

The Cellar Club Inc



Established in 1980

January 2022 Newsletter

Firstly, Happy New Year to you All

THIS MONTH - Club BBQ at Derek's

4pm Sunday 30th January – wet or fine

4 Arthur Carman Street, Johnsonville

Our January Cellar Club BBQ is going ahead on the last Sunday of this month and as previous, it will be a **No Charge** event requiring you to contribute a bottle of wine [**ie its BYO**] and food. All wine is pooled so it can be enjoyed by others who appreciate the variety. We would ask people not to take wine away to individual tables, as this limits access to wines that people might want to try. Remember though that the Club provides no wine for this event, so ensure that you bring enough if you think the summer heat will make you thirsty.

For new and prospective club members, this is a great afternoon/evening to get to know the other Club members and join in to start off 2022 in a wonderful setting.

Also, if members have friends as prospective members, then this is an ideal time to see the club in action.

This year your committee is trying something different with the format of the BBQ and club members are asked to bring whatever they would like to nibble on for their appetiser. The idea is to share what you bring at whatever table you are seated at, and we will also provide popcorn [thanks Anne]. There will be no cheese or bread as that tends to be an issue on hot days.

We are also going to try venison patties with a cranberry sauce and gourmet sausages as the meat dishes this year, instead of using salmon and precooked sausages.

As in previous years, you are asked to please bring a **salad if you are an even numbered house**, or a **dessert if you are an odd numbered house**. This should be sufficient for about 8 people.



If you are bringing a dessert, because of a limited fridge capacity, could we please have some without cream or the need for ice cream this year. Thanks

We hope to see you all at Derek's.

Let's Look Out for Each Other

With the new Traffic Light System put in place by the NZ Government, in order to the use of the Johnsonville Community Centre under COVID19 mandates, you must scan to enter the premises when you arrive and show your vaccine pass to be recorded by Wayne – when you pay for the evening.

The showing of your pass will be a one-off until it expires.

At the moment, the wearing of masks when entering and exiting the Johnsonville Community Centre, plus the distance we have to be settled at, etc is all in play and we've adapted well, thank you.

Your vaccination pass can either be printed or stored on your mobile phone. For people that haven't yet got one of these passes:

- ✓ You need to have had two COVID19 vaccinations
- ✓ If you have a Real Me ID, go into the COVID Record Health site: <https://mycovidrecord.health.nz>
- ✓ If you don't have a Real Me ID, go into the <https://mycovidrecord.health.nz> and follow the instructions to get access to your medical record, then download/print a copy of your pass
- ✓ Carry this with you in your wallet/purse

This pass will ensure you have all the freedoms you can access for your Summer pleasure.

NB: As always, please if you are feeling unwell, do not attend any of your Club's meetings, thank you

Your committee

Looking Back

The Christmas dinner was an enjoyable evening at Juniper Gin Bar & Restaurant, with just over 40 people attending.

The food was as good as the last time we used the restaurant and the getting there and home was easy and pleasurable for everyone.

Thanks Wayne, for organising and ensuring the bubbly got there!

2022 Events Coming Up:

- 📅 **February** All things Pinot presented by club members (*sadly Sherwood Wines who were going to present can no longer do so in February*). 3 Pinot Gris and 3 Pinot Noirs from 3 different areas of NZ but all the same vintage which will allow for great comparisons. More details next month
- 📅 **March** Bald Hills, Otago

Wine News – As well as Boris Johnson, the UK now has this!

I wonder how soon it will be before other countries, including NZ, follow suit?"

Taken from the Westerheath Whiskey website (the Irish one). Minimum Unit Pricing on Alcohol – what is it and what will it mean for me?

The Government has agreed to introduce minimum unit pricing on alcohol from the start of January 2022.
Published: 25 May 2021

The Government has agreed to introduce minimum unit pricing on alcohol from 4 January 2022. It sets a minimum price for a gram of alcohol, meaning it cannot be sold for less than that price. It doesn't matter

where the alcohol is sold – off license, supermarket, bar or restaurant – the minimum price stays the same.

Why is minimum unit pricing being introduced?

Alcohol is a major cause of illness and disease, hospitalisations, self-harm, and violence in Ireland. It's better for everyone if, as a country, we cut back.

