to cure his aching back by now and looked into what might be required (in addition to a devine faith of course). The lighting of a candle looked to be on the cards. A coin in the box would light a candle—an electric one. You could imagine the box ticking away the time until your money ran out. The smaller the amount of money the quicker the candle light goes out. Steve didn't even manage a glimmer of light!

Gozo has one famous (part time) resident, Billy Connolly, who owns a property on the island. He is sometimes seen enjoying a relaxing coffee at one of the tables outside the Coffee Break Café opposite Gozo's main bus station.

That night was spent in The George, Bugibba drinking the 'new found beer' LBM Victory. A pity England's football team were not 'victorious' in their match against Spain! We drowned our sorrows with Hop Leaf Extra (5.2%).

The final day of our holiday included a harbour tour of Valetta, highly recommended as you can see so much more from the water than from most points on shore. An entertaining commentary accompanies the tour, but I'm sure some of the references to the war were missed out from the German version.

Malta is one of those islands where it is probably best to visit out of season as we did. This gives you better value for money, a cooler climate, and more time to spend with the locals. Most of the pubs we visited were run by ex-pat British. The language is no barrier therefore and oh, nearly forgot, they drive on the left like we do.

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**PUB PROFILE  
SEVEN STARS, PENRYN**

by Julian Mockford

The Seven Stars in the centre of Penryn is one of those unassuming pubs it is very easy to overlook. Once, in its heyday under the genial landlordship of George Foulkes, the pub, together with George and his unrivalled collection of copper and brass, was known throughout the county and beyond.

Sadly though, once Devenish Brewery in Redruth was taken over by Greenall in the late '80s, it all started to go badly downhill. First of all George retired, leaving behind his beloved collection of artefacts, and under the subsequent succession of pub managers they became badly neglected. Then one day the brewery managers turned up and removed every single item of the collection, leaving the pub bar looking like the waiting room on Truro railway station.

Then in 1996 came an enterprising Dutchman, one Rob Brinkhof, who brought with him some 15 years of experience in the licensed trade, and he set to work building the pub up into what it has become today. From almost nothing, he has turned it into a thriving community local which is also the home of the Penryn Community Theatre, a talented group of thespians and local drinkers, who produce plays and pantos of what are described as 'an amazing nature'. The sell-out pantos in particular are legendary, at least around Penryn and as far afield as Mabe and Mylor.....

As well as this unusual pub activity, the house features live music on Sunday afternoons between 4pm and 6pm (also unusual, and very civilised), featuring the most up to the minute sounds on the local scene. Rob also provides the weekly Cornish papers for customers to read, as well as Sudoku puzzles so they can prove how clever they are!

As to beer, there are now always at least three of Skinner's brews on tap, as well as Spingo Middle from the Blue Anchor in Helston. For those who prefer something different, Brinkhoff (no relation) Lager brewed in Germany is also available.

Another feature of the pub is that the pool room is now quite separate to the main bar, where the gentle art of conversation – not yet lost in the Seven Stars – is able to rule, aided by strict rules which forbid shouting, swearing, and spitting. All in all, this pub is well worth a visit (and buses stop almost outside the door),

**PUB NEWS**



Currently on the books of our leading commercial, licensed and leisure property consultants we list the following free houses:-  
**Shipwrights Arms, Helford Village**



18th Century Grade II listed thatched waterside property. 120+ covers, 55/45 dry to wet split sales. Owners 4 bedroom accommodation. Retirement sale. Price on application

**Kings Head, Five Lanes**



Traditional village free house, in good trading location, close to main A30 trunk road. Two bar areas, carvery restaurant, 5 letting rooms, owners accommodation, garden and car park. New free of tie lease option available. Freehold guide price £499,000 + SAV

**White House, Penhallow**

Extensive bar/restaurant with 12 new en-suite bedroom accommodation + 8 residential flats. Ample car parking, set in 7.5 acres of land suitable for further development. 50/50 split OIEO £2 million



**Cellar Bars, Mevagissey**



Rare opportunity to acquire freehouse premises in centre of historic fishing town. Main bar, pool room, kitchen, delightful enclosed garden patio area. OIRO £325,000 + SAV

**Five Pilchards, St Keverne**

Close to beach with views across Falmouth Bay and beyond. Refurbished bar areas with range of antique nautical artefacts. 30+ covers and separate dining areas, commercial kitchen. Owners 5-bedroom accommodation. OIEO £600,000 + SAV



