

HERTFORDSHIRE'S



# CAMRA Pulling Together

The online publication by Hertfordshire CAMRA branches

October / November 2020

Issue 4



Saving the Rose and Crown in St Michaels, St Albans



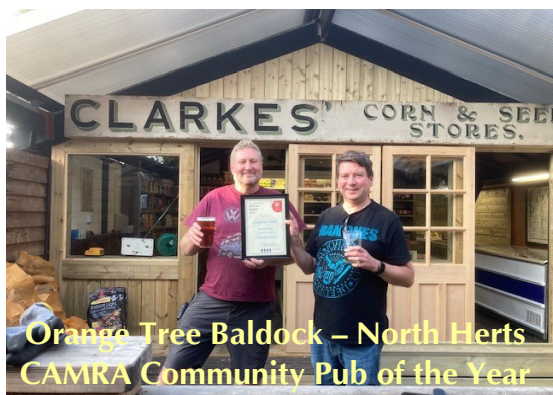
South Herts CAMRA awards its  
Lockdown hero pubs...



Hertford  
Club,  
Hertford  
awarded  
South Herts  
CAMRA  
Club of the  
Year



... and its Lockdown hero brewers



Orange Tree Baldock – North Herts  
CAMRA Community Pub of the Year

## SBR - what is it and why you should be concerned?

Small Brewers Relief (SBR) was introduced in 2002 providing excise duty reductions to small independent breweries by a discount on their beer duty. Currently, brewers receive 50% off excise duty until they reach 880,000 pints (5,000 hectolitres) annual production, when the formula tapers the relief down to 0% at 10.5 million pints (60,000 hectolitres). This taper reduces rapidly, meaning a brewer at 1.3 million pints (7,500 hectolitres) receives only 33% off. In a review of Excise Duty, the Government intend to reduce this allowance by half, which they say is in response to feedback from brewers over the last two years.

Responding to the Government's proposed changes to Small Brewers Relief National Chairman of CAMRA Nik Antona commented:

"Whilst the removal of the cliff-edge in the Small Brewers Relief Scheme will benefit many brewers and help successful businesses to grow, CAMRA does not believe this should be achieved at the expense of small brewers.

"Given the impacts of COVID-19 and the lack of support for wet-led pubs and independent producers, the Government should be doing everything it can to support the brewing industry – not 'robbing Peter to pay Paul' and removing much-needed help from those who already receive it.

"It is clear that the devil will be in the detail of how these changes will work in practice. We'll be urging the Government to make sure any changes to Small Brewers Relief maintain existing help for small brewers, support as many producers as possible and make sure consumers can continue to enjoy the widest possible choice of local and independent cask ales".

A petition against the changes has been started and we recommend that you sign it.

Following criticism of the changes the Government responded:

"The Government is reforming SBR to address issues raised by brewers. Over 80% of brewers are unaffected by these changes and many will benefit. We will consult further this Autumn.

The Government has been reviewing Small Brewers Relief (SBR) for the last two years in response to feedback from brewers that it was not working as intended. The changes recently announced will ensure that the scheme remains fit for purpose in the long run. The scheme will remain one of the most financially generous in Europe, and over 80% of brewers will be unaffected as they produce less than 370,000 pints a year (2,100 hectolitres).

For many years, brewers have highlighted that flaws in the scheme's design cause unintended consequences such as making it hard to grow beyond the 880,000 pints level. The Treasury therefore announced at the 2018 Budget it would review the relief.

As part of this review, we have received and considered responses from over 300 breweries who get SBR. There were a range of views about the right way forward for SBR, and no industry consensus.

In July, we announced that in response to this evidence, we would reform the scheme by abolishing the current scheme taper and replacing it with a more generous one that would start at 370,000 pints (2,100 hectolitres). We also announced we would convert the scheme to a cash basis, to be reviewed annually, and will consult on the potential for a grace period for breweries that merge.

As with any such relief, there has to be a point at which the full relief ends and brewers start to transition to the main duty rate. This was a source of great interest during the first stage of the review and we wanted to give clarity on this before moving on to consult on other details.

Having reviewed all the evidence, particularly on industry production costs, we consider that starting the taper at 370,000 pints strikes the right balance between guaranteeing the great majority of the smallest breweries the full value of the relief, while providing those who want to expand and grow a gentler transition to the main duty rate. The Treasury considers that a brewery producing more than 1,000 pints a day is starting to transition from being a microbrewery. The industry has also changed significantly since the relief was introduced in 2002. However, we would like to emphasise that the taper beyond the 370,000 pints point will not be the same as at present and will be more gradual.

While we empathise with brewers facing difficult trading conditions in the wake of COVID-19, the Government has acted to support the brewing sector through its unprecedented coronavirus response. Final changes will not take place until 1 January 2022 at the earliest, to ensure those small brewers who are affected have time to adapt.

