



Newsletter Issue No.50 July 2026



Terry Derbyson, a member of the photographic group took this picture while walking his dog at Blakeney point in June.

From the Chairman

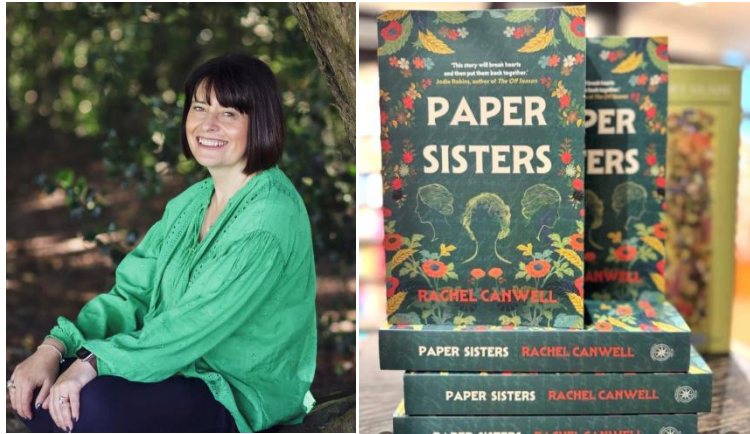
Welcome to our latest Newsletter our next meeting is our Open Day event.
I do hope you can make it we are looking to attract loads of new members to enjoy all u3a has to offer.
See you on Tuesday
Best regards
Frank
Chairman U3A Sutton Bridge

General Meeting August 4th 2026 Newsflash

On August 4th 2026 at The Curlew Centre in Sutton Bridge we will be having our monthly General Meeting.

This particular General Meeting will be exceptional!

For the first time in my memory we will be having two, yes two, presentations.
The first presentation will be by Rachel Canwell.



Rachel Canwell is an author who, having grown up in the Fens, has lived and worked in Cumbria for over twenty years.

Her short fiction has appeared in numerous anthologies. Her collection of flash fiction “Oh I Do Like to Be” was published in 2022 and her novella-in-flash Magpie Moon in 2023.

Paper Sisters is her first novel which will be on sale at £9.99, cash or card payments.

Rachel is driving from Cumbria to visit not just us but the location in which her book is set and where her family roots are, yes, Sutton Bridge!

The second presentation, which will be after the tea/coffee/restroom break, will be from South Holland District Council “Waste Change Team”.

As you will be aware the national Government have decreed that in the near future we shall be required to separate household and recyclable waste into different categories and to use multiple plastic bins to do this.



U3a Sutton Bridge Annual General Meeting 2026

The AGM of u3a Sutton Bridge will take place on **Tuesday 1st September 2026** at **St Mary's Church Hall, Long Sutton.**

As part of the AGM process, members are invited to consider standing for election to the Committee. Committee Nomination Forms are now available and can be downloaded from our website, or at our Monthly General Meetings. A copy is also attached to this month's Newsletter.

To enable information about all candidates to be published in the Newsletter prior to the AGM, completed nomination forms must be submitted by the **Tuesday 4th August 2026**. This can be done by handing in the completed documents at the general meeting or by emailing them to the Secretary.

Serving the Committee is an excellent opportunity to contribute to the continued success and development of u3a Sutton Bridge. Members with an interest in supporting the organisation are warmly encouraged to put themselves forward.

Please ensure that nomination forms are completed and returned by the deadline to allow sufficient time for the publication of candidates and position they are standing for, so members can make an informed choice.

We look forward to seeing as many members as possible this year at the AGM.

Suzanne Coles
Secretary

New Look u3a Sutton Bridge Website and Members' Facebook Page

We are pleased to announce that u3a Sutton Bridge now has a new look website designed to make it easier for members to find information and keep up to date with what is happening across our u3a.