**Leasehold Pubs Available**

**Bassett Arms, Portreath** OIRO £200,000 for free of tie lease.

**Stag Hunt, Ponsanooth** OIEO £85,000

**Chiverton Arms, Chiverton Cross** OIRO £180,000

**Rose Cottage, Redruth** £130,000

**Railway Tavern, Camborne** Free of tie lease OIRO £125,000

**Dolphin Inn, Newlyn** OIRO £140,000

**Angel Hotel, Helston** OIRO £200,000

**Cadgwith Cove Inn, Cadgwith** OIRO £250,000

**Wellington Hotel, St Just** OIRO £250,000

**Roseland Inn, Pilleigh** OIRO £175,000

**Bolingey Inn, Bolingey** OIRO £90,000

**Skinners Ale House, Newquay** New price £190,000

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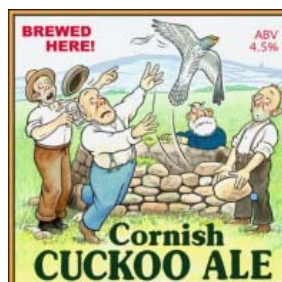
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### RAIL ALE TRAILS—A HACK INVESTIGATES BY ROD DAVIS

A travel article in the Sunday Express recently took a look at Rail Ale Trails in the south west, of which we in Cornwall are lucky enough to have no fewer than five. The branch lines to St. Ives, Falmouth, Newquay, Looe and Gunnislake all travel through some truly beautiful scenery, and the trails lead you to some terrific real ale pubs along the way. The whole object, as many of you will know, is to visit as many as you can by train, drink only real ale, collect a stamp in your brochure, and claim your prize – souvenir T-shirts, window stickers, pins (and a pint pot for the truly tenacious).

Our intrepid hero, one Stephen McClarence, chose not a Cornish trail but the sole Devon one as his subject, the 'Tarka Line' trail from Exeter to Barnstaple. With 19 pubs to visit, some in such exotic places as Newton St. Cyres, Eggesford or Umberleigh (not to mention Portsmouth Arms, one of only two stations on the rail network named after a nearby boozer), this trail is perhaps not for the faint hearted, but well worth the effort. As well as lots of good old-style country pubs to sample, the real ales come from a variety of small breweries – mostly Devonian, admittedly, but

none the worse for that – and there are actually two brew pubs along the way as well. The Beer Engine in Newton St. Cyres, and the Reform Inn, Barnstaple, for those who would like to know. And the White Horse in Exeter makes its own beer occasionally as well.

So, what did Mr. McClarence get up to and write about in his excitement at getting a day out on the trains, visiting pubs and sampling beers courtesy of Express newspapers? Well, he starts at the Great Western Hotel, by St. Davids station in Exeter, a must for ale drinkers resting between trains or merely waiting for one. Good choice, with around 10 good handpumped brews most days to choose from. And our Steve's tipples? A heart-warming orange juice and lemonade ("I could have a boozy afternoon ahead....." he writes by way of explanation). Well, yes....?

Then he gets daring. At least, I think he does. He walks from the station at Crediton to the Crediton Inn, about 12 minutes plod each way, and recounts that the landlady recommended 'a half of the enticingly-named Doom Bar'. He doesn't actually say that he consumed said

*(Continued on page 14)*

## RAIL ALE TRAILS— A HACK INVESTIGATES

(Continued from page 13)

half, although let's give him the benefit of the doubt and follow his jaunt onward. To be fair, a late-running train then causes his plan to alter, so next up is a cup of tea in the Station Tearooms. When the train shows up, he is off to Eggesford, where the ale trail pub, the Fox & Hounds, boasts a barmaid 'who knows her real ale gravities off by heart'. A half of RCH Firefly (3.7% abv) is quaffed here and gets mentioned in despatches, before the Express' finest returns to the station for a fast run through to Barnstaple.

With the whole evening stretching before him, and four rail ale trail pubs in the town to explore, you would think that gathering enough material for his article would be a doddle, but our Steve is made of sterner stuff. Pausing only to check into the Yeo Dale Hotel (no real ale), he sets off to find a Chinese, where the rest of his stay is topped off by a vegetable curry - and a pint of lager.

