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What's new in the Grapevine this week?

- **Diabetes and Wine**
- **American Wine Society**
- **Want ad**
- **Grand Wine Tasting November 4th**
- **Upcoming events**

Diabetes and Wine

Drinking wine in moderation three or four times a week appears to help stave off diabetes compared to both heavy drinkers and people who don't drink.

The study, published in *Diabetologia*, looked at the drinking habits and conditions of 70,551 Danish men and women, each followed on average for slightly less than five years. This result seems to be in line with other studies that suggest wine reduces an individual's chance of diabetes, although this one also estimates the optimal frequency for alcohol consumption. Frequency appears to be more important than quantity.

"Our findings suggest that wine drinking frequency is associated with risk of diabetes and that consumption of wine over 3-4 days per week is associated with the lowest risk of diabetes, even after taking average weekly alcohol consumption into account," the researchers wrote in their paper.

The research showed that individuals of any gender that drink seven glasses of wine a week, lower their risk of diabetes between 25 and 30 percent compared to people that drank less than one glass. Beer instead affected gender differently. Women drinking beer in moderation had the same risk as women not drinking, while men drinking six glasses of beer a week were 21 percent less likely to develop diabetes.

The data was also adjusted based on other factors – family history of diabetes and diet are clearly important, as is age, sex, level of education and

exercise, body mass index, and smoking status, which were all taken into account while producing the statistics.

The study doesn't distinguish between Type 1 and Type 2 diabetes, and the researchers have not found a clear link between binge drinking and diabetes, but the researchers admit that only a small number of participants reported binge drinking.

The beneficial effect is believed to be linked to the presence of polyphenols in wine, which are molecules that help the human body better manage blood sugars levels. The team also saw a lower risk of developing cardiovascular diseases in the same group.

While the study is intriguing, it shouldn't be taken as alcohol is good for you. Consuming any amount of alcohol increases one's risk of gastrointestinal diseases, and alcohol itself is linked to 50 different conditions. Moderation is the key.

One More time for the American Wine Society

This Tuesday another Wine Club member asked me for information about the Bozeman chapter of the **American Wine Society** so I am delighted to re-run the basic information if it helps other like-minded people.

If you haven't attended an **American Wine Society** function, embrace your opportunity to get in on the next event. I have attended the first four or five meetings and found the programs to be educational, the wines excellent and the company convivial. If you are a wine lover, this is a chance to expand your horizons, sharpen your palate, and enjoy the company of other like-minded oenophiles. To be added to the email notification list send your request to awsbozeman@gmail.com.

Want Ad

As the Holidays approach, we will be looking for seasonal help to build gift baskets, keep inventory up to the proper level, and help out with our day-to-day activities. Minimum requirements are: candidates must be at least 21 years old, have a clean police record, possess some knowledge of wine and have a flexible schedule. If you or someone you know fills those qualifications, please submit a resume in person to the Wine Gallery at 2320 West Main, Suite 3 here in Bozeman.

Grand Tasting November 4th pricing correction

Some people come by Attention Deficit Disorder genetically. I have acquired it from multitasking too much at the Wine Gallery. Last week we announced the time, date, price, and agenda. One error I failed to proof read out of the article was the ticket price. The ticket price is **\$79 per person** not \$89 like I printed last week. Everyone who has signed up so far has been happy to hear that and I am hoping that the rest of you will be too.

It's never too early to put some dates on the calendar especially when it comes to the **Wine Gallery's 13th Annual Grand Tasting**. Mark the date for **Saturday, November 4th** and get friends and family together to attend Montana's (maybe the USA's) best wine tasting of the year. We plan to have nearly sixty wines from all over the world. All will be rated **90 points or higher and priced below \$20**.

This is a great chance to buy wine the most efficient way: taste it before you buy it. With so many wines to choose from, you can find the exact wine that fits your palate. If you don't like the first sample, move on to the next and buy the ones you like. This is a great opportunity to fill your wine rack for the upcoming Holidays: get great values, and have fun doing it. Can you find one better!??

Our venue will be the **Hilton Garden Inn and we plan to start at 7 PM**. Tickets are on sale today for \$79 per person. That fee includes free parking, gourmet selection of food pairings, gratuity and a great time to be had by all. Please call us at 586-8828 or send an email to place your reservation to bozemanwinegallery@gmail.com . We already have people who have booked so don't wait too long to get your seats!

Upcoming events

- **Taste of Haven**

We have a core of dedicated people at **Haven** who work their butts off every day to love, serve and protect the victims of domestic violence. If there ever was a source of love, support, comfort, strength and overall positive impact on the world, Haven is that fountain. In a country where military defense budgets go up \$80 billion a year, Haven is struggling to defend the defenseless right here in Bozeman and yet their budget strives to break even. You can help!

This is an invitation to attend the **Taste of Haven on October 21st at the Baxter Commons**. Come enjoy the gourmet foods donated by Bozeman's best caterers. The Wine Gallery will be there to donate and pour the best wines

from Spain. You can be there to donate and support the work of Haven. If you don't already know the motivation for our community, it is to make the world a better place by sharing a common humanity with food, wine and blessings all around. Serve, protect and support by supporting Haven.

It may sound odd but I really wish we could put Haven out of business. Think about how that could happen. Check out the **Haven website** for reservations. After that, please call Veronika Sieben at 406.586.7689 to reserve your seat (or table) today.

- **Madison Valley Ranch wine dinners**

After having experienced the beauty and hospitality of the Madison Valley Ranch over Easter weekend, I was delighted to be presented a chance to offer two more wine dinners at this gorgeous venue on November 10th and November 11th. The Madison Valley Ranch sold out every seat for our last dinner and they would love to have another congenial group come by for a great evening in November.

Our dinner was prepared by Chef Matt Pease who stoked his creative energies to bring out dishes made with a variety of locally sourced victuals including smoked trout, Wagyu beef, spring lamb as well as beets, parsnips and cheeses. I came up with some delicious wines to pair and I would say, in all false modesty, it was one of the best dining experiences in Madison County.

Jeanie and I as well as some other folks from Bozeman employed a strategy of staying at the lodge overnight instead travelling back in the dark. Believe me, the accommodations are first rate. The good news is the Madison Valley Ranch has a special deal for those who stay over (just mention the Wine Gallery dinner). It really can't be beat for a fun night away from the city. As a bonus, in the morning, we were served a delicious breakfast with some of the best coffee I've had in years.

If you just want a ticket for dinner, it is \$89 including everything. Call us for the wine dinner only option at 586-8828 and we will get you a seat. If you wish to book the dinner and lodging package, I would suggest a call to the Madison Valley ranch directly at 800-891-6158. Call soon, the last event sold out quickly.