The new website provides clearer, more user-friendly layout, making it simple to Navigate and Access information about:

- Upcoming events and activities
- Interest Groups and meeting details
- News and announcements



Sutton Bridge

Shape the Future of u3a Sutton Bridge: Your Committee Needs You!

Exciting changes are coming for the 2026/2027 term. We have redesigned our committee nomination forms to give every member a voice and a clearer choice.

This year, our new forms include a dedicated space for you to share your story. If you wish to stand for a role, simply tell us about yourself, your relevant skills or interests, and your vision for the future of u3a Sutton Bridge.

To ensure a fair and transparent election, these profiles will be published in our August newsletter. Every member will get to read your ideas before voting at the Annual General Meeting (AGM).

We are seeking enthusiastic candidates for the following vital roles:

- **Chair**
- **Vice Chair**
- **Secretary**
- **Treasurer**
- **Membership Secretary**
- **Interest Group Coordinator**
- **Social Secretary**

Nomination Forms can be found in the Pink Folder on the registration desk, they will also be on our new website shortly for you to download. Please do not hesitate to speak to one of the Committee Members if you have any problems with obtaining a Nomination Form

Suzanne Coles
Secretary

Sutton Bridge u3a

Committee Nomination Form 2026 – 2027

The election of the 2026-2027 Sutton Bridge u3a Committee will occur during the Annual General Meeting (AGM) which will take place during the September Monthly Meeting.

The date of the meeting/election is Tuesday 1st September 2026. The AGM will commence at 2pm at St Mary's Church Hall, Long Sutton PE12 9JE.

Nominations must be proposed / seconded by current members of Sutton Bridge u3a but cannot be existing members of the current Committee.

This Nomination Form must be signed by the Nominee in order to be considered valid.

Members named as the Proposer / Seconder may be contacted to confirm their agreement.

Completed forms must be submitted by August 4th 2026, 28 days prior to the AGM to The Secretary:

[Secretary](#) or handed in at the General Meeting – Tuesday 4th August 2026 at the Curlew Centre, Sutton Bridge

This form can be found as a PDF file on the Documents Page of the Sutton Bridge u3a <https://suttonbridge.u3asite.uk/documents/> or printed copies are available at our General Meetings.

Nominee: (print name):.....

Position for which Nominated:.....

(eg: Chair, Vice Chair, Treasurer, Secretary, Committee Member)

Proposed by (print name):

Membership Number:

Seconded by (print name):.....

Membership Number:.....

I agree to be nominated for election to the 2026-2027 Sutton Bridge u3a Committee. If elected, I agree to abide by all the terms and conditions pertaining to Committee membership.

☐ I have completed the attached Personal Statement/Candidate Profile document to be presented with this page. This will be shared with Members prior to the AGM

Nominee Signature:.....

Dated:

Beer Wine and bus pass group

Here are some pictures of the meeting held on the 29th May at the Horse and Groom in Holbech.



This very friendly group will always try to make new members welcome. Meetings usually take place on the last Friday of the month. Contact Chris Livesey for more information