In 2019, on average, every person in Ireland aged 15 and over drank 10.8 litres of pure alcohol a year – the equivalent of either 40 bottles of vodka, 113 bottles of wine or 436 pints of beer.

Research by the Sheffield Alcohol Research Group found that when minimum unit pricing on alcohol is introduced in Ireland, alcohol consumption is expected to reduce by almost 9% overall.

The heaviest drinkers are expected to reduce their alcohol consumption by 15%, while people who already drink within the low-risk alcohol guidelines are expected to drink 3% less.

The heaviest drinkers buy the cheapest alcohol. Minimum unit pricing on alcohol targets these drinkers, reducing its affordability so that less alcohol is purchased. This will reduce the harm that alcohol causes them and others.

This should result in around 200 fewer alcohol-related deaths and 6,000 fewer hospital admissions per year.

Minimum unit pricing is being introduced as part of the Public Health (Alcohol) Act 2018. It is one of a number of public health measures being introduced under this legislation, all aimed at reducing the harm that alcohol causes to our society.

What is the minimum unit price?

One standard drink in Ireland contains 10 grammes of alcohol. The minimum price for one standard drink will now be €1. Most alcoholic drinks are already above this, especially in pubs, clubs and restaurants.

Some examples of a standard drink are a pub measure of spirits (35.5mls), a small glass of wine (12.5% volume), and a half pint of normal beer.

For example, a 12.5% bottle of wine has 7.4 standard drinks and from 4 January 2022, cannot be sold for less than €7.40.

Minimum unit pricing on alcohol prevents strong alcohol from being sold at low prices.

How do we know it will work?

In 2018, Scotland became the first country in the EU to bring in minimum unit pricing on alcohol. Alcohol purchases in Scotland reduced by 7.6% in the year after it was introduced. This is the lowest level of alcohol sales since records began in the early 1990s.

Research has also shown that moderate drinkers were affected very little; it has had the greatest impact on harmful drinkers. It is estimated that it will save more than 2,000 lives in Scotland over 20 years.

Research on minimum unit pricing in Canada has also shown that it reduces alcohol consumption and alcohol-related harm, including alcohol-related diseases, deaths, crime, and health service use.

Why not use a tax instead?

People drink more alcohol if it is cheap. Increasing the price of alcohol will reduce the amount of alcohol that is purchased, and this will improve our health. There are different approaches to increasing the price of alcohol, such as through tax. If you raise taxes for alcohol, you are raising the cost of alcohol for everyone. A minimum unit price only targets cheapest alcohol. For low-risk drinkers, like those who are already drinking within the low-risk alcohol guidelines, the change will largely go unnoticed.

Who will it affect the most?

Minimum unit pricing most impacts people who are drinking alcohol harmfully. It is designed to target the heaviest drinkers who seek the cheapest alcohol, which means it will have the greatest effect among those who experience the most harm. These drinkers also suffer greater harm from alcohol and therefore stand to gain more in terms of health as a result of reductions in drinking.

But what is a heavy drinker?

A heavy drinker is someone who regularly drinks more than weekly low-risk alcohol guidelines. These are 11 standard drinks for women and 17 standard drinks for men, spread out over the week and with at least 2 to 3 alcohol free days per week. A heavy drinker is also someone who regularly drinks more than 6 standard drinks on one occasion.

An opportunity to reflect on our alcohol use

The changing price of alcohol is an opportunity for us to reflect on our alcohol use. Get tips on drinking less when out or at home.

If you are a heavy drinker and reducing or stopping your alcohol use, contact your GP so that you can cut back safely and avoid withdrawal symptoms.

Screwcaps

Screwcaps are still very welcome, please bring these along to any Club meeting and leave them with Anne, remembering that the cause that benefits from this collection is Kidney Kids NZ and their families.

Club Information

President

Murray Jaspers

Murray.jaspers@gmail.com

027 280 0301

Club Address & Treasurer

C/-Wayne Kennedy

17 Stonefield Place

Johnsonville, Wellington 6037

waynekennedy51@gmail.com

Secretary

Jenny Jebson

Jenny.jebson@gmail.com

Editor

Evelyn Dawson

59evelyndawson@gmail.com

Vice President & Membership

Anne Megget

ammegget@gmail.com

Club Website

www.cellarclub.co.nz

Club Bank Account for Internet Banking 06 0541 0056031 00