



# The Cellar Club Inc

Established in 1980

JULY 2007

## Glancing Forward to Future Events

**Wednesday  
8 August 2007**  
Trinity Hill Wines,  
Hawke's Bay -  
presented by CEO,  
John Hancock

**Wednesday  
12 September  
2007**  
A selection of Cloudy  
Bay wines -  
Presented by Kevin  
Judd, Chief  
Winemaker

**Wednesday  
10 October 2007**  
Watch this space!

**Wednesday  
14 November  
2007**  
Looking a bit  
bubbly!

**Wednesday  
5 December 2007**  
The Club's  
Christmas Dinner

## Next Event

**Mid-Winter Dinner  
Hazel Restaurant & Bar,  
4 Roxburgh Street, Mt Victoria**

**Wednesday 11th July from 7:30 to be seated by 8pm  
Members, Non-members and guests: \$53**

Bubbles to be served upon arrival!

### *Entrée*

*The Hazel seafood chowder with toasted bread*

*Warm beef tenderloin salad with avocado, semi-dried tomato & red pepper vinaigrette*

*Salmon gravlax with watercress salad & dill Buerre blanc*

### *Vegetarian*

*Baked corn & semi-dried tomato feta fritters stack served with field mushrooms,  
green beans & Pesto*

*Linguini & smoked artichoke, sautéed mushrooms & spinach*

*Field mushroom risotto served with semi-dried tomato, spinach shaved parmesan & truffle oil*

### *Mains*

*Baked lamb fillet with pistachio crust & red wine shallots, parsnip puree & baby turnips*

*Prime marinated pork fillet with roasted nectarine chutney, apple puree, wilted spinach,  
mint & cashew salsa*

*Pan roasted market fish on buttered prawns, caramelised baby carrot, grilled courgette  
& lobster sauce*

### *Desserts*

*Macadamia nut chocolate brownie with vanilla ice cream & orange syrup*

*Baked raspberry & mascarpone cheesecake with passionfruit cream & pistachio tuille*

*Vanilla pannacotta with strawberry & rhubarb confit, lemon sorbet & pirouette cookie*

BYO special bottle to share

While the Club will not be arranging transportation for the dinner, Cecilia Parker is happy if members contact her about organising shared taxis.  
Ph 478 9605 or email: [brianandcecilia@paradise.net.nz](mailto:brianandcecilia@paradise.net.nz) by **6th July**.



## **Oldest Bottle of Wine up for Auction**

New Zealand's oldest bottle of wine will be up for auction when the gavel falls at the inaugural Te Omanga Hospice Charity Wine Auction on July 7th 2007.

Bob Campbell, Master of Wines expects "the bottle of Lansdowne 1903 Claret to shatter all previous records. This is a once in a lifetime opportunity for someone to purchase a unique piece of wine history."

The piece de resistance among the many stellar wines up for auction is this rare 1903 Claret from Lansdowne Vineyard made by William & Hermanze Beetham, owners of one of the first commercial vineyards in New Zealand.

There will also be travel packages, paintings and stunning jewellery, specially designed for this auction. See [www.teomangawineauction.co.nz](http://www.teomangawineauction.co.nz) for further details.

## **From the Editor**

The first of three featured meetings was held last month with Raymond Chan entertaining and educating us as promised. It was a very enjoyable evening with much discussion on the country of origin of each wine. For the record I got half of them right (but I was at a table with a couple of perfect scorers!). In August and September we follow up with presentations from two of New Zealand's leading wineries, Trinity Hill and Cloudy Bay, where members can bring along two friends at the Members' price.

This month we have our Mid-Winter Dinner at Hazel Restaurant & Bar. The superb menu looks like it will complement a variety of wines with the lamb fillet looking particularly good to match with a Central Otago Pinot Noir! I look forward to seeing you all there.

Finally, in this issue we have two articles on how wine can benefit your health. According to new research, a drink a day could slow the progression of dementia in older people. And if you want more than one drink, the wines from the Madiran region in southwest France could lower your blood pressure. They are both fascinating articles.

*Terry Friel*  
Editor

## **Glancing Back**



### **New Zealand vs. Australia vs. France: Riesling and Syrah Play-offs**

**Raymond Chan, Regional Wines and Spirits**

Twenty-five people attended a fun night with Raymond Chan's approach well received by those present. Raymond educated us all on the specific characteristics of the three Riesling and three Syrah wines, one of each from New Zealand, Australia and France. For each one he asked for a show of hands as to which country we thought it was from – simple enough! The fact that most members mistook the NZ Syrah with the Aussie Shiraz just goes to show how well we're now doing with that grape!

The wines:

Riesling

- Grant Burge Riesling 'Thorn Vineyard' 2005 (Australia)
- Neudorf Riesling Brightwater 2005 (New Zealand)
- Willm Alsace Riesling 2005 (France)

Syrah

- Chapoutier Crozes-Hermitage 'Meysonniers' 2005 (France)
- Thorn-Clarke Neudorf 'Shotfire' Barossa Shiraz 2005 (Australia)
- Villa Maria 'Cellar Selection' Hawke's Bay Syrah 2005 (New Zealand)

Many thanks to Raymond who would certainly be welcome back to hold a similar evening with other varieties.