Book Group 1

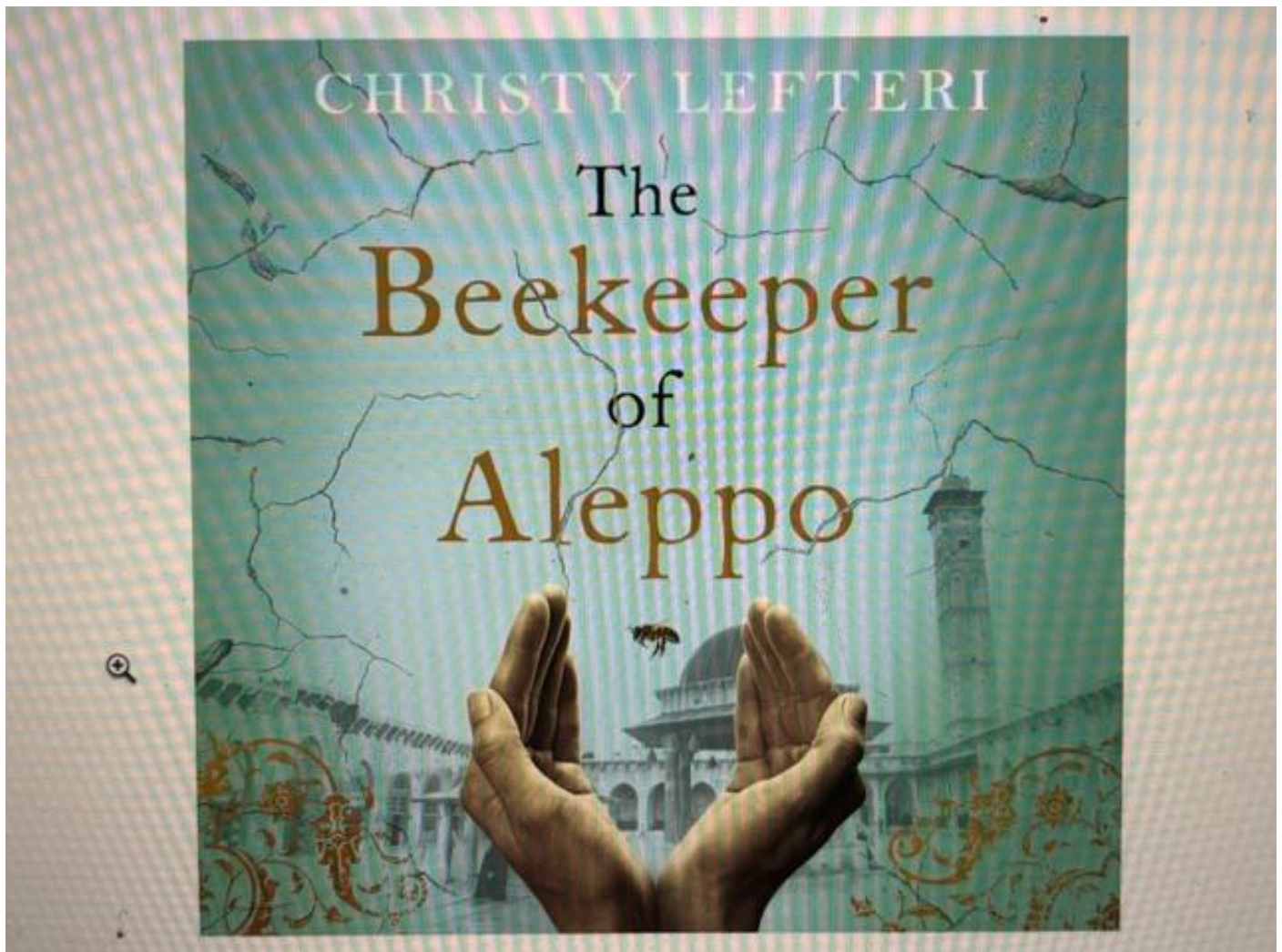
It is not often that Book Group 1 feels the need to submit an entry for the newsletter, but we all felt that the following book should be recommended to everyone in Sutton Bridge u3a.

For those who do not know, we are a group of 8-10 reading enthusiasts who meet monthly on Monday afternoons and enjoy the hospitality of Long Sutton Library for these meetings. We are very grateful to them for this ideal venue (including the tea and biscuits they have ready for us). Lincolnshire Library Services provide us with a wide range of books from which to choose and reliably send to the library one of our choices in a box which we then use to return the books just read. We each pay (currently) £5.50 for this annual subscription which gives us each 12 books a year on a monthly basis.

Christy Lefteri's "The Beekeeper of Aleppo" is an unforgettable book, beautifully written, demonstrating the triumph of the human spirit. It may not be for everyone as it is a heartbreaking and haunting tale. A beekeeper and his artist wife live a simple life with family and friends in the city of Aleppo in Syria until one day when their world is torn apart by war. They are forced to leave and they travel through their broken world, confronting pain and danger.

