



Object of the Newsletter

To promote the appreciation of fine Scotch Whisky, the area from which it comes, the people that inhabit the land and it's history. By the way, I do not profess to be an expert, I am merely expressing an opinion on the whiskies I am tasting. *"Slainte."*

In this issue I look at Ardbeg 'Airigh Nam Beist' (Aray Nam Bayst), which I tasted for the first time at Jack and Tony's restaurant in Santa Rosa California. Not only does it's bar stock over 300 whiskies, but there is a resident "Whisky professional", Erin Payton. Erin is very knowledgeable and is happy to guide you through the extensive menu of whiskies to find exactly what you want.

This is Ardbeg's third whisky offering after the 10-year-old and the Uigeadail, and is named for "the lair of the beast, a loch above the distillery that legend tells held a water horse (Kelpie).

If you like smoky scotches, this is one of the best I've tasted (and I've tasted quite a few). It proved so popular that it may be hard to find; you may have to shop around on the internet to find some:

Approximate cost \$125.00.

Tasting Notes;

Nose - Vanilla, pears, smoke & fruit

Palate - Ripe fruit, peat, pepper, dark chocolate, slightly briney

Finish - Long finish with smoke, coffee and liquorice

For history of Ardbeg distillery refer to issue 32.

"Slainte Mhath"

Paul Bissett



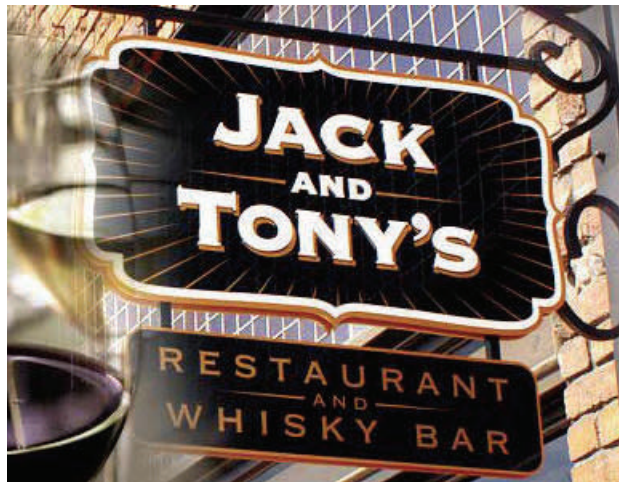


Jack & Tony's Restaurant

[Www.jackandtonys.com](http://www.jackandtonys.com)

Jack and Tony's Restaurant and Whisky Bar, is situated in Santa Rosa's Railroad Square Historic District. Located in the heart of Sonoma County's Wine Country, about 50 miles north of San Francisco and the Golden Gate Bridge.

The restaurant features Modern American Regional cooking and an extensive wine list focused on Sonoma County's incredible wine producers. The adjacent Whisky Bar shelves over 300 expressions of Scotch, Bourbon, Irish, American and Japanese whiskies ranging from \$6 to well over \$100 and they also offer tasting flights.



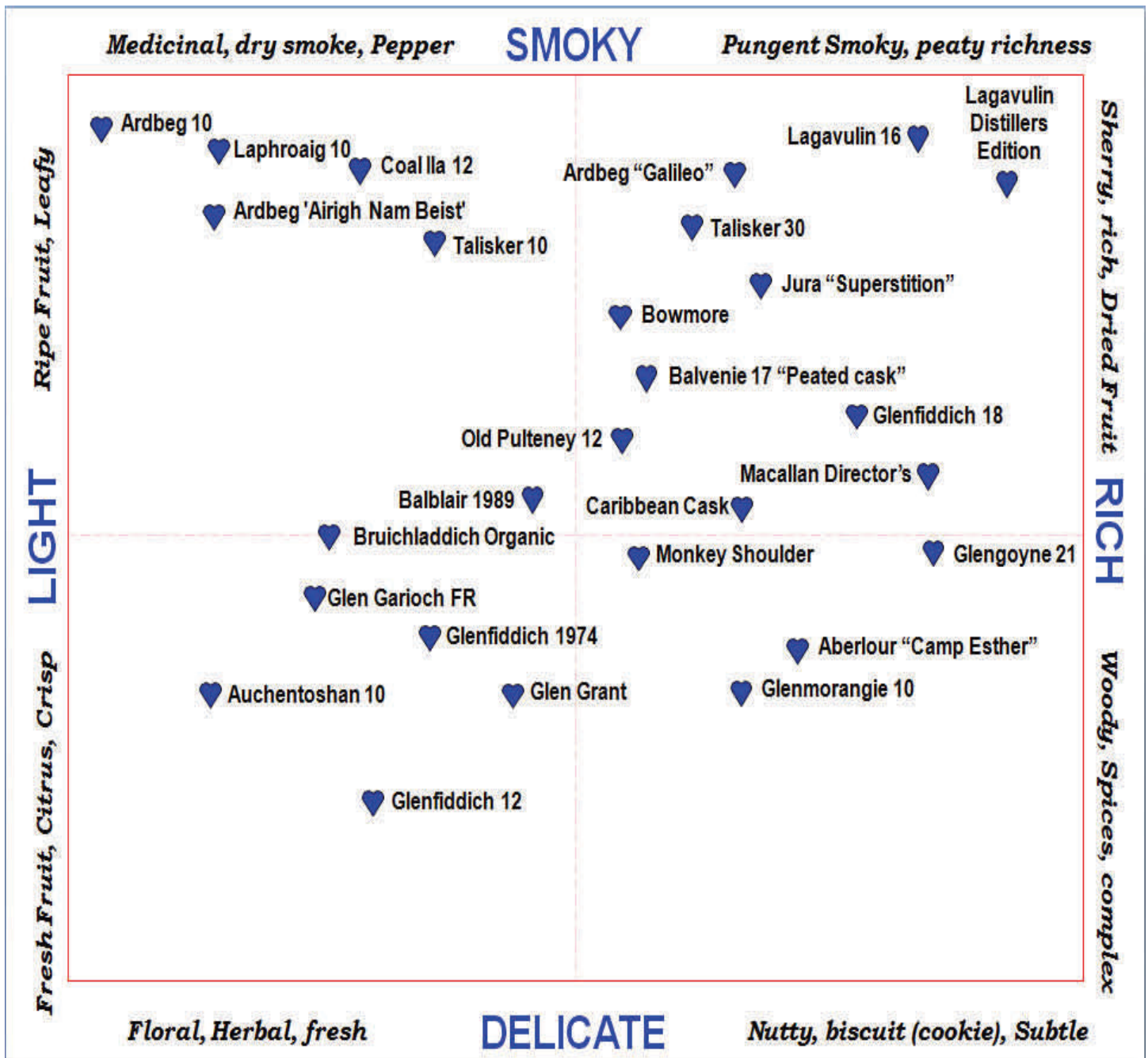
Chef /Proprietor Jack Mitchell draws on his 26 years of culinary experience to bring his passion for good food, great drink and enjoyable atmosphere together. Jack is a recognized Expert at pairing whiskies with food and is in avid pursuit of the perfect match.

