

VIEWS FROM THE VINEYARD

March 2004

CAIRN CANYON/WOFFORD ACRES VINEYARDS

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Cairn Canyon /Wofford Acres Vineyards News

Hello everyone! I hope that all of you had a joyful holiday season, and that 2004 promises to be peaceful and prosperous. A big "thank you" to Tammy and Scott, of the Dixie Bell Tree Farm in Pollock Pines for the fabulous holiday tree in the tasting room!!! We decorated it with apple and grapes ornaments how appropriate!

Paul and Mike, aided by Jorge and his ever-so-capable crew,

are busy pruning vines, getting the vineyard ready for our spring planting of Zinfandel, and making 1900 Hidden Valley Lane what we want it to be. We are also working on plans to expand our picnic area to take full advantage of the beautiful canyon views.

I know how spectacular "my" view is, and many of you have photographed yourselves in front of it. I would like to

encourage all of you to send me a copy of one of those photos to post on our Wofford Acres Vineyards Gallery of Wine And Vistas.



It is almost Spring in Apple Hill—we hope you come to enjoy it with us!

Cheers, Ann

SPECIALS & SPECIAL EVENTS

CURRENT WINE LIST

	Retail Price
1998 Chardonnay	\$12.50 \$10.00
1999 Cab. Franc	\$14.50 \$11.00
1999 Cab. Sauvignon	\$16.00
1997 Cab. Sauvignon	\$17.50
1999 Syrah	\$14.50
Orange Muscat	\$12.50

Discount - 1 Case 10%, 2+ \$15%

WAV Club 20%

Shipping available with S&H charges

We have fewer than 12 cases of the 1999 Syrah and fewer than 7 cases of the 1999 Cabernet Sauvignon left, so if these are wines you enjoy, get them while you still can!

VETERAN'S DAY VIIGNIER

On Veteran's day, our friends again helped with the harvest of our late harvest Viognier. It was a crisp morning but soon we were warm from the hard work of picking. This harvest did not yield a large volume of wine but it is very special. We have decided to call this wine, *Veteran's Day Viognier*, honoring the veterans who have serviced our country. Therefore, we will be donating a portion of our sales from this wine to the local veterans organization.

Because of the limited production, this may only be available through the WAV wine club, so consider signing up now.

BARREL TASTING PLANNED FOR APRIL

We are planning another barrel sample party for April. Those of you who were able to attend the barrel sampling party in November know that upcoming vintages are promising to be "must have" wines,



and this will give you a chance to see how the wines are developing.

Details to follow.

WINE WEEKEND

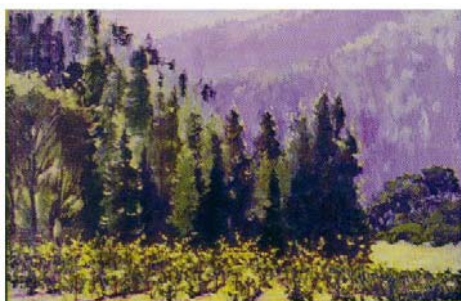
Save July 31st for a Weekend of Wine at Apple Hill, with all 6 wineries hosting 2 days of food, fun, and fabulous wine!



Thank you for visiting Cairn Canyon Winery over the past few years. We are new owners who re-opened the doors in early

October 2003, and would like to reconnect with past visitors who have signed the guest book. Some of you did not receive our first newsletter, and I apologize for that—we are still working out the bugs in our system...

While we would love to see all of you again, we don't wish to be anyone's junk mail, and so please let us know in the most convenient way for you if you wish to be removed from our mailing list. If you did not receive issue 1, but would like to see it, please email me at woffordwines@juno.com, and I will send it to you.



◆ ◆ ◆ A Word from Paul about Sulfites ◆ ◆ ◆

God created fleas, mosquitoes, poison oak, acne, corns, colic and Red Wine Headache just to be certain of Adam's on going contrition.