When, as a group, we review a book, we each score it out of 10, Unusually this book received an overall 9 out of 10. Expect it to be emotionally moving but it is also unforgettable.

Diane Scott, leader Book Group1



The Photographic group.

A visit to Watatunga safari Park.

The group planned an outing to the local safari park on 17th June. The park is only a few miles outside of Kings Lynn, just off the A10 near Watlington. It's a large area so buggies are provided during your visit. Unfortunately due to unforeseen circumstances only two members were able to make the trip. We can report that it's worth a visit at roughly £21 for an hour and a half guided tour (four people sharing a buggy). We would recommend a visit to the beautiful place.



The Sharing Supper Group

We had a Greek themed night in June. Sheila was our host and she cooked a lovely stifado. Monica created an unusual starter of macerated raspberries with burrata, and Nanette's blueberry cheesecake tasted as good as it looked. Nanette also brought a bottle of Greek wine from her recent trip to Corfu. Richard and I also took some better known wines, just in case, but the Greek one went down well.

As usual, we had a really good evening, with great food and great company.



The Dining group

Six of the dining group enjoying lunch at The Secret Garden, Wisbech St Mary. We have dined here several times and they never disappoint. The menu is varied (although Jane didn't get liver and onions this time), the food is freshly cooked to order so a little time to wait but not a problem as we had time to chat and catch up. Some of the others in the group were unable to join us this time so we will be back.



The Gardening and garden visit Group

In June the group visited Anglesey Abbey nr Cambridge. The weather was hot and there's more than we could see in one day but we all agreed the trip was excellent. What a beautiful place



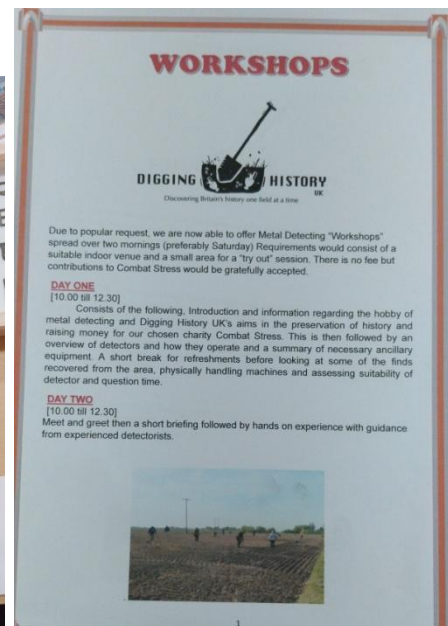
More pictures from the visit to Anglesey Abbey.



The Local History group.

Our Guest Speaker was Simon Toomer and his specialist topic is "Digging History"

Simon spoke to us about his Detectorist activities, explaining the equipment he and his colleagues use to unearth items of historical interest and what they have found. The meeting was very interesting, the members had many questions for Simon.



'On behalf of Digging History UK I would like to thank you for your hospitality and express my thanks for such a warm reception, it was an enjoyable "first" for me. Please also thank your participants and I hope we can meet again soon. To keep in touch with all our activities please join our Facebook page, it is free!!

Thanks again,

Simon Toomer.'

Wine Appreciation Group Meeting (WAG) 8th June 2026

Hosted by Jim Stalley at his home, his theme being;

“One Region, One Winery, Five Wines (maybe six)”

Nine of us, including a visitor from SWIG2 group met and tasted a selection of five Wines, plus an extra one because of numbers attending and it was Jim's Birthday!

The Wines were all from the Region of Oltrepò Pavese in Northern Italy and were all;

The Wines of Losito Sito e Guarini in Oltrepo Pavese; Privately imported.