### **Quote for the Month**

"In Europe we thought of wine as something as healthy and normal as food and also a great giver of happiness and well being and delight. Drinking wine was not a snobbism nor a sign of sophistication nor a cult; it was as natural as eating and to me as necessary."

*Ernest Hemingway*

## **In the News**

### **A drink a day keeps dementia at bay**

Medical Studies/Trials: 22-May-2007

**According to new research one alcoholic drink a day could slow the progression of dementia in older people.**

The results of a study by researchers at the University of Bari, Italy, which involved 1,445 people, aged 65 to 84, suggests that those patients who drank one alcoholic drink a day developed dementia including Alzheimer's disease, at a slower rate than people who never drank alcohol.

Of the group 121 had mild cognitive impairment which is the stage between normal ageing and dementia; symptoms include mild memory or mental problems but no significant disability.

The researchers measured the alcohol consumption and brain functioning and discovered that in those patients who drank one alcoholic drink a day, usually a glass of wine, the rate dementia developed was 85 per cent slower than for people who never drank alcohol.

The researchers say the study is the first to look at how drinking alcohol affects the rate of progression to dementia and they suggest that the development of dementia could be slowed during the early stages of dementia.

The study participants were part of the Italian Longitudinal Study on Ageing and were tracked for three and a half years by which time the researchers saw a trend linked to drinking alcohol.

Dr. Vincenzo Solfrizzi and Dr. Francesco Panza from the University's department of geriatrics, say it is unclear how low alcohol consumption appears to protect against the progression of dementia but suggest it is possible that alcohol may guard against dementia because it is good for the circulation and may stop hardening of the arteries in the brain.

Dr. Solfrizzi says their findings support other research which indicates that drinking moderate amounts of alcohol may protect the brain from stroke and vascular dementia.

Experts however, while they acknowledge the possible benefits of moderate alcohol consumption in relation to dementia, caution against people interpreting the research to mean they should drink more alcohol to protect themselves; they urge people to adopt a healthy lifestyle with a healthy diet, physical exercise, mental stimulation, along with social interaction, in order to protect against dementia.

Alzheimer's organisations are reportedly investigating the possible links between the effects of foods such as fruit juice, red wine and oily fish and the incidence of mental illness.

Experts have already proved that wine contains high levels of flavonoids, natural compounds which have an antioxidant effect, which are good for the circulation.

### **'Hearty' French wine just what the doctor ordered**

The Dominion Post: 18 June 2007

**An Auckland doctor has found the elixir of life, or something close to it, in the foothills of the Pyrenees.**

## **Electronic Newsletter Available**

Would you prefer to be emailed this colourful newsletter rather than receive a printed copy?

If so, just send a quick email request to:

[terry.friel@croftonmanagement.co.nz](mailto:terry.friel@croftonmanagement.co.nz)

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Devonport GP Erica Lauder first heard about the health properties of wines from the Madiran region in southwest France through medical research done by English professor Roger Corder.

She sent her husband, Rob, out to find some.

The wines were reported to be unusually high in procyanidin, a substance Dr Corder showed could lower blood pressure, prevent clotting and blocking of arteries, and reduce cholesterol-related hardening of the arteries. With those medicinal characteristics, Dr Lauder guessed they would taste dreadful.

Mr Lauder used his importing company to source some sample bottles from Madiran, and the couple's neighbour Bob Campbell, a master of wine, helped pick a couple of good ones.

"I thought they would be awful, but they were lovely," Dr Lauder said.

She is recommending the wines, as well as other high-procyanidin sources - raspberries, cranberries and walnuts - to her patients. Dr Lauder and her husband have started importing the wines.

The tannat grape, found in Madiran and Sardinia, was renowned for high procyanidins, but the local winemaking made the real difference.

"They leave the juice sitting on the skins and the seeds for three to five weeks," Mr Lauder said.

"New-world wines might only do it for a week."

Dr Corder had rated wines with four and five out of five hearts on a rating system he devised, and had compared the Madiran wines to Australian reds.

"Five hearts is up to 1200mg (of procyanidin) per bottle, whereas an Aussie bottle might only have 30mg in it," Mr Lauder said.

"They are as healthy as you can get."

It would take about two bottles of Australian cabernet sauvignon a day to match the benefits in a glass of Madiran wine.

Even pharmaceuticals could not match the wine, Mr Lauder said.

"Nowhere in the world where populations have been given drugs, have they managed to achieve the low levels of heart disease as they achieve in the Madiran, where they just drink the wine.

"With a glass a day, after two weeks your cardiovascular system will be benefiting," Mr Lauder said.

The Madiran taste, now selling on [lifestylewines.co.nz](http://lifestylewines.co.nz), has found favour with one restaurant and local supermarkets were interested too, he said.

## **New Members**

We welcome these new members to the Club:

**Mark Haythornthwaite and Susan Andrews, Martinborough**

Please remember to introduce yourself to new members at Club events.

## **Guest Voucher**

With this voucher guests of Cellar Club Inc members can accompany them to these exciting events and pay the member's price:

**Trinity Hill Wines, John Hancock – Wed 8th August 2007**

**Cloudy Bay, Kevin Judd – Wed 12th September 2007**

This voucher entitles a Member to bring up to two guests at the Members' price.