

grapevine



CLUB MEETING

Wednesday February 3 2016

Commences 8pm (please be punctual)

Guest Speaker

**Tony Hancy, Owner
PRANCING HORSE ESTATE
Mornington/Heathcote**

Exceptional – one word – but covers a lot about this brand. Non interventionist and biodynamics are the key. Showcasing the best of both regions, and under the talented guidance of one of our previous guests – Sergei Carlei, these wines are fantastic. Tony started the brand in the mid 90's after falling in love with Burgundian wines and traditions. He will be bringing 9 wines so you really need to have your taste buds rocking!! Guests welcome
Please contact Brendon



A New Study Suggests That People Who Don't Drink Alcohol Are More Likely To Die Young

A newly released study shows that regular drinkers are less likely to die prematurely than people who have never indulged in alcohol. You read that right: Time reports that abstaining from alcohol altogether can lead to a shorter life than consistent, moderate drinking.

Surprised? The tightly controlled study, which looked at individuals between ages 55 and 65, spanned a 20-year period and accounted for variables ranging from socioeconomic status to level of physical activity. Led by psychologist Charles Holahan of the University of Texas at Austin, it found that mortality rates were highest for those who had never had a sip, lower for heavy drinkers, and lowest for moderate drinkers who enjoyed one to three drinks per day.

Of the 1,824 study participants, only 41 percent of the moderate drinkers died prematurely compared to a whopping 69 percent of the nondrinkers. Meanwhile, the heavy drinkers fared better than those who abstained, with a 60 percent mortality rate. Despite the increased risks for cirrhosis and several types of cancer, not to mention dependency, accidents, and poor judgment associated with heavy drinking, those who imbibe are less likely to die than people who stay dry.

A possible explanation for this is that alcohol can be a great social lubricant, and strong social networks are essential for maintaining mental and physical health. Nondrinkers have been shown to demonstrate greater signs of depression than their carousing counterparts, and in addition to the potential heart health and circulation benefits of moderate drinking (especially red wine), it also increases sociability.

While it's always important to drink responsibly, this is one study that warrants raising a glass.

2016 FOOD AND WINE NIGHT

8pm Wednesday 2nd March

Yes, it is that time of year again, with Chris, Denise and I planning ahead with great vigour to provide you with an interesting, and sometimes challenging set of food and wine experiences.

We will stay generally with the 3-course theme, so for anyone new to the club DON'T eat before you come.

\$30 per head, still a bargain I hear you say! Bring cash on the night (plus \$5 for the raffle)

Bookings essential – 48 participants maximum. Contact me, Janne, via Phone – H 98192373 M 0432536770

Email – janne_williams@hotmail.com

Guests – are welcome.

Looking forward to your enthusiastic participation on the night.

Janne Williams



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