“C'era una volta del Oltrepo Pavese” translated means; Once upon a time in Oltrepo Pavese, so these Wines indicate times gone by reflecting on how life was and how the styles of wine differ from the massed produced wines that we now see in supermarkets.

THIS SMALL REGION WITH ITS UNIQUE WINES AND ITS PEOPLE IS JIM'S FAVOURITE AND HAVE BECOME HIS PASSION SINCE HIS FIRST VISIT IN THE EARLY 1980'S

WINE NO 1. C'era una volta Riesling Italico/Renano 2024 12.5% £10.00

The **Riesling Italico** vine (and with it the **Renano**) is one of the most widespread varieties in the **Oltrepò Pavese**, with about 1,500 hectares of vineyards. **C'era Una Volta**, a pure **Riesling** from Losito & Guarini, is the result of a careful processing of grapes harvested and selected by hand. Starting by crushing, de-stemming and cryo-maceration to bring out its aromas. Then soft pressing and fermentation at controlled temperature with selected yeasts. Refined in steel and bottled when the wine is stable and intact. Straw yellow colour with golden hues, the aroma is pleasantly aromatic, with hints of fresh fruit, pear, peach and apricot with elegant floral fragrances. We scored it 259/360 coming in at Fourth.

We each score all wines up 10 for Aroma, Body, Taste and Finish, making a possible total of 40 and then multiplied by number tasting. In this tasting a maximum of (40 x 9 = 360)

WINE NO 2. C'era una volta Bonarda Frizzante 12.5% £10.00

If lunch or dinner is important, this is the right wine. A traditional red wine from the area, pleasantly sparkling, produced from pure **Croatina** grapes, latterly renamed **Bonarda**. After a first vinification in stainless steel tanks at controlled temperature, the wine is sent to a second fermentation phase in autoclave at 16 degrees. The result is a red wine characterized by a beautiful ruby colour and quite lively. The nose reveals intense aromas of wild violet, cherry and wild berries. In the mouth, however, it is pleasantly full, with a fresh aftertaste. Disappointingly it scored 250/360 taking it to 6th position.

WINE NO 3. C'era una volta Buttafuoco 14% £10.00

The name Buttafuoco seems to derive from the dialect "al buta me al fogh" which means "it warms like fire". This is a wine with a bold character and a strong body. It is made from blending **Croatina, Barbera and Uva Rara** grapes, harvested manually in boxes to be delivered to the winery without stress. Vinification is simple but accurate and involves an initial phase of crushing and de-stemming of the grapes, followed by a pre-fermentative maceration to extract colours and aromas. This is followed by fermentation and refinement in stainless steel tanks. Deep ruby red with light garnet hues, this wine has intense aromas reminiscent of wild berries, blackberry, raspberry and currants. All made more interesting and complex thanks to a spicy and coffee note. The taste is decidedly dry and robust. We scored it 267/360 bringing it to 3rd place.

WINE NO 4. C'era una volta Sangue di Giuda Frizzante 7% £10.00

Legend has it that **Judas**, repentant of his betrayal of **Jesus**, was resurrected after his death, who knows why, in **Broni, in Oltrepò**. On recognizing him, the inhabitants tried to kill him. But Judas was able to make up for it again by healing diseased vines. And so, in gratitude, a wine was dedicated to him **Sangue di Giuda, the Blood of Judas**. Just legends, of course. This **Sangue di Giuda** comes from a blend of **Croatina, Barbera, Uva Rara and Nespolina** grapes, **all typical varieties of this area**. The vinification is natural and does not involve the use of wood for aging. The result is a wine characterized by a beautiful deep ruby colour, with purple reflections and covered by compact and persistent foam. The nose is intense, persistent and richly fruity, with notes of raspberry jam, blueberry, blackberry and hints of violet. In the mouth it is quite sweet but fresh. We scored it just 233/360 which is a little surprising, bringing it to 5th place.