We will be consulting in the Autumn on further technical aspects of reforming the relief including the shape of the new taper. We would encourage all brewers who receive SBR and other interested groups to respond to that consultation."

*HM Treasury*



Small Brewers' Relief has been instrumental in creating the brewing boom that we have seen over the past two decades, and is vital to maintaining a thriving and diverse beer market, and choice for consumers. The news of these poorly considered reforms to the Small Brewers' Relief Scheme could not come at a worse time for our small brewers, who are already facing financial uncertainty due to the coronavirus crisis.

CAMRA is joining calls for the Government to rethink its plans to remove tax relief from the smallest brewers to allow larger brewers to pay less.

**Please see our petition on next page**

**Hertfordshire's Pulling Together** is produced by the Herts & Essex Borders, North, South Hertfordshire and Watford & District Branches of the Campaign for Real Ale (CAMRA). Views expressed are not necessarily those of the editor, CAMRA Ltd or its branches.

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# Enjoying your beer? It could be under threat

The Government are set to raise the amount of tax paid by some small independent breweries in the UK, putting local beers at risk.

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## Oh dear. Looks like Tim Martin has blundered again

**H**aving courted controversy for his comments at the start of the COVID-19 outbreak, JD Wetherspoons' chief Tim Martin has declared that we should have followed the Swedish by not severely locking down.

Lockdowns, he says, achieved little apart from huge economic damage following the view of Swedish epidemiologist Anders Tegnell, the architect of Sweden's no-lockdown strategy.



Unfortunately for the Tegnell-Martin argument the data shows Sweden has had a more protracted outbreak, with far more deaths than its stricter neighbours – 57 per 100,000 compared with Norway and Denmark's 5 and 11 according to *New Scientist* publication.

On the economy, Sweden's 8.6% GDP fall in the second quarter was indeed better than the EU average.

But then, if you look at spending patterns – the most vital element of GDP for pubs like Martin's - Swedes cut back nearly as much as Denmark (25% vs 29%) as the pandemic raged.

And spending in Denmark recovered faster.

The Swedes, you see, changed their behaviour even though it wasn't compulsory.

Where Martin may have a point is that it seems young Swedes' spending was more resilient.

They carried on more normally, presumably going to bars and pubs, than did older people.

That may have helped Martin's peers in the pubs sector there, but the author of the spending analysis, Copenhagen prof Adam Sheridan, says the under-30s' spending power across the wider economy is far less impactful than their more cautious older peers.

The likely second wave could make Sweden's approach look better than its neighbours. As with the UK, it made horrible errors allowing the spread to care homes and is unlikely to repeat them.

It may also have better immunity due to its laissez faire approach, although, at 20% in Stockholm, that is nowhere near the 70% needed for herd status.

The point is, none of us yet know.

And one suspects Tim Martin, pub landlord, knows less than most.

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In the last edition we published reports of Wetherspoons increasing food and drink prices on the re-opening of pubs on 4<sup>th</sup> July. The bad publicity had an effect and Wetherspoons have now reduced their prices in some cases to below those in place at lockdown. If only other pubs and pub companies were following suit as many customers returning to pubs have been met with increases in prices.

## Harpenden Micro Brewer gets off-sales licence

**H**obby brewer Mark Cottingham makes 50 litres of beer at a time in a shed at his Overstone Road home in Harpenden, and an application for the Harpenden Brauhaus 'off-licence' has been approved by St Albans district Council's licensing sub-committee. This means that limited numbers of the public will now be able to make purchases from the premises, by appointment only. The business will not be permitted to operate on a 'walk-in' basis – nor will signage or advertising be allowed nearby.

At the hearing, Mr Cottingham told the sub-committee of his love of making beer and said that he was disappointed with the beer commercially available on his return to the UK. He said: "I can't

drink as much as I produce and as I like producing, I need something to do with the excess."

And he added: "The key thing is that people up and down the street have asked to buy some – and I can't legally do that with HMRC satisfaction without a premises licence."

The committee heard that three councillors had objected to the application pointing to concerns related to crime and disorder and public nuisance. Mr Cottingham said the size of the 12ft by 6ft size of shed and the scale of the operation would limit any inconvenience.

And although he said he would like to scale up the operation in the future, he said that would have to be at a small industrial site elsewhere.

"It's certainly not industrial," he said. "And in terms of brewing capacity, a 12ft by 6ft shed with one brew pot inherently limits what I can actually produce on site."

"Should there actually be increased demand I think I would certainly need to out-source production of any larger volumes".

And he stressed: "This is a hobby – it's certainly not a full-scale operation."

"And I just think the nature and size of the property prevent it ever reaching a size that would generate any sort of nuisance or inconvenience or in any way would affect the character or the residential nature of the area".