What can one say? Except, perhaps, that you can take the boy out of the city - but you can't take the city out of the boy!

(with thanks to Lyn Winter of the Devon & Cornwall Rail Partnership, who brought this article to my attention).

## FIRST DRINKERS WERE SUMERIAN

The world's first beer drinkers were the Sumerians, emerging from Mesopotamia -present-day Iraq. On one of the oldest known pieces of literature, the Sumerian King, Gilgamesh, writes in hieroglyphs:

"The wild beast Enkidu drank beer. He drank of it seven times. His spirit relaxed and he started to talk in a loud voice. Well- being filled his body and his face turned bright. He washed his matted fleece with water and rubbed his body with oil, and Enkidu became human."(Dornbusch)

Eqyptains called their beer KASH, from which the modern word "cash" is derived from. They used it to pay slaves, tradesmen, priests, and public officials. Eqyptains never had to pay a tax on beer, until the reign of Cleopatra.



## PUB NEWS MILLER COMMERCIAL



**George & Dragon, Bodmin** Grade II listed 3-storey building dating back to the 18th century. 2 bedroom owners accommodation with a further 5 rooms suitable for letting, subject to the necessary consents. Former St Austell brewery pub being sold free of tie for offers in the region of £300,000

**Commercial Inn, St Dennis** 18th century clay village pub, comprising 2 bars, dining area suitable for up to 24 covers. One bedroomed owners accommodation and up to five letting bedrooms. To the rear are several useful stone stores, garage/skittle alley and large walled trade garden. Former St Austell brewery pub offered free of tie for offers in the region of £300,000.



**Peterville Inn, St Agnes** Attractive village pub dating back to 1800's. L-shaped bar area with dining covers for up to 44 covers together with 2 en-suite letting bedrooms and separate 3 bedroomed owners accommodation with lounge kitchen and bathroom. Punch Taverns lease dated June 2001 for a 10 year term off a passing rental of £26,550 p.a. OIRO £155,000.

### Ship Inn, Wadebridge

A reduced guide price of £95,000 is being asked for the lease on this property of considerable character. Punch Taverns lease with a current passing rental of £28,000 due for review in 2008. 38 cover restaurant and 3 bedroomed owners accommodation.



**Sportsmans Arms, Menheniot** A reduced guide price of £415,000 for the freehold interest on this substantial detached property with large open plan bar including family area and dining room. On the first floor there are 6 en-suite guest bedrooms and owners private apartment. Beer garden and large car park.

### Pendarves Inn, Carnhell Green

Spacious public and lounge bar with 44 cover restaurant and function room. 4 bedroomed owners accommodation. Alternatively 3 of the en-suite rooms are furnished to AA 3 Star standard. 50/50 wet/dry sales split. OIRO £485,000 for freehold.



**Red Lion, Blackwater** Ten year Punch Taverns lease with passing rental of £18,000 on a predominantly wet led village pub with 85/15 split. Large bar area has been subject to recent refurbishment and the property benefits from an extremely large beer garden to the rear. Guide price £85,000

### Phoenix Bar, Callington

Recent refurbishment and updating. At the rear is a 2nd bar/club room with its own separate bar servery licensed for up to 100 customers and useful for private parties. First floor 2 bedroom owners accommodation, and a further 5 bedrooms on second and third floors. Punch Taverns 10 year lease with passing rental of £15,000 p.a. Leasehold guide price of £95,000 SAV.



**Countryman Inn, Langdon Cross** Attractive thatched country pub with main bar and adjoining lounge bar, and in addition there are a 34 cover restaurant and a 48 cover function room. On the first floor there are 5 en-suite guest rooms, with separate 3 bedroomed owners accommodation. The inn stands in extensive grounds with large car park, trade patio and beer garden with childrens play area. Ten year Punch Taverns lease commenced in March 2005 at a current passing rental of £72,000 per annum. 60/40 split food/wet sales. Guide price £210,000 SAV.

