



# Official Newsletter of Forest City Brewers

## August Edition

Next Meeting will be held at **Prairie Street Brewing  
Company**

*Wednesday, September 3<sup>rd</sup>, 2025 @ 7:00 PM*

### Beer Trivia Question

Which U.S. brewery pioneered large-scale use of rice in its flagship lager back in 1876?

Read to the end to find out if you're right!

### HOW TO CONTACT FOREST CITY BREWERS

[Homepage: Forest City Brewers](#)

[forestcitybrewers@gmail.com](mailto:forestcitybrewers@gmail.com)

[Facebook: Forest City Brewers](#)

## Forest City Brewers

Welcome to the Forest City Brewers!!

Forest City Brewers a community of home-brewers and craft beer aficionados coming together in Rockford, IL. Our club strives to help out our fellow brewers to create better beers and cultivate appreciation of the science and culture of beer through education.

Currently 77 members have paid their dues!!!!!!

### July Meeting Notes

President, Scott Walker, started off the meeting welcoming everyone. We Welcome all new members to the club!!!!

Next, we talked about the past / upcoming events for the Forest City Brewers. There are upcoming beer events such as CHAOS in Chicago (August 23<sup>rd</sup>), Screw City (Rockford September 6<sup>th</sup>) and Pretzel City (Freeport July 27<sup>th</sup>). We are looking for brewers to sign-up to participate and provide 5 gallons of beer to share. Please see an Officer to sign-up as well as sign-up sheets at the meetings.

We had a new member, Paul Page tell us about his distilling experience and the even provided a sample of some Spiced Rum. Thank you, Paul, for the discussion.

Thank You to everyone who went to Great Taste of the Midwest, This is a lot of people that enjoyed some of the best beers in the Midwest!!



## Monthly Style Table Competition

### August Style Table – .M.A.S.H. Beer (Single Malt, Single Hop)

**1<sup>st</sup> Place**

Lesley Davis

**2<sup>nd</sup> Place**

Scott Walker

### August Open Table

**1<sup>st</sup> Place**

Mark Davis – Blueberry Kolsch

**2<sup>nd</sup> Place**

Dave Benson – Citra Pale Ale

**3<sup>rd</sup> Place**

Mike Bohn – PB Pretzel Dark Wheat

**Honorable Mention**

Jerry Machula

Eric Javurek

Paul Page for the Spiced Rum

### Current Point Standings

<https://forestcitybrewers.us/index.php/contest-points/>

\*Please remember to preregister your beers for the Brewer of the Year contest by registering your beer thru the Forest City Brewers web page.

<https://forestcitybrewers.us/index.php/pre-register/>

### Upcoming Competition Styles

**September:** Fruit Beer Challenge – Any base beer with fruit. Fruit(s) must be specified when entering.

**October:** 6A – Märzen

**November:** Brewer's Choice – Cider or Mead

**December:** Brewer's Choice – Stout

**January 2026:** 33A – Wood Aged Beer

## UPCOMING EVENTS

### UPCOMING TASTERS GUILD

August Tasters Guild will be at Barnstormer's

August 20<sup>th</sup>, 2025 5:30 – 9 pm

September – Rock County Brewing Company

### UPCOMING CLUB EVENTS



#### **C.H.A.O.S. Homebrew Festival**

When: August 23rd, 2025 2 – 7 pm

Where: C.H.A.O.S. Club

2417 W Hubbard St, Chicago, IL

[CHAOS 2025 Summer BrewBQ](#)



#### **Screw City Beer Festival**

When: September 6th, 2025 12 – 4 pm

Where: River Front Lot @ Riverview Ice House

200 North Water Street Rockford, IL 61107

Looking for interested Brewer's to sign-up to bring a beer to serve

[Screw City Beer Festival](#)



#### **Pretzel City Brew Fest**

When: September 27th, 2025 1 – 5 pm

Where: 1 W. Spring St.

Freeport, IL 61032

Looking for interested Brewer's to sign-up to bring a beer to serve

## TASTERS GUILD



June's Tasters guild was held at Hairy Cow Brewing Company, 450 E Blackhawk Dr, Byron, IL 61010 United States

Thanks to everyone that made this a great night to gather, consume fabulous concoctions, share some beers and share some great stories



This month's Tasters guild will be held at Barnstormer's Distillery on Wednesday August 20<sup>th</sup>, 6 pm – 9pm. It is located at 6969 S Main St, Rockford, IL 61102 United States. If you haven't been out to see Addie and Tim, please come on out! Let's all show-up and try their spirits!!

### **And the Answer Is...**

Anheuser-Busch added rice to the original Budweiser in 1876 to create a lighter, crisper "American" lager. The adjunct both lowered malt costs and defined Budweiser's signature dry finish.

## NEW FOREST CITY DISCOUNTS

We have a new **DISCOUNT** being offered by Welders Supply Company located 3485 Brick Dr, Rockford, IL 779-208-4055

Forest City Brewers is being offered the opportunity to participate in Co2 tank **exchanges**. If you need Co2 Monday-Friday 7:30 AM till 4:30 PM, please stop by and give them a try.