WINE NO 5. C'era una volta Moscato Dolce Frizzante 4.5% £10.00

Once upon a time, there was **Muscat**. And luckily there still is, as this one from the Province of **Pavia in Oltrepo Pavese**, is aromatic and produced from **Moscato Bianco** grapes which grow ideally around the 45th parallel, and which is halfway between the North Pole and the equator. After harvesting, which is done by hand, the grapes are taken to the winery to undergo the classic pressing and cryo-maceration process to preserve all the subtle aromas of the fruit. This is followed by fermentation at a controlled temperature with selected yeasts, and an ageing phase always in thermo-conditioned steel tanks. Before being bottled, the wine is sent through a second phase of natural fermentation in an autoclave to make it pleasantly **Frizzante** (petulant). Intense straw yellow, with greenish reflections, the nose reveals all the goodness of its varietal, with delicate scents that recall acacia flowers and honey, but also peach, apricot and citrus. In the mouth it is sweet but balanced. Pleasantly fresh, it is the wine to pair with sweet puddings and especially grandma's classic apple pie. We scored it 282/360 taking it to a deserving 2nd place.

WINE NO 6. The extra wine; C'era una volta Pinot Noir (or Pinot Nero) 13% by vol

Pinot Noir is a delicate, light-to-medium-bodied red wine known for its bright red fruit flavours (like cherry and raspberry), high acidity, and silky, smooth tannins. It is also widely used to make elegant rosé and sparkling wines like Champagne. In **Oltrepo Pavese** this grape is used to make some of the finest Sparkling Brut Wines to be found in Italy, and which can be compared with some of the finest Champagnes. Thus proving that it was a really good idea to have this “extra wine”. We scored it 293/360 taking it to **First Place**.

These were wines from one of Jims favourite regions and he reflected on his many visits back in the 1980's and 90's thus “C'era una volta” ONCE UPON A TIME.



Our host contemplating the nibbles;



We welcomed Frank back and Christine our visitor.

Jim produced a quiz but this time it was based on General Wine Knowledge; with 22 questions and multi choice answers, Frank scored 20/22 (well done Frank) and three tied for second place, Neville, Glynis and Nigel all scoring 18.

As usual our host Jim, was thanked for a splendid evening, his nibbles and for his exclusive range of wines which were most enjoyable and interesting. He explained that he had recently presented the same wines at a SWIG2 meeting and that he will present at both groups a comparison of scores at respective next meetings. Our next meeting will be on Monday 6th July when Nigel And Kim will be hosting.

Jim Stalley June 2026

u3a Sutton Bridge
Proposed New “Wine and Chat” Group
Food and Drink (Wine) for Thought!

I am thinking of setting up a new informal “Wine and Chat” group where at least five or six (ten maximum at each session) members can sample a selection of Non Supermarket Wines.

We would need at least five or six members at each session for it to work; there would not be a charge but a donation instead, say around £5.00 or what ever members wish to contribute. We could keep a running account of donations, deduct the cost of wine and run a brought forward balance. I am prepared to cover any deficit as wine is my hobby and passion.

I would host each session myself and there could be more than one group at different times depending on numbers. I would supply the venue, wine and the glasses, members could bring some snacks of their choosing and we could chat about anything and everything that we wish to chat about, including wine of course.

Unlike the SWIG & WAG groups we will not judge or score the wines, but simply enjoy (or otherwise) them whilst chatting.

I would select the wines from my privately imported stock of around 100 bottles and members could ask to try anything (within reason) from this stock even if it was different from those which I had selected for the event.

We could create a member buying consortium where wines currently held could be purchased at their market value and also ordered from the main exporter.

Being a member of this group would create a hospitable informal atmosphere where new friends could be made, increase interaction among u3a Members along with an enjoyable get together.

What do you think?