In response to further concerns raised Mr Cottingham said CCTV would be installed at the garage that he uses for storage.

And he said the number of people picking up sales from the property would not impact on what was described as 'an already busy road'.

In addition to sales, Mr Cottingham said he would like to hold 'brewdays' – that would allow people to brew their own beer in the shed.

The licence will allow for the sale of alcohol between the hours of 9am to 9pm on Monday to Saturday and 10am to 9pm on Sundays.

Collections from the premises will only be allowed by groups of less than six between 2pm and 9pm Mondays to Fridays, 10am to 9pm on Saturdays and 10am to 6pm on Sundays – with no more than one collection in any 30-minute period.

## New Legislation on Planning Permission helps Pubs

Newly-made legislation to relax planning regulations has no detrimental impact on pub protection. The Town and Country Planning (Use Classes Amendment England) Order



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**GOOD BEER GUIDE  
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WE'RE IN IT**

2020 came into force on 1 September. It makes major changes to the existing planning use classes and therefore to the rules on permitted development i.e. what changes of use you can make to buildings without the need for planning permission. As an example, the new class E subsumes the former classes A1 (shops), A2 (financial and professional services), A3 (restaurants and cafes) and B1 (business) – meaning that no planning permission is required if you want to move from one of these uses to another. Pubs and drinking establishments were formerly in a separate use class, A4, which has now been abolished. As a result, pubs are now what is termed *sui generis* which means 'in a class by itself'. The consequence is that no changes to or from pub use fall within permitted development – as was already the case with A4. Planning permission will still always be needed to change the use of a pub to something else. The position on demolition was less clear in the draft legislation so CAMRA sought assurances from the relevant Ministry (Housing, Communities and Local Government) that the position here was also unchanged i.e. any demolition of a pub needs planning permission. Those assurances were duly given. We are now in a transition period where existing protections carry forward to next July, during which period further amendments to the legislation will be made to secure the continued protection.

*Paul Ainsworth*



## Orange Tree, Baldock - North Herts Community Pub of the Year

We are pleased to announce that the **Orange Tree** in Baldock is the North Hertfordshire branch Community Pub of the Year, winning the Ted and Josie Arnold award. The Orange Tree is an 18<sup>th</sup> Century traditional pub with up to 13 real ales available, and has been a regular in the Good Beer Guide since landlord Rob Scahill took over. The large beer garden is very family friendly with enclosed play area and plenty of seating, pictured right.



The pub has always had a strong community focus, pre-COVID it was host to numerous local clubs and societies. Since the lockdown changes to the pub have only reinforced its value to the local community. During lockdown the pub was reinvented as a Grocer's Store and Off-Licence, selling produce from local suppliers. This also raised thousands of pounds for local musicians via the Baldock Musicians Support fund. These musicians would normally have been able to perform in the local pubs.

*Below – Rob (left) receives his Lockdown Hero award from North Herts CAMRA's Jeremy Kitson*



So successful has the shop been that there is now a dedicated building in the garden. This is just part of the extensive changes that have been made to pub over the last few months. There is now an outside bar, and large covered area and booths in the garden to allow visitors to maintain the correct social distancing. Congratulations to Rob and his team on a well-deserved award.

*Jeremy Kitson, North Herts CAMRA Branch Contact*

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## The Hertford Club - Hitting for Six!

Congratulations to the Hertford Club which is once again **South Herts Club of the Year** – for the sixth year running. The Club are the owners of the characterful Grade II\* listed Lombard House in Bull Plain, its home since 1897 - where the walled garden and riverside terrace offer a peaceful town centre retreat and visitors can find up to three ever-changing real ales plus real cider or perry at the bar. In a “normal year” there would be two beer and cider festivals. Recently the Club has reinstated themed food events but waits for a time when the monthly quiz, Folk Club and other musical events can start again. The Club scored highly for its well-kept ales, welcoming atmosphere, community participation and its active membership.



Our picture above shows Hertford Club Chair Barbara Flowerdew, left, and Club Events Manager, Louise Ellwood, with the winner's plaque. CAMRA members are welcome at the club and may be signed in on production of a CAMRA membership card.

## Save the Rose & Crown, St Albans

Fortunately, South Herts branch of CAMRA has previously had the foresight to get the **Rose and Crown**, St Michaels, St Albans listed as an Asset of Community Value (ACV). This was prompted by the fact that over recent years the number of pubs in the area has reduced from four to two. The first to go was the **Black Lion Hotel** at the corner of Fishpool Street. Only the pub sign remains, still hanging outside following its conversion to residential apartments. The next to be shut was the **Blue Anchor** opposite the Black Lion which has been converted into two houses with the pub car park and garden

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closed off for speculative development. The Rose and Crown's lease was taken over by the manager of the St Michael's Manor further up Fishpool Street, but found he could not be fully committed to both establishments and reluctantly gave up the lease. This has led the pub owners, Heineken, to put the pub on the market, price as yet unknown. The Society of St Michael's and Kingsbury, with the help of the local South Herts CAMRA branch, are hoping to take up the community right to buy. The **Six Bells**, further down St Michael's is a thriving free house which has been CAMRA **Good Beer Guide** listed for many years, proving that in the right hands the Grade II listed Rose and Crown would be a success.