- 5lb and 20lb tanks always available
- 2.5lb and 10lb tanks, please call-in advance to verify availability
- Co2 tanks are exchange only
- Just mention you are a member of "Forest City Brewers"
- Cash On Delivery – Pay when you exchange / pick-up

[Welders Supply Rockford Map Location \(Link\)](#)

We have another new FCB **DISCOUNT** being offered by Famous Dave's located 3303 N Perryville Rd, Rockford, IL 61114 815-636-0300. We are being offered \$5 off your meal. Please stop by with the family and enjoy some good food.

## CLASSIFIEDS

[Jon Lambert's Award Winning Set-up](#)

### MAKE AWARD WINNING BREWS!!!

A FCB member is looking to rehome his 220v electric Homebrew system. Included in this sale is the cart and all the vessels, the pumps, camlock fittings and hoses, wort chiller, RMS tub, control panel, 220v elements and many more items. It even includes the evaporation hood and vent fan!!! So, if you're looking to have an award winning system that is ready to brew your next award winning brew, Contact Jon by texting or calling him at 815-494-5261.

If you would like to post any items for sale, please contact the FCB Secretary to list your items.

## Upcoming Beer Contests



### Urban Forest Craft Brewing Annual Homebrew Competition

**When:** August 13th, 2025 6 – 9 pm

**Where:** Urban Forest

6551 E Riverside Blvd Suite #112, Rockford, IL

**Brewers Choice:** Receives \$100 gift card to Urban Forest, custom tap handle trophy, and the winning entry will be scaled up, brewed and put on tap.

**Peoples Choice:** Receives a \$50 gift card to Urban Forest and a custom tap handle.



### Oktoberfest Home Brew Competition

**When:** September 23<sup>rd</sup>

**Where:** G5 Brewing

1895 Gateway Blvd, Beloit, WI 53511

Please submit Google form by August 27<sup>th</sup>, 2025

Please submit 32oz of beer to G5 by September 23<sup>rd</sup>. Judging will take place September 25<sup>th</sup> and winners will be announced during Oktoberfest September 27<sup>th</sup>.

[G5 Oktoberfest Google Form](#)

### Thirteenth Annual Badger Brew-off

**When:** November 4th, 2025

**Where:** Madison Homebrewers and Tasters Guild (MHTG)

Two 12 oz / 333 ml or larger bottles of beer

The entry fee of \$7 / entrant

Entries must be registered online at:

<http://www.badgerbrewoff.org>

# Hangovers: Why They Happen and How to Handle Them Without Crying into Your Coffee

With all the upcoming beer events and all those beers to sample, let's talk about hangovers!!!!

So, you danced a little too much with Bacchus. You clinked glasses, toasted to good times, maybe recited sonnets to your favorite IPA. And now, here you are: dehydrated, dazed, and wondering if your skull is hosting a punk rock drum circle. Welcome to the hangover, the not-so-gentle price of fermented fun.

But fear not, fellow partaker. Understanding the science behind your pain might just help you survive it with dignity—and a lot of water.

## The Chemistry of Regret

Let's break down why you feel like your brain is a sponge under an elephant's foot, your shoes are made of concrete, your mouth is like the Sahara and your stomach is moonlighting as a blender. Alcohol, while delicious and delightfully social, is also a diuretic—it tells your kidneys to let loose, which means you lose more water than you take in. Enter: dehydration. Cue the headache, dry mouth, and dizziness.

Your liver is also working overtime to convert alcohol into acetaldehyde, a toxic substance even nastier than alcohol itself. Eventually, it's neutralized into something less evil—but not before stirring up chaos in your system.

Then there's your immune response: alcohol sparks inflammation, which adds to that lovely combo of fatigue and mental fog. And let's not forget that too much alcohol messes with your sleep cycles, particularly REM sleep—the stage where dreams (and recovery) happen.

## How to Hangover Like a Pro

### 1. Hydrate Like You Mean It

Water is your best friend now. Coconut water or electrolyte-rich drinks can also help restock lost minerals like potassium and sodium.

### 2. Feed the Beast

A solid breakfast can ease your symptoms. Bananas help replace potassium. Toast and oats stabilize blood sugar. Eggs offer helpful amino acids. It's not a cure, but it's a strategic brunch.

### 3. Sip Tea, Not Regret

Ginger or peppermint tea can calm your stomach. Pro tip: sip slowly, wear sunglasses indoors, and pretend you're starring in a European indie film about heartbreak.

### 4. Sleep = Sanity

Don't fight it. If your body wants to crawl under the covers and forget the world, let it. Sleep is your natural reset button.

### 5. Prevent Like a Pro

Next time you're enjoying a bottle with friends, pace yourself. Alternate with water. Eat while you sip. And maybe stop at the glass where everything's still poetic and not blurry. There is nothing worse than not remembering when you went to bed, how you got there and what you might have done during your lapse. Hangovers are bad enough but anxiety just adds insult to injury.

## Bottom Line: Enjoy Responsibly, Recover Smartly

The best way to beat a hangover? Avoid one. But when that plan fails, hydration, real food, rest, and self-compassion are your best bets. Keep the myths on the shelf and treat your body like the temple you occasionally turn into a brewery or winery.

Here's to better mornings, remembering the night before for all the right reasons and not feeling like you crawled out of your dryer instead of your bed.