## WHAT IS LAMBIC?

Lambic is a very distinctive style of beer brewed only in the Payottenland region of Belgium (southwest of Brussels). Similar beers produced outside of this area are usually known as "Lambic-style" or "Plambic" (short for "pseudo-lambic"), although this is purely a voluntary distinction made out of respect to the original. Unlike conventional ales and lagers, which are fermented by carefully cultivated strains of brewer's yeasts, Lambic beer is instead produced by spontaneous fermentation: it is exposed to the wild yeasts and bacteria that are native to the Senne valley, in which Brussels lies. It is this unusual process which gives the beer its distinctive flavour: dry, vinous, and cidery, with a slightly sour aftertaste. The origins of Lambic beer lie in the working classes of the region some 500 years ago who appreciated a weak, quenching drink that could be produced cheaply and easily on the farm. Since then, of course, the style has diversified to a wide range of styles, strengths, and social classes. The name "Lambic" entered English via French, but comes from the Dutch name "Lembeek", referring to a municipality near Halle, and is a shortened form of the Dutch phrase "Alambiek der Jeneverstokers" meaning "The liquor producers of Lembeek".

### Trivia

Lambik is also the name of a famous Belgian comic strip character in the comic strip Suske en Wiske (Spike & Suzy) by Willy Vandersteen. Vandersteen liked Lambic beer so much he named the character after it.

## ST AUSTELL BREWERY PICK UP MORE AWARDS



Assistant Brewer Mervyn Westaway of St Austell Brewery accepts two certificates from Cornwall CAMRA Chairman Rod Davis at a presentation that took place in the brewery visitor centre after success in the judging at last year's Falmouth Beer Festival.

The brewery's Tribute and HSD were judged to be best in their class during a blind tasting by a panel of invited judges.

At the same presentation on Saturday 24 February, Somerset Branch of CAMRA came down by train to present a certificate

for Champion Beer of the Festival after St Austell Brewery's Admiral's Ale had succeeded at their festival held a few months earlier.

Several excellent quality St Austell beers were consumed with the legendary pasties before a tour of the brewery.



## SKINNERS LAUNCH CIDER RANGE

**Press Gang is the new name in hand-pulled and draught cider.**

Launched by Skinner's Brewery of Truro recently to join in the mega upsurge in interest with cider, this brew weighs in at 4.8% alcohol. This is similar to the heavily advertised, and therefore highly popular, Magners Irish Cider.

Supplied by Cornish Orchards Ltd the product is produced in Cornwall from cornish apple orchards, which is more than can be claimed for the above mentioned product.

Shortly before Skinners turned their hand to cider promotion our other major beer brewer St Austell Brewery had launched their own 'Rattler' cider in both real draught and fizzy keg versions. Rattler is again a product of cornish origin which can only be good for cornish cider apple growers. The word is that, instead of years when more and more orchards were either left uncultivated or the crop left to rot on the ground, more trees are now being planted and some of the ancient cider apple tree varieties being saved from extinction.

To commemorate Cornwall CAMRA's 30th anniversary Skinner's Brewery produced a beer called 'Perle' (the cornish word for pearl, or 30 years when referring to married bliss!). It was all drunk at the Driftwood Spars evening on 24 March to celebrate the occasion.

## WHY IS BEER FROTH ALWAYS WHITE?

Beer foam consists of tiny bubbles of carbon dioxide the walls of which are made up of various proteins and carbohydrates produced during the brewing process.

A colour is created because light of a certain wavelength is reflected. Absorbent blond beer takes in all the light except light with the frequencies that give the blond colour. Beer froth is white because the walls of the tiny bubbles reflect all the light. Sometimes you can see some brown flecks in the foam: these probably from the iron compounds sometimes present in the beer that are pushed to the top by the bubbles.

Source: Beer & Health



## RAIL ALE TRAILS IN CORNWALL & DEVON

With the recent demise of Wessex Trains and the takeover of our local branch line train services by First Great Western, the Devon & Cornwall Rail Partnership have taken the opportunity to refresh their popular 'Rail Ale Trails' – and to launch a new one, bringing the total of these trails in Cornwall and Devon up to six. The changes were of necessity brought about when FGW came on the scene, and the result is a new set of full-colour leaflets and – in the case of the Falmouth line trail at least – some new pubs to 'collect'.

The great thing for a CAMRA member, or indeed any lover of real ale, is that you can be taken through some of the most scenic countryside in Britain, enjoy a pint or three of the very best real ales at a range of town and country pubs, and not have to worry about anyone having to drive. The Rail Ale Trails allow you to do just that, by letting the train take you on a tour of great beers in pubs along some of the most scenic railway branch line journeys you'll find. All routes are easy to access from the main line between Penzance and Exeter, and if you travel in a group for the day there are discounts on rail tickets to be had which could cut the total price by up to a half (landlords have regaled me with tales of quite large groups suddenly filling their pub, buying beer and brandishing ale trail leaflets – often they are pub teams on a day out!). And yes, since you ask, you *can* 'do' the Maritime Line in a day - but you can work out how yourself (and no cheating with teetotal car drivers, mind!)