## All Hail The South Herts Pub and Brewery Real Ale Heroes

Picking up the baton from the awards recently made by Herts Essex Borders branch to pubs in their region, South Herts Branch have followed suit making awards to pubs and breweries in their area – those that went the extra mile during lockdown, between March and July, when the pandemic was at its cruellest, cask ale drinkers were at their thirstiest and pubs were generally closed to the public. Each of the recipients of the South Herts award set up takeaway services during the lockdown for people to collect fresh cask ale.

### In Hertford:

**Black Horse.** Owner Darren Shanley offered a takeaway service for the duration of lockdown. He said “We immediately went into ‘Operation Lockdown’

furloughing some staff but knew we had to keep operating. I formed a ‘bubble’ with Clive and Alfie and we were up and running straight away with beers being delivered from Hadham, Oakham and Tring – and I collected from



Farr Brew. The distributors, Dayla, were really helpful to us, supplying us with a further range of beers. Our outside pizza oven was popular and we offered a shortened daily takeaway menu of curries, burgers and fish and chips. I must thank our regulars and the people of West Street for their brilliant support. When we re-opened we decided to continue with the takeaway service and it is proving to be a success”. Our picture above shows, left to right, Alfie Laurence and Clive Hocking with Darren.

**White Horse.** With Fuller’s suspending brewing during the lockdown, leaseholders Mark and Annie Griffin were permitted to obtain cask beers from other sources – Mighty Oak, Windsor and Eton, Mad Squirrel and Timothy Taylor - and Hertfordshire brewers Tring and Hadham. Mark said “There was such short notice of closure and we had to think on our feet. We re-opened two days later with a



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takeaway service, with 2-3 real ales and Annie’s Thai food and gained new customers many who have now become pub regulars. The day I knew the takeaway would work was when a barrel of Timothy Taylor Boltmaker flew out in just in 2 days!” Our picture below left shows Mark and Annie with their award.

**Old Cross Tavern.** A month into lockdown, a weekend takeaway cask ale and traditional cider service commenced – with familiar pub favourite beers from the likes of Tring, Mighty Oak, Timothy Taylor, Saltaire, and Five Points and cider from Celtic Marches and Weston’s. Owner Mary Gianoli said “After the sudden closure we were all tickled pink to be able to work together again and taken aback by the support we received – it really kept us motivated for the day when we could fully re-open. I must thank our customers and Mighty Oak and Tring who helped us



adapt our cellar for the new ways of working." Our picture



bottom right on the previous page, shows Mary flanked with bar chaps Will Butcher and Joe Leggett. above, see three thirsty OXT rascals raising a glass (and insisting on us taking a photo!)



**Mind the Gap.** At Hertford North Railway Station, Les and Ray Aggio, joint-owners of the newspaper, essential supplies shop and café, maintained (and increased) their beer offer of cask ale, mini-kegs and canned craft beers – people also calling in with containers filling them

with beers from Redemption, Tring and Mad Squirrel. Ray said "It's been tough, particularly with the fall in commuter numbers but our beer and drinks offer has really helped keep us afloat. We started a delivery service in the Hertford area for beer, newspapers and essential supplies – we've become a sort of, weird craft convenience store! I'd like to say a really big thank you to all the people who have supported us." Our picture above shows Ray with the award.

### In St Albans:

#### The Beer Shop.

Byron Harris of The Beer Shop is pictured, right, with the South Herts Lockdown Heroes award. He said "Soon after the imposition of lockdown we set up a home delivery service operating on weekdays from Monday - Friday with an additional "Fresh Beer" delivery on Saturdays. The Saturday service quickly took off and was a great success with over 90 litres of fresh cask beer being sold each Saturday." Tring beers were often available and there was the rare appearance of a Cloudwater Pale in cask form.