I am open to questions and observations; please do not hesitate in contacting me on Tel;- 01406 350526 or Email:- jim.jstalley@gmail.com

Jim Stalley June 2026

SWIG, wine tasting group 2



RED WINES - LOMBARDY

Nebbiolo, Pignola, Brugola and Rossola are just some of the **black grape varieties typical of the Lombardy region**. Wine production in this region is particularly interesting and varied, thanks above all to the extensive territory and the very varied climate and soil characteristics. Cultivation of vines leads to an equal division between white and red wines, especially in **Oltrepò Pavese**, reds being produced from dark grape varieties such as **Barbera, Croatina, Bonarda, Uva Rara and Pinot Noir**.

WHITE WINES - LOMBARDY

While wine production in Lombardy is particularly interesting and varied as far as red wines are concerned, this characteristic is also found in white wines. Among the **White** grape varieties we find, in addition to **Moscato** and **Malvasia**, **Riesling Italico**, **Pinot both black and white**, **Chardonnay** and some **indigenous varieties** such as **Erbamat** and **Invernenga** from Brescia, **Verdea** and **Verde**. The cultivation of **white grape varieties in Lombardy** corresponds to 54% of all vine cultivation, testifying to the importance of **White Wine** production for the region. **Pinot Spumante Brut** is considered to be some of the finest sparkling wines in the world, some say along the lines of the famous French Champagnes.

WINES OF LOSITO SITO E GUARINI

The story of Losito Guarini began back in 1910 when a very young Domenico Losito left Trani in search of fortune. He arrived in Seveso, north of Milan, where a few years later he opened a tavern. It sells, of course, wine by the glass, in this case served in the typical "scudela", accompanied by the specialties cooked by his wife. From there Domenico's business grows and prospers, and from the initial tavern it becomes a small company that combines the restaurant

with the activity of selling wine at home. By 1968, when Luisa, Domenico's granddaughter and Michele's daughter, marries Mr. Guarini, also of Apulian origin, who sold wine wholesale in Como. At that point Losito Guarini is ready to move into quality, thanks to the construction of new and more modern bottling plants. In the nineties, finally, the new generations were involved in the family business, represented by Davide and Renato, and a new branch was opened in **Oltrepò Pavese**. Today Losito Guarini produces about 25 million bottles a year, obtaining numerous awards from national and international wine and food critics.

WINE 1



£10.00



12.5% By Vol

"C'ERA UNA VOLTA" RIESLING OLTREPÒ PAVESE DOC 2024

- The **Riesling Italico** vine (and with it the **Renano**) is one of the most widespread varieties in the **Oltrepò Pavese**, with about 1,500 hectares of vineyards. It is certainly one of the most representative of this enchanting land that is only a few kilometres from the outskirts of Milan and that for years was the wine cellar of the city's upper middle class. **C'era Una Volta**, a pure **Riesling** proposed here by Losito & Guarini, is the result of a careful processing of grapes harvested at full maturity and selected by hand. Starting by crushing and de-stemming and cryo-maceration to facilitate the extraction of the aromas. Then soft pressing and fermentation at controlled temperature with selected yeasts. Refined in steel and bottled when the wine is stable and intact. Straw yellow colour with golden hues, the aroma is pleasantly aromatic, with hints of fresh fruit, pear, peach and apricot with elegant floral fragrances. In the mouth it is dry, characterized by a fresh taste with a good acidulous note. Perfect with delicate dishes, such as king prawns or grilled tuna steaks.

WINE 2



£10.00



12.5% By Vol

"C'ERA UNA VOLTA" BONARDA DELL'OLTREPÒ PAVESE DOC FRIZZANTE

- Aperitifs include a rich platter of typical **Oltrepò** cold meats and savoury pies, followed by pasta with sauce or traditional tortelli, and then gratification with main courses consisting of braised meat, grilled meats and medium-aged cheeses. In short, if lunch or dinner is important, this is the right wine. A traditional red wine, pleasantly sparkling, produced from pure **Croatina** grapes, latterly renamed **Bonarda**. After a first vinification in stainless steel tanks at controlled temperature, the wine is sent to a second fermentation phase in autoclave at 16 degrees. The result is a red wine characterized by a beautiful ruby colour and lively that just poured is covered with a purple mousse, compact and persistent. The nose reveals intense aromas of wild violet, cherry

and wild berries. In the mouth, however, it is pleasantly full, with a fresh aftertaste and with pleasantly structured tannins.

