

# **u3a ST AUSTELL WINE APPRECIATION GROUP**

## **JULY 2025 NEWSLETTER**



Dear Wine Group Members

Having been enjoying these warm, sometimes very hot, days, I am sure many of us have had the occasional ice cream when out to “cool us down”! I read today, of a new trend of pairing wine with ice cream and after the first parlour appeared in Paris, one in London The Dreamery (apt name) has opened near Islington. Now I love an ice cream (especially coffee) and I really enjoy wine, but to put the two together I am not convinced. Apparently GenZ are totally into this and Tik Tok has featured Dua Lipa enjoying the experience. However this isn’t something just for superstars or GenZ, as

Waitrose has jumped on the bandwagon suggesting wine pairings for its gelatos and ice creams (eg Belgian Dark Chocolate & Sour Cherry ice cream with Pinot Noir). I guess I can just about imagine an olive oil ice cream pairing with something fruity like a Sauvignon Blanc or rose, or a raspberry sorbet with champagne, but that's where I end! I wonder if you have found successful wine and ice cream pairings, let me know.

## **Fabulous June Garden Party**

After a dodgy start to the day, by midday the sun came out and members enjoyed another wonderful afternoon getting to know each other better – and for the first time in some cases, as we had some new members attend which is lovely – and shared the enormous delicious home made smorgasbord of food. The Wine Group provided a selection of sparkling wines on arrival, ably poured by Mark to set the scene.

Karen had worked wonders on the garden which looked a picture, and had put together a play list so that gentle music gave a background hum. It was fabulous to see Chris holding court from his chair granting an audience to those who were passing by.

Our huge thanks yet again to Chris and Karen for the use of their home and garden. What a fabulous time everyone had, judge for yourselves by the following photos.

If anyone has a garden large enough to take 20/30 people sitting around and would be brave enough to volunteer next year, please do let me know. Karen and Chris have given generously for many years now, but it would be great if they could just relax and attend as guests I think.









## **Wine Consumption at its lowest level since 1961**

Apparently and according to the International Organisation of Vine & Wine, global consumption of wine has fallen 3.3% last year and is showing a trend of long term decrease. However, don't be fooled into thinking hardly anyone is drinking wine, as that still means 21 billion litres of wine were consumed last year.

Economic pressure, lingering inflationary pressure, lifestyle and generational changes have combined to effect this shift. However a

total of 195 countries now drink wine, and wine has never before been so widely consumed.

The USA leads as the world's biggest wine market by volume. France in second place by volume, and sees an average consumption of 41.5 litres per person last year, with Italy at 42.7 litres per person. The UK dropped by 1% in consumption but interest in wine remains strong.

This all got me thinking about “wine in moderation” and mindful drinking rather than just glugging it down. These days we are all health conscious and are forever being told to drink in moderation. This is about personal responsibility and means different things to different people. Our relationship with wine or alcohol in general, changes as we get older along with habits, health and lifestyle. What is right for me, may not be right for you.

Wine is a very social item, it can bring people together, at a party or over dinner. It is often a relaxant. It is a good conversational topic, it can also be a hobby or passion. However, **the key pleasure in wine does not increase with quantity!**

### **How to drink in moderation?**

I **try** to follow subconsciously, the “one glass of wine, one glass of water adage” and anyone who sees me over the dinner table, or at a tasting will see I am always glugging water. If you don't like plain water, these days there are many no alcohol options to use instead. This generally also means no headaches after consuming wine.

Pour smaller glasses of wine, this not only leaves space in the glass to swirl, smell and enjoy what you are tasting, but it means you pace yourself more.

Have dry days – Monday to Thursday we try at home, not always stuck to for obvious reasons, but a good start to try to adhere to whenever feasible. It also means Friday Saturday and Sunday are days to look forward to choosing and tasting a good wine. Consider no alcohol alternatives to wine on dry days, there are so many to choose from depending on your personal taste.

Don't finish the bottle because you think it will go off! It won't. There are many preservation systems for bottles of opened wine to ensure it will still be fresh on your non dry days.

Rather than just drink the wine, savour it, remember it, what you ate with it, who you drank it with, what sensations you got from it. Make a memory with it, and if you loved it all, make a note to buy again.