*Dating in parts from the 15<sup>th</sup> century and a Grade II\* listed building, Lombard House has been home to this Private Members Club since 1897*

**CAMRA Good Beer Guide  
2014/15/16/17/18/19/20/21**

**South Herts CAMRA Club of the Year**

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**New members are currently welcome although we are quickly becoming full**

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of their CAMRA membership card

**CLUB**

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Tel: 01992 421422**



**Farmers Boy.** Landlord Kevin Yelland is pictured, left, with the pub's Lockdown Heroes Award. Kevin said "When lockdown was imposed, we quickly switched to direct home deliveries taken from phone orders and set up a "new beers" alert on

social media. This service proved to be very popular and during lockdown we actually gained a lot of new customers!" During the pub closure there was a wide range of beers on offer to visitors seeking takeaway beer. In the latter stages of the lockdown these included Woodforde's Wherry, Mad Squirrel's Hopfest and Serenity from the Abbeydale brewery in Sheffield.

#### Great Northern.

Publican Emma Parkhouse and her partner Sheri





Edwards worked hard during lockdown supplying not only real ales to takeaway customers but also providing a provisions convenience store for food supplies. Post-lockdown they continue to offer takeaway beers with a 20% discount on real ales. South Herts Branch chairman Iain Loe, left, is seen presenting Emma with the CAMRA award.

**Mermaid.** The pub launched an off-sales service just two days after the start of lockdown. Joint owner, John Cusworth said "Word got around very quickly and we soon had people coming from all over – not just St Albans - to pick up supplies of real ale." The pub has continued their off-sales service since the easing of

lockdown. In our picture Iain Loe, Branch chairman, left, is seen presenting John with the

Mermaid's certificate.

**Robin Hood.** With the pub company tie temporarily released, landlord Jim Pratt was able to obtain beers from local breweries including Tring, 3 Brewers, Farr, Chiltern, Paradigm and Hornes from Milton Keynes – all offered at takeaway discount prices to



thirsty City drinkers for the duration of the lockdown. Jim said "We were doing ok, selling around six

firkins of cask ale a week plus traditional cider." The award was presented to Jim, left, by CAMRA's Phil Defriez

**Six Bells.** Thanks to the efforts of landlord Alan Oliver and his team, St Michael's villagers and St Albans drinkers were never socially distanced from a cracking pint of real ale. From the onset of lockdown they were dispensing takeaway beers in 2 and 4 pint containers, enabling the business to keep ticking over and providing locals with their usual tippie. Apart from the ever-present Oakham JHB, beers from local brewers Tring and 3 Brewers were dispensed in tip top condition. Alan said "There were even some

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days where it was very nearly business as usual owing to the proximity of the pub to Verulamium Park and the

prevailing 'hot spell'. Alan reduced the price of his real ales and their excellent food offer diverted to takeaway Pizza Thursdays, Fish & Chip Fridays and takeaway Sunday Lunch. And a real positive aspect to the current predicament, was that on several balmy summer evenings, locals in the village took a chair and ventured out of their houses to enjoy a drink and a chat. The convenience of the Six Bells to villagers really came into its own, as their Community Pub (socially distanced at all times!). Our picture above shows Alan, left, with CAMRA's Dave Wright enjoying the 'new normal' with a tap of the elbows!

**White Hart Tap.** Landlord Steve McConnell (pictured next page top left), left with CAMRA's Phil Defriez said "Once the pub was back up and

running, after staff illness with Covid, we were soon offering three takeaway real ales every day – at a discounted price. Tring's Side Pocket



for a Toad was almost always available plus two guests including some from Vibrant Forest brewery which I collected myself from Hardley in Hampshire. We also provided take away food at the weekends". Other South Herts pubs we got to hear of that offered real ale takeaways for shorter periods of time were the **Rose and Crown** and **Green Man**, both in Sandridge.

Congratulations to all of the above pubs for a job very well done. If you know of any other lockdown real ale heroes deserving deserve mention please let us know.

#### At the South Herts Cask Ale Breweries:

**3 Brewers** and **Farr Brew** expanded takeaway services for their beer – 3 Brewers even setting up a well-received home delivery service in their area.

**3 Brewers'** Mark Fanner (pictured, left, with South Herts CAMRA's John Bishop) said "During lockdown we put all of our energies into supporting local pubs and




building a home delivery service. This has been a tremendous success and the loyalty and support

of local people has been truly humbling. We're delighted that CAMRA have recognised our efforts to keep the real ale flowing in the most challenging of times".

**Farr Brew's** Nick Farr said "We are delighted to receive this CAMRA award as proof of our ongoing dedication to real ale and to providing a service for our customers.

Throughout lockdown we didn't stop brewing - in fact our brewer, Jason Moylan, had to scale up the operation considerably as we sought to cope with the huge additional demand for bag in-box and bottled beers. Every Saturday we had hundreds of



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folk queuing around the farm in anticipation of some real ale. Jason came up with a whole host of new recipes

during that time – some of which are now regular beers (*Lock In* and *Farr Apart*). Nick and Matt spent



lockdown overseeing the huge refurbishment project in Farr Brew's new pub - the **Elephant & Castle** in Amwell, Wheathampstead, a massive success thus far due to the extremely talented managers and chefs that were brought in. All other Farr Brew pubs reopened (the **Rising Sun**, Slip End; **Eight Bells**, Hatfield; **Red Cow**, Harpenden and the **Reading Rooms**, Wheathampstead) though we have since had to temporarily close the Reading Rooms, which we hope to open again very soon. We would like to thank CAMRA for their continued support during this time". Our picture above shows CAMRA's Rob Strachan (second left), with the Farr team of, left to



right, Matt Elvidge, Izzy Foley, Nick Farr and Jason Moylan.