WINE 3



£10.00



14% ByVol

"C'ERA UNA VOLTA" BUTTAFUOCO DELL'OLTREPÒ PAVESE DOC 2024

- The name Buttafuoco seems to derive from the dialect "al buta me al fogh" which means "it warms like fire". After all, this is a wine with a nice character and an important body. The one proposed here by Losito & Guarini comes from **Croatina, Barbera and Uva Rara** grapes, harvested manually in boxes to be delivered to the winery without stress. Vinification is simple but accurate and involves an initial phase of crushing and destemming of the grapes, followed by a pre-fermentative maceration to extract colours and aromas. This is followed by fermentation and refinement in stainless steel tanks. Deep ruby red with light garnet hues, this wine has intense aromas reminiscent of wild berries, blackberry, raspberry and currants. All made more interesting and complex thanks to a spicy and coffee note. The taste is decidedly dry and robust, with clear hints of cloves and black pepper.
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WINE 4



£10.00



7% By Vol

"C'ERA UNA VOLTA" SANGUE DI GIUDA DELL'OLTREPÒ PAVESE DOLCE FRIZZANTE 2025

- Legend has it that **Judas**, repentant of his betrayal of **Jesus**, was resurrected after his death, who knows why, in **Broni, in Oltrepò**. On recognizing him, the inhabitants tried to kill him. But Judas was able to make up for it again by healing the diseased vines. And so, in gratitude, a wine was dedicated to him **Sangue di Giuda, the Blood of Judas**. Just legends, of course. But nice to tell your friends before you open a bottle of this wine. Losito & Guarini's **Sangue di Giuda** comes from a blend of **Croatina, Barbera, Uva Rara and Nespolina** grapes, all typical varieties of the area. The vinification is natural and does not involve the use of wood for aging. The result is a wine characterized by a beautiful deep ruby colour, with purple reflections and covered by compact and persistent foam. The nose is intense, persistent and richly fruity, with notes of raspberry jam, blueberry, blackberry and hints of violet. In the mouth it is sweet but fresh. A lovely velvety red that goes well with sweet desserts or delicately herbed cheeses.
-

WINE 5



£10.00



4.5% By Vol

"C'ERA UNA VOLTA" MOSCATO DOLCE IGP PROVINCIA PAVIA

- Once upon a time, there was **Muscat**. And luckily there still is. Especially good ones, like this one proposed by Losito & Guarini. Province of **Pavia PGI**, this aromatic white wine is produced from Moscato **Bianco** grapes that grow around the 45th parallel, which is halfway between the North Pole and the equator. After harvesting, which is done by hand, the grapes are taken to the winery to undergo the classic pressing and cryo-maceration process to preserve all the subtle aromas of the fruit. This is followed by fermentation at a controlled temperature with selected yeasts, and an ageing phase always in thermo-conditioned steel tanks. Before being bottled, the wine is sent through a second phase of natural fermentation in an autoclave to make it pleasantly **Frizzante** (petulant). Intense straw yellow, with greenish reflections, the nose reveals all the goodness of its varietal, with delicate scents that recall acacia flowers and honey, but also peach, apricot and citrus. In the mouth it is sweet but balanced. Pleasantly fresh, it is the wine to pair with sweet puddings and especially grandma's classic apple pie.
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WINE 5



£10.00



4.5% By Vol

"C'ERA UNA VOLTA" MOSCATO DOLCE IGP PROVINCIA PAVIA

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From Chris Livesey,

Sweet innocent memories from yesteryear....



**Remember when we
did this?..**