There are six trails in all (including Devon). Existing routes can be found on the Tamar Valley north from Plymouth towards Dartmoor, the Looe Valley Line from Liskeard to Looe, the Atlantic Coast Line from Par to Newquay, the Maritime Line from Truro to Falmouth in Cornwall and the St Ives Bay Line that follows the coast between Penzance and St Ives. In Devon, there is the Tarka Line between Exeter and Barnstaple in Devon. I'll describe the Cornish ones briefly below.

The Tamar Valley is a beautiful rural retreat close to Plymouth, and would be rather isolated if road transport were the only option. Famous for its mining heritage and market gardens, the Tamar Valley line links rural villages on both sides of the border with the big city. On this 14 mile (22km) route you can take in the beautiful landscapes of both the River Tamar and River Tavy, taking in as you go the engineering skills that went to create the bridges and viaducts as the route takes you under Brunel's famous Royal Albert Bridge (as opposed to *over* it, which we're more accustomed to), and over the stunningly beautiful setting of the Calstock viaduct. Pubs along this route offer a warm welcome and many offer good food made with local

produce.

The Looe Valley line takes you on an 8 mile (13km) journey from Liskeard, on the main line, to the historic fishing town of Looe, on the south coast. Looe offers a range of real ales and local produce, especially fresh fish, which is hard to beat. The Rail Ale Trail takes in community locals, a coaching inn, a county house hotel and pubs with stunning views over Looe harbour and the South West coastal path.

The latest trail for the Atlantic Coast Line runs from coast to coast through the heart of Cornwall between Par and Newquay is now available. The branch line takes you past glimpses of Cornwall's mining heritage, through wooded valleys towards

Luxulyan, over the biodiversity of Goss Moor, until you get to the surfers' favourite, Newquay (and in spite of popular CAMRA legend, the town does have some decent real ale pubs!

Moving west, the next trail is along the Maritime Line, aptly named because it links Cornwall's capital city, Truro, with Falmouth and its rich maritime heritage. Recently updated, this trail takes in a variety of traditional town and village pubs serving real ales, including local brews.

Furthest west still is the beautiful St Ives Bay line with its hard-to-beat coastal views. The branch line, which starts at St Erth, is a short route where you can see the estuary nature reserve famous for its bird life, craggy coastal cliffs, panoramic stretches of sand and the colourful harbour of St Ives itself.

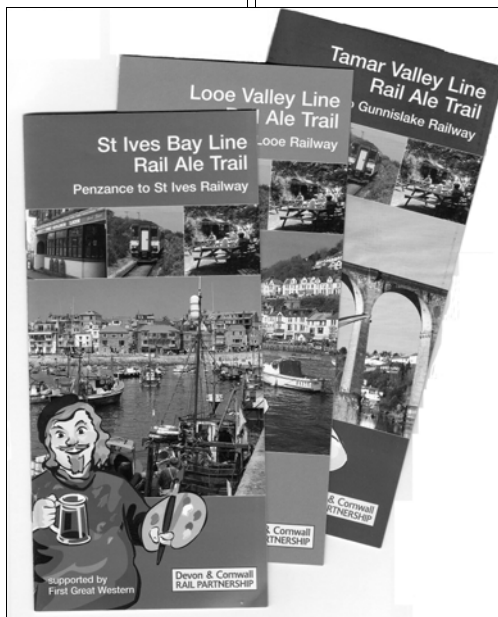
Pubs vary from the contemporary to the traditional, and all offer a warm welcome. Due to the shortness of the branch line itself, this rail ale trail has been extended back into Penzance to increase the variety and number of good ale pubs along its length.

Full details on the Rail Ale Trail website ([www.railaletrails.com](http://www.railaletrails.com))

So, what else do you get other than the pleasure of visiting new pubs and drinking a variety of good beers? Well, souvenir hunters can collect stamps in their leaflets at each participating pub and claim exclusive window stickers, badges, tour shirts and, in some cases, special edition pint glasses. Full details are on the leaflets.