At **McMullen's**, cask ale production was suspended during lockdown but Mac's continued brewing for their McMullen and Rivertown bottled beers. A 'drive-thru' bottled beer shop was set up (and continues) at the brewery - and fresh food essentials were offered at cost price to local NHS staff. The beer shop was also taken out on the road to a number of pubs in the Mac's tied estate including **the Bulls Head** at Turnford, pictured below.



Beers from other Hertfordshire brewers could be found in many of the South Herts pubs that operated takeaways during lockdown – notably beers from **Tring** brewery who worked hard to maintain supplies and options. For a report on what all Herts cask ale

brewers did during lockdown visit the South Herts CAMRA website – [www.southherts.camra.org.uk](http://www.southherts.camra.org.uk)

## Not Just Here for The Beer....

Let's not forget the pubs that set up takeaway food or meal services. These included the **Olde Fighting Cocks**, **Portland Arms**, **Hare and Hounds** and **Lower Red Lion** in St Albans, the **Millstream** in Hertford, **Baker Arms** in Bayford, **Farmers Boy** in Brickendon, **Old Guinea** at Ridge, **Grandison** in Bramfield and **Red Cow** in Harpenden. And in the age-old tradition of the good British local, many of our unheralded publicans and staff looked out for their older and more vulnerable regulars with a local lockdown network of goodwill and care.

It is evident that pubs are taking a very serious approach to re-opening with important sanitising and social distancing measures in place, yet the welcome at the door and in pub gardens has been brilliant. As the pandemic hopefully recedes, now it's time for us to get behind our pubs and breweries – we need them to survive and prosper - and to continue to be at the heart of our communities. Nip in for a pint.

*Please support your Local*

*Les Middlewood*

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## Have Finnish Scientists found a hangover cure?

Scientists believe they may have found a cure for hangovers and it could cost as little as 15p per tablet.

Researchers from the University of Helsinki looked at the effects of L-cysteine, an amino acid which is already present in the human body and is often used as a dietary supplement.

Men who took the pill while drinking alcohol reported lower levels of stress, anxiety, nausea and headaches compared to those who were given the placebo.

For the study, which was published in the journal *Alcohol and Alcoholism*, (could only be in Finland) researchers recruited volunteers aged between 21 and 60 and asked them to drink alcohol between 7 pm and 10 pm on six consecutive Friday evenings. The participants were told they must be familiar with having a hangover before they were accepted for the trial.

Ultimately, only data collected from 19 of the men was used after several people were ruled out because they didn't attend all the sessions or they couldn't drink enough. Eight women were also removed from the study for different factors.

Saliva samples and breath tests were taken during the Study to measure how drunk the participants were. Every hour between 7 pm and midnight, participants were given a tablet to swallow after being randomly chosen to receive either a placebo, a 1,200mg L-cysteine tablet, or a 600mg dose of the amino acid. The morning after the drinking session participants were asked to rate their hangover, headache, nausea and anxiety levels from zero to ten, and stress from zero to four.

The study, led by Peter Eriksson, found L-cysteine reduced the effects of a hangover to a "statistically significant level".

"L-cysteine would reduce the need of drinking the next day with no or fewer hangover symptoms: nausea, headache, stress and anxiety," reports the study. "Altogether, these effects of L-cysteine are unique and seem to have a future in preventing or alleviating these harmful symptoms as well as reducing the risk of alcohol addiction."

L-cysteine is known for its role in making proteins within the body and boosting certain metabolic functions. Foods rich in protein such as eggs, chicken, turkey and seeds all contain L-cysteine. Tablets containing the supplement can be bought online for around \$20 (£15) for a pack of 100.

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## CAMRA Great British Beer Festival Glass causes a stir

**T**he Great British Beer Festival, which usually takes place in August at Olympia in London, made its virtual debut from 11-13 September 2020.

For the first time ever, visitors to CAMRA's iconic event purchased a ticket to a weekend of live beer tastings that ran from 2 pm – 9:30 pm on Friday, Saturday and Sunday. The tastings took place each day led by experts such as Roger Protz, Cheryl Cade and Adrian Tierney-Jones.