"If you resolve to give up smoking, drinking and loving, you don't actually live longer; it just seems longer."

Clement Freud



Below is a simple guide to help you choose your single malt Whisky, and the flavor notes you should expect from it. Being Scottish I recommend you find a likely candidate and try it in a bar before buying the whole bottle. With each issue of the newsletter I will add in another Whisky to the flavor map. This Issue; Ardbeg 'Airigh Nam Beist'. For more information go to www.ardbeg.com





Kelpie or water horse

With thanks to Fantasy horses www.fantasyhorses.homestead.com

The Kelpie is a water spirit inhabiting deep pools in Scottish streams and rivers. It normally takes the form of a small horse - sometimes said to be black, but also "green as glass" with a jet black mane and tail. The Kelpie can also take the form of a human, but it always has something of the water which gives it away - like waterweed in its hair. In its horse form it might wait near a ford to tempt a weary traveler to ride it across the river. It would look like a gentle pony, but anyone foolish enough to mount it would be carried off into the river and drowned.

Another name for the kelpie on the Isle of Man is the Glashtyn. Like all kelpies, the Glashtyn appears as a horse - specifically, a grey colt. It is often seen on the banks of lakes and appears only at night.

Kelpies were also well known for stealing human girls to take as wives, never to see their families again. There is a story of a Kelpie's wife who managed to escape to dry land again, leaving the Kelpie and their baby son. Although she wept to leave her child, she longed for human company, and she knew the Kelpie loved his son and would care for him. She returned to her family who were overjoyed to see her again, thinking that she had been drowned years ago. But as they celebrated, a dreadful storm blew up, with howling winds and lashing rain. Above the noise of the storm they could hear the furious screams of the Kelpie. In the middle of the night, when the storm was at its worst, they heard a loud thump against the door of the house. They did not dare look, in case it was the Kelpie come for his wife. But in the morning the storm abated, and they opened the door to see what had crashed into it in the night... It was the severed head of the baby son.



Aberlemno Kirkyard Forfar, Angus



Bottom right of the cross opposite



Cont.

Some say the kelpie is not always male, but may also take the form of a human woman. In this instance, the kelpie is often referred to as a water wraith and is most often seen clothed in a green dress. She is just as treacherous as a male Kelpie.

There was one way in which a Kelpie could be defeated and tamed; the Kelpie's power of shape shifting was said to reside in its bridle, and anybody who could possess such a bridle could force the Kelpie to submit to their will.

A Kelpie in subjugation was highly prized, it had the strength of at least 10 horses and the endurance of many more, but the fairy races were always dangerous captives especially those as malignant as the Kelpie. It was said that the MacGregor clan were in possession of a Kelpie's bridle, passed down through the generations from when one of their clan managed to save himself from a Kelpie near Loch Slochd

The Each Uisge (pronounced "ech ooisky") - each = horse, usige = water (like whisky) is the fiercest and most dangerous of the Scottish water spirits. While the Kelpie lived in running water, the Each Uisge lived in the sea, sea lochs and fresh-water lochs. In Ireland its equivalent was called the Aughisky.

Like the Kelpie, the Each Uisge would take the shape of a fine horse or pony and stand near the water's edge. If anyone tried to ride it, it would immediately plunge into the deepest part of the loch. The water horse's coat is adhesive so that the rider cannot get off. Once it has drowned its catch the water horse devours the body, eating everything except the liver, which eventually washes up on the shore - so that everyone will know the monster has claimed another victim.

As well as human victims the Each Uisge also ate cattle and sheep, and could be lured from the water with the smell of roasted meat and then killed.



Kelpie or water horse