There are a range of rail tickets available, for full details log on to [www.firstgreatwestern.co.uk](http://www.firstgreatwestern.co.uk) or call National Rail Enquiries on 08457 48 49 50.

Having done this sort of thing a number of times with the lads from my local pub, I can assure you that it's a grand day out. Just remember to take a timetable leaflet, and I recommend a bus timetable as well (just in case you linger too long in one of the hostellers). Set a day aside, leave the car behind, get your rail ticket, relax and enjoy the ride to the local boozers. Rail Ale Trail leaflets are available in some staffed stations and Tourist Information Centres across Devon and Cornwall, or you can download what you require from the website.





## THE CITY INN

Pydar Street, Truro

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*Lunch & Evening Meals*

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THE BEST BEERS  
IN TOWN

*Courage & Skinners  
plus Guest Beers*



### HOMER SIMPSON BEER QUOTES

"All right, brain, I don't like you and you don't like me - so let's just do this and I'll get back to killing you with beer."

*A woman is a lot like beer. They smell good, they look good, and you'd step over your own mother to get one.*

"The answer to life's problems aren't at the bottom of a beer bottle, they're on TV."

### ANN BAZIN

CAMRA Kernow lost a great and loyal worker upon the recent death of Ann Bazin of St Austell.

Husband Gerry Bazin and family, together with around thirty CAMRA members helped fill the church for the funeral service at Charlestown on 6th March.

### HELP NEEDED

St Ives Beer Festival is not far away now, **1st to 3rd June.**

Those members who have their copy of One & Ale posted to them will receive forms to complete and return offering help to set up and run the beer festival.

Staff are always required for a multitude of jobs, not only serving the beer, but also all the background work that is involved in running a successful beer festival.

Positions we are particularly looking for this year are experienced catering personnel to assist Doug Polman in the kitchen down below the stage in the Concert Hall at St Ives.

Festival Organiser Gerry Wills said, "We have lost one or two key workers this year in one way or another, and think this will be an ideal opportunity for some of our members to step forward into the breach and prove that they can do a little more than just help drink the beer at our festivals".

"We'd like a few more volunteers, even if it's only for an hour or so. We can guarantee that whoever joins our existing happy band will enjoy themselves and get a little more out of attending the St Ives Festival than they might at first think".

Any prospective volunteer who does not receive a form should contact Gerry Wills on 01872 278754



## TWO ROW BARLEY

Barley malt is to beer as grapes are to wine  
***Two-row Barley Malt***

Generally, two-row barley has a lower enzyme content, less protein, more starch, and a thinner husk than six-row barley. Of the first two of these characteristics, the protein content of two-row barley depends greatly on the barley strain, and enzyme content depends very much on the strain and degree of kilning. American two-row barley has greater enzyme potential than most European two-row barley. The protein content of U.S. two-row barley is comparable to that of continental Europe, while barley grown in the U.K. is generally lower in protein. In comparison to six-row barley, two-row has a higher starch content – the principal contributor to extract. The thinner husk associated with two-row barley makes for mellower (less astringent) beers due to lower levels of polyphenols.

Generally, six-row barley has a higher enzyme content, more protein, less starch, and a thicker husk than two-row barley. The higher level of diastatic enzymes makes six-row barley desirable for conversion of adjunct starches (those that lack enzymes) during mashing. On the down side, the higher protein content can result in greater break material (hot and cold), as well as possibly increased problems with haze in the finished beer. The husk is high in polyphenols (tannins) that results not only haze, but also imparts an astringent taste.

### ***Barley Malt Identification***

The number of rows of kernels makes for easy identification of two- and six-row varieties. In six-row varieties, two-thirds of the kernels are twisted in appearance because of insufficient space for symmetrical development. Since they must overlap, they twist as they grow. In two-row barley there are no lateral kernels; all kernels are straight and symmetrical. The kernels of two-row barley are broader than the central kernels of six-row barley and do not taper as sharply.

## GLOBAL BEER CONSUMPTION

### **Global beer consumption in 2007 will reach around 1.61 billion hl, growing by 2%**

The global beer market expanded in 2005 by about 2.4% to 1.55 billion hectolitres, up from 1.52 billion hectolitres in 2004, Rabobank commented in one of its latest reports.