There were also pre-recorded 'events' for visitors to dip into in between the tastings, which includes a tour and Q&A at:

- Charles Faram hop farm
- Crisp Malt maltings
- Harvey's Brewery
- Little Pomona Orchard

500 tickets were on sale, retailing at £46 each. Ticket holders received a 2020 festival glass and 11 beers so that they could participate in two of the tasting sessions.

Unfortunately, there were complaints about the tasting glass provided (pictured below) as it was covered in a logo which appeared to some to look exceedingly like the Covid-19 symbol being used by the government. The glass was seen by some to be insensitive considering the pandemic.



Following press articles GBBF organiser Catherine Tonry stated that she had contracted COVID herself and suffered lung damage during treatment and would not have done anything that might have been construed as offensive intentionally.

She said: "The Great British Beer Festival is truly the heart and soul of what CAMRA is all about – bringing people together and making friends over a great pint. While we are sadly not all out on the festival floor this week, I am delighted to welcome back new friends and old to our very first virtual festival.

"It has been an incredibly difficult year for many people due to COVID-19, but we are looking



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forward to celebrating the very best beers that Britain has to offer in true GBBF style – albeit from the comfort of our own homes! We hope visitors will enjoy the wide range of beers, tastings, talks and tours available and mark their calendar for a weekend of fun, friendship, and of course, great beer".

## The Hertford Ale Trail

**A**t the end of each November we annually hold the Hertford Ale Trail, a walk around eight or so of the town's best real ale outlets, to discover some great beer and to catch up with like-minded enthusiasts and friends from Hertford, Ware and beyond.

Always well attended, the event, not surprisingly, cannot take place in its usual format in 2020 due to COVID restrictions.

Yet all of our regular pub participants are open and providing real ale, if operating with important social distancing measures, cleaning regimes, temporary opening times and busy-times booking arrangements



As CAMRA members we will all agree that we want to see our pubs continuing to be at the heart of our towns and villages - at the centre of our communities. In these difficult times they need our support.

We will all naturally have our own personal take on what is currently a safe drinking environment but CAMRA urges people, where they feel they can, to support our pubs and publicans who are doing their best to operate in a safe environment whilst embracing the Government's COVID instructions. Click [here](#) to find a reminder of Hertford's real ale outlets.

Many will be adding special real ales to their normal offer during November.

Why not visit a few of them in November - to keep the spirit of the Ale Trail alive in 2020?

### SUPPORT YOUR LOCAL

NB. We hope to run the traditional Ale Trail event afresh in November 2021.

*Les Middlewood, South Herts CAMRA*

Any comments, articles or letters for publication are welcome. Please send to: **Steve Bury, 14 New Road, Shenley, Herts, WD7 9EA.** Or send an Email to us at: [pintsofview@hotmail.co.uk](mailto:pintsofview@hotmail.co.uk)

### CAMRA campaigns for real cider and perry



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Real cider and perry grows on trees

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# Help us power What?Pub



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### Updates


Four real ales available to take away including one dark beer. Open 2-7 Monday to Friday, 1-8 Saturday, 1-6 Sunday. Strictly one in/one out for collections, and home delivery is also available for orders over £20. All draught beer is £3 a pint, and cider £3.50 a pint - served in either two or four pint containers. See the pub's social media pages for the latest on beers and ciders available.

<https://www.facebook.com/mermaidstalbarn/>

#PullingTogether - [Find out more](#)

**NOTICE** As venues recover following the coronavirus lockdown period they need your support more than ever. But please be aware that some special restrictions may apply, opening hours may be different to those displayed here, and some venues may be yet to re-open at all. Before visiting any venue, we strongly advise you to check its website or social media, or get in touch with them first to avoid disappointment.

If you see any details here that need updating, please let us know by submitting [feedback on the pub](#).



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\* fields are required

Date of visit:  /  /

Score (0-5):

Brewery (optional)

Beer (optional)

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Submit Score

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### Campaign for your local

We campaign on a number of issues to help keep pubs open and pints affordable. If you love beer and pubs, get involved today!

[Find out more](#)

Things are a little different right now. Help CAMRA keep WhatPub up to date by using the feedback form to let us know about any changes at the pub:

[www.whatpub.com](http://www.whatpub.com)



Campaign  
for  
Real Ale

*This section contains information from a large number of sources and occasionally errors may occur. News items are supplied to meet newsletter deadlines, and which in some cases may unfortunately be out of date upon publication. Comments or additional information should be sent to our contact details on page 16.*

**Ashwell:** The tenants of the **Three Tuns** left on 20 March. The pub is closed and its lease being advertised for sale via Greene King. The lease of the **Rose and Crown** is up for sale by Greene King. Pub is open.