So, think about the points above and enjoy your *drinking in moderation* without the guilt!

## **Friday July 11<sup>th</sup> DAYTIME VISIT, Atlantic Vineyard, Newquay.**

**For those who have already booked and paid:** Minibus departs Penrice at 12.50pm or Arts Centre at 1pm. Return from there 5pm.

Suggest you have a light lunch beforehand, as snacks only are served with the tasting after the tour.

Wear substantial footwear, take a stick if you think you may need it as undulating land, and wear weather appropriate clothing/hats/sunscreen. I look forward to seeing you there.

**Very last chance to book Monday 30<sup>th</sup> June only**

**Friday 1<sup>st</sup> August, Arts Centre, St Austell 6.45pm start 9.30 finish, clear up so taxis at 10pm please.**

**MAJESTIC WINE presents “Wines for Summer” Cost £19pp to include 6 wines, food and room fee.**

Peter May, manager of the Falmouth store will come along and give a tasting of 6 wines, 2 white, 2 rose and 2 red (with at least one full bodied) with the theme “Summer” and which suit all tastes. Peter a relative of Sue & Ray Smith, will present wines, some of which we may know, some we may not know, some may be tasted blind. Peter will bring order forms, and remember if you buy a mixed case of 6 wines you receive quite a good discount on individual bottles, and wines will be delivered.

I am delighted to be able to host a new presenter to our Wine Group, and thankful to Chris Timmins for securing the room booking, to enable an extra evening at the Arts Centre. This should be a great tasting.

**Book before 30<sup>th</sup> June, xxxxWGAUG125**

***Volunteer needed to provide food please.***

**THURSDAY August 14<sup>th</sup> Visit to OLD CHAPEL CELLARS TRURO “Looking at Iberian Wines” 6.30pm arrival 9.30pm departure by minibus, includes time for purchases. Cost £35pp for tasting and £14.75pp for the minibus.**

**Note not a Friday!**

Another relaxed visit to Old Chapel, where Steve & Meg will give another of their fun and informative tastings of 6 wines plus a wine to greet us, with snacks, covering wines from the Iberian region.

**Book ref xxxxWGAUG closing date July 25<sup>th</sup>**

## **September 19th DAYTIME VISIT, Polgoon Vineyard, Penzance**

**Minibus departs Penrice/Arts Centre at 10.15am, return from Polgoon 3.15pm. Tour £20pp, minibus cost £23.50pp. Book by 25 August. xxxxWGSEPT25**

Another visit to the fascinating and lovely Polgoon vineyard. Arrive for 1200 private tour and tasting alongside lunch (prebook lunch, menus to follow, and pay for lunch yourselves).

“Join us for a walk through England’s most westerly mainland vineyard and taste the wine grown and made here. Intimate, relaxed & informative, our tours last approximately 90 minutes where you will be shown the traditional method we use to produce our wines and the process from grape to glass. Our summer tours then finish with a guided tasting of 5 x award winning Polgoon Wines and Ciders.”

*As we will be walking along the vines, please wear suitable footwear for uneven ground and clothing dependent upon the weather.*

**Friday October 17<sup>th</sup> Arts Centre, St Austell. Start 6.45pm end and clear up, taxis for 10pm.**

**“Chardonnay” by member Peter Howard.** Well done Peter, who will give us a “blind” Chardonnay to compare and contrast with 4 or 5 other Chardonnays from around the World with lots of discussion hopefully. We haven’t had a single grape comparison tasting for quite a while, so a very interesting evening ahead. Usual food, VOLUNTEER PLEASE.

**Price to be confirmed but around £25 maximum**

**To book your place xxxxWGOCT 25**

Further months’ tasting information will follow in due course once fine details are confirmed.



Your reference should be your membership number(s) followed by WG and the month eg xxxxWGJuly.

**PAYMENTS TO THE WINE GROUP ACCOUNT PAY INTO  
ACCOUNT NO 23132587 (Barclays) SORT CODE 20-30-47 (U3a  
St Austell)**

**On occasions when we use a minibus please state your  
preference to Sue Osbrink, [susanosbrink@gmail.com](mailto:susanosbrink@gmail.com) for  
departure/drop off point. Penrice School or the Arts Centre.**



Kind regards

**Amanda**