Total world beer consumption in 2007 will reach around 1.61 billion hectolitres, growing by an average of 2% per year, according to Canadian.

The main growth areas in the world in 2005 were Asia and Central & South America. In Asia, China is the largest and fastest-growing market and Brazil is the largest market in Central & South America.

Total beer consumption declined in North America, in Western Europe and in Australia and New Zealand. In the U.S. and Canada the decline has been due to the growing popularity of spirits and wine, especially in the on-trade. In Western Europe the ageing population is drinking less beer and looking for healthier alternatives like wine and mineral water.

## HOPS AND HEALTH

Herbal Medicines Hops have a long history of use in folk medicine where they have been used to treat a variety of complaints. For example, hops are thought to have a sedative action and have been traditionally used in hop pillows for the relief of insomnia. Also, hops have been used as herbal antibiotics and were incorporated in wound salves and anti-inflammatory compresses. Hops also have a long-standing reputation for their ability to affect women's hormonal balance, being used in hop baths to treat menstrual disturbances. The list continues, with hops being reputed to alleviate migraines, earache, bed-wetting, leprosy, travel sickness, kidney stones, coughing and to be an aphrodisiac for men!

With so many cures ascribed to one plant, it is easy to see how many viewed them as 'old wives tales'. However, over the last few years there has been a major change in attitudes. New technologies have been developed which allow the rapid and relatively inexpensive testing of chemicals (both synthetic and natural) as new cures for chronic diseases. As a result, pharmaceutical researchers have taken an increased interest in herbal remedies in their hunt for new medicines – including hops. Their results to date are very promising, and hops may have potential as a cure for several diseases including cancer. However, medical research is still in its very early stages and it will take some time to discover if hops really can become a modern medicine!

The Beer Connection It has not escaped the brewers' attention that the only way we get hops in our diet is from drinking beer. So it is reasonable to ask if the hops in beer could have a positive effect on health. This will depend on two things:

Do hops have medicinal properties? – we will have to wait and see on this one! How much of the 'medically active' hop components are present in beer.

Although we are waiting on point one, we do have some ideas on point two. The amounts and type of hops in a beer is one of the ways a beer comes by its own unique character. Consequently, levels of 'medically active' hop components in beers vary too. However, the levels in beers are very low, and moderate beer consumption (1-2 pints per day) would not have an effect on health.

So to finish this story, we come back to the topic of hops and medicines. Is this just a curiosity for brewers? The answer is yes – we cannot claim any cures from hops in beer! But since brewers are also hops fans, it is probably fair to say that there is some pride in that one of the ingredients used in the creation of a perfect pint might also prove to be a powerful medicine.

[www.brewingresearch.co.uk](http://www.brewingresearch.co.uk)

Dr Caroline Walker



## GREAT BRITISH BEER FESTIVAL



**7 - 11 August**

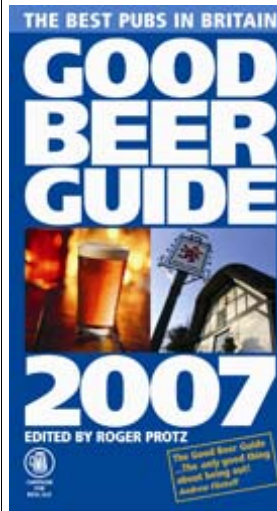
Earls Court, London,  
7th to 11th August  
2007

The Great British Beer Festival was held at Earls Court for the first time in 2006 and was the biggest festival so far with over 450 real ales and over 65,000 visitors. Also known as the Biggest Pub in the World, the festival

played host to a wide range of beers and real lagers from the UK and around the world.

Thank you to all of those who attended and helped make this such a successful festival, we shall see you in Earls Court in 2007!

## GOOD BEER GUIDE 2007



The 34th Edition of the Campaign for Real Ale's number one best selling guide to pubs selling fine quality real ale is available 'at all good book shops' for a cover price of £14.99

However, CAMRA members are entitled to a good discount, another good reason to join, and you can get your copy from Cornwall CAMRA's branch contact Norman Garlick for £11.00.

Telephone 01209 860448 quoting your membership number and make arrangements to collect.

Or come along to any Cornwall Branch meeting, or Cornwall

Beer Festival and hand over your cash. See branch diary on back page for details.