**Baldock:** The **George IV** is yet to re-open.

**Benington:** The **Bell** remains closed but food takeaways are available.

**Chipping:** The **Countryman** remains closed.

**Codicote:** The **Bell** is reportedly closed and boarded up.

**Harpenden:** We belatedly welcome Dan Pennington to the **Harpenden Arms** as the new manager. **Clubroom Brasserie** has opened in the place of the previous **Mad Squirrel Tap and Bottle Shop**, which closed at the beginning of the year. No real ale.

**Hitchin:** The **Beer Shop** is not currently selling real ale. The **Kite at Red Hart** is not currently selling real ale due to low sales. The **Radcliffe Arms** continues to serve real ale but orders by an app only – it will therefore not serve beer to customers who do not have a smart phone.

**Peters Green:** The **Bright Star** is up for let by Macs. Pub open.

**Pirton:** The **Fox** up for let. Still trading.

**Royston:** The **Chequers** was closed on visits made there in July and August with no indication of a re-opening date. The **Coach and Horses** is closed and boarded. Lease advertised for sale. The **Green Man** closed on visits made in July and August, and there is no indication of a re-opening date. There are some reviews on the trip adviser website from August which indicates that pub may have re-opened for a short while in August. Pub sign has been removed.

**Shenley:** We are pleased to announce (albeit a bit late) that the **White Horse** has had its ACV (asset of community value) relisted from 18<sup>th</sup> July 2019. This is important as it is now the only pub in the village.

**St Albans:** As some of you may know the **Verulam Arms** closed a while back following financial difficulties. It was then acquired by some joker called Warren who renamed it the **Rabbit Hole** and as far as we know it had no real ale. Unfortunately for them the pandemic arrived and it was only open for a short time. The pub has now reopened under new ownership and new licensees. All traces of rabbits have been removed including the sign outside 'Rabbit Hole Public Living Room!' and so it is now back to the **Verulam Arms**. One real ale from 3 Brewers was on sale but there are plans to have more

and food service is due to return as well. The pub is quite bare but apparently, they have done a lot of work on the garden. The **Bell** Chequer Street, the failed Jamie's restaurant, has become another Megan's Deli. Originally from Fulham it is obvious they have the money to invest. It is highly unlikely that they will serve any real ale.

**Stevenage:** The **Almond Tree** up to let by Mac's. **Tom Tiddlers Tavern** is now serving real ale – **Doom Bar** and Adnams **Ghost Ship**. The **Vincent Motorcycle** is up to let by Admiral Taverns. Pub continues to trade.

**Walkern:** The **White Lion's** owner, Greene King, is advertising pub to let. Pub remains open.

## CAMRA BRANCH DIARY

All CAMRA branches pub events, visits and engagements are currently suspended. Please check individual branch websites for individual Hertfordshire branch updates.

## CAMRA BRANCH CONTACTS

### Herts & Essex Borders CAMRA

**Chairman** – Brendan Sothcott, Tel: 01279 507493

**Minibus Bookings** – Call Graham on: 07753266983, Email: [mini-bus@heb-camra.org.uk](mailto:mini-bus@heb-camra.org.uk)

**Pubs Officer** - Norman Samuals, Email: [pubs@heb-camra.org.uk](mailto:pubs@heb-camra.org.uk)

**Socials Contact Email:** [social@heb-camra.org.uk](mailto:social@heb-camra.org.uk)

**Email:** [Secretary@heb-camra.org.uk](mailto:Secretary@heb-camra.org.uk)

**Internet:** [www.heb-camra.org.uk](http://www.heb-camra.org.uk)

### North Hertfordshire CAMRA

**Chairman** – Paul Coad

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**Branch Contact** - Jeremy Kitson

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**Socials Secretary** – Brian Mason

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**Internet:** [www.northherts.camra.org.uk](http://www.northherts.camra.org.uk)

### South Hertfordshire CAMRA

**Chairman** – Iain Loe

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**Branch Contact:** John Bishop, Tel: 07720 295419,

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**Socials Secretary:** Ian Boyd, Tel: 07402 323525

**Email:** [ian.boyd@me.com](mailto:ian.boyd@me.com)

**Internet:** [www.hertsale.org.uk](http://www.hertsale.org.uk)

### Watford & District CAMRA

**Branch Contact:** Andrew Vaughan.

**Email:** [branch@watford.camra.org.uk](mailto:branch@watford.camra.org.uk)

**Phone:** 01923 230104. Mobile: 07854 988152.

**Internet:** [www.watford.camra.org.uk](http://www.watford.camra.org.uk)



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visit [www.camra.org.uk/joinup](http://www.camra.org.uk/joinup), or call 01727 798440.\* All forms should be addressed to  
Membership Department, CAMRA, 230 Hatfield Road, St Albans, AL1 4LW.

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# Attention ALL CAMRA members!

Want to get more from your membership?  
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Understand more about local branch campaigns?  
Want to know more about your local beer & cider  
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