## IT TAKES ALL SORTS TO CAMPAIGN FOR REAL ALE



**Join CAMRA today**  
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and send with a  
cheque payable to  
**CAMRA Ltd**  
OR  
Join on line by visiting  
[www.camra.org.uk](http://www.camra.org.uk)



Cornwall CAMRA  
Membership rising  
Each month  
January = 759

National Total  
83,233

Your details Title. . . . . Surname. . . . . Forename(s). . . . .  
Date of Birth (dd/mm/yy). . . . . Address. . . . .  
Postcode. . . . . Email address. . . . . Tel No(s). . . . .

I/we wish to join the Campaign for Real Ale and agree to abide by the Memorandum and Articles of Association  
 Single Membership £22  
 Joint Membership £27  
Save £2 if you join by Direct Debit. Use the form here or download from [www.camra.org.uk](http://www.camra.org.uk)  
**Signed**  
.....  
**Date**.....

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		Signature(s)	
		Date	
<small>Banks and Building Societies may not accept Direct Debit instructions for some types of accounts.</small>			

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- If an error is made by CAMRA or your Bank or Building Society you are guaranteed a full and immediate refund from your branch of the amount paid.
- 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.

use your regular payment passbook



# Campaign for Real Ale Cornwall Branch Diary



**Saturday 28 April**  
12.30

**Branch Meeting & Social**  
All New Members Welcome

**Crown Inn, Crowtown**

**Saturday 12 May**  
Start from Penzance

**Coach Trip to:-**  
CAMRA's National Pub of the Year

**Tom Cobley, Spreyton, Devon**

**Saturday 19 May**  
From 12.00

**Branch Meeting & Social**  
Transport arrangements in progress, possible coach from Penzance. Contact Doug Polman

**Blisland Inn, Blisland**

**Friday 1 June**  
11am—11pm

**St Ives Beer Festival**  
approx 60 real ales & ciders

**Guildhall, Street-an-Pol**

**Saturday 2 June**  
11am—11pm

Sunday 3 June 12—3pm if any beer left

**Fri 7—Sun 9 September**  
12am—11pm

**Bodmin Steam & Ale Festival**  
approx 12 real ales + cider

**Bodmin General Station**  
Tool Shed, Station Platform

**Friday 19 October**  
11am—11pm

**Falmouth Beer Festival**  
Over 120 different real ales & ciders/perries  
(Subject to festival budget approval)

**Princess Pavilion**  
**Melville Road, Falmouth**

**Saturday 20 October**

## Other CAMRA/Non-CAMRA Events not to be Missed

**Easter Bank Holidays**  
Thurs 12—Sat 14 April

**Beer Festivals at City Inn, Truro; Castle Inn, St Ives**

Fri 13—Sun 15 April

**SIBA Maltings Beer Festival**

**Tuckers Maltings, Newton Abbot**

Fri 4 May—Tues 8 May

**Helston Beer Festival (Lizard 2000)**

**Community Centre, Helston**

Fri 11 May—Sun 13 May

**Smugglers' Den Ale & Pie Festival, Trebellan, Cubert, Nr Newquay**

Fri 15 June—Sun 17 June

**Ship Inn, Polmear, Par Beer Festival**

Thurs 28 June—Sat 30 June

**Star Inn, Vogue, St Day Beer Festival**

Fri 27 July—Sat 28 July

**North Devon CAMRA Beer Festival, Barnstaple**

Tues 7 August—Sat 11 August

**Plymouth CAMRA Beer Festival, Plymouth Pavilions**

Tues 21 August—Sat 25 August

**Great British Beer Festival, Earls Court, London**

**Peterborough CAMRA Beer Festival**

## **Cornwall CAMRA Branch Officers & Contacts**

### **Branch Committee**

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Deputy Chairman/Festival Organiser  
Secretary  
Treasurer  
Membership Secretary  
Editor, One & Ale  
Press & Publicity

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### **Advertising**

To advertise in One & Ale, contact the Editor, Steve Willmott

**Current Rates are Full Page (A4) £75; ½page £40; ¼page £25      01209 822022 day or night**

**Publishing Deadline for next issue—Summer 2007—27 July 2007**

### **Trading Standards**

You can contact your local Trading Standards Officer to discuss problems such as consistent short measures, lack of price lists and other issues that CAMRA is campaigning for on your behalf.

For complaints, enquiries and advice ring 0845 122 7000 Email: BusinessSupport@cornwall.gov.uk