Lots of people will mention in the tasting room that they are "allergic" to red wine. What they describe is a pounding, symmetrical headache, associated with nausea and sometimes a flushing or "hot flashes" sensation. It's not pleasant. It occurs relatively soon after drinking red wine – within an hour – and it usually doesn't take much more than a glass to trigger the effect. Other beverages with considerably more alcohol do not trigger the headache, and white wine usually can be taken moderately with no ill effects. *continued on page 2*



**WINE CLUB
MEMBERSHIP FORM**

**WOFFORD
A.C.R.E.S
VINEYARDS**

I would like to be a member of Wofford Acres Vineyard Wine Club WAV.

I understand I will be receiving 4 to 6 shipments of two bottles per year. Each shipment will generally cost between \$35 and \$60 depending on the wines offered. The cost of the shipment includes the S&H costs. CA Sales tax will be added to all shipments within California.

Name _____

Address _____

() _____

Phone _____

Email _____

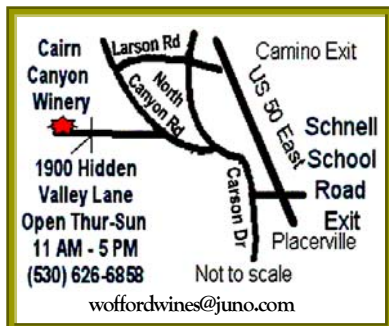
Method of Payment Visa MasterCard

Credit Card # _____ Exp. date _____

Signature _____

I declare I am 21 years of age or older.

I understand it is my obligation to notify Cairn Canyon Winery/Wofford Acres Vineyard of address changes and credit card updates, including expiration dates.



"Come for the wine and stay for the views"

◆ ◆ ◆ ◆ ◆ **Mike's View** ◆ ◆ ◆ ◆ ◆
from the "Man Who Dances with Grapes"

Well, here we are looking at the release of our second newsletter. It is hard to believe its been five months since we took over the winery. It feels like years... Much has happened in the few short months, beginning with our first harvest and production of our first wine, LaMancha. Our friends and family, who I want to thank for your help, picked the grapes for the fine blend. Many of you already know how delightful this wine is from our barrel tasting on a stormy November day. I want to thank all of you who braved the weather that day, but I think you will agree it was worthwhile.

I would like to thank everyone who donated money to the American Cancer Society at the winery to help fight breast cancer during the months of October and

November. We raised over \$250 for this cause. So THANK YOU VERY MUCH!!!

Another great organization we were pleased to get involved with is the Pollock Pines Lions club. We had had a fabulous time at their annual crab feed in January. It fell on a perfect weekend so we could celebrate Paul's birthday by eating crab until we were stuffed. The



Lions seemed to enjoy our Chardonnay with their crab feast, as well.

Finally, I got our web site up and running with the help of my friend, Kevin. Those of you receiving this newsletter electronically already know that. The web site address is www.wawwines.com. I am still fine tuning the site, so bookmark our web site and feel free to visit it to see what has been added or changed. I will continue to send out an e-mail to announce the next newsletter, as well as special events, happenings and announcements here at Wofford Acres Vineyards. If you wish to be removed from our mailing lists, either send us an e-mail at woffordwines@juno.com or postal service to the winery address at the top of the newsletters.

Hope to see you at the winery this spring, as it will prove to be a beautiful time in the vineyard.

Mike

◆ ◆ ◆ ◆ ◆ **A Word from Paul about Sulfites** ◆ ◆ ◆ ◆ ◆

continued from page 1

RWH is definitely different from the "hangover", which occurs 6 to 12 hours after drinking and only after imprudent amounts of consumption.

Perhaps the most striking part of RWH is its resemblance to migraine headache, with its throbbing, sever pain and queasy stomach and quirks to circulation. Migraine is a common disorder, still of unknown cause, in which the blood vessels in the head constrict then dilate. Indeed, red wine has been shown to be able to set off headaches in known migraine sufferers, but not all migraine patients experience this effect and plenty of people without migraines do get RWH.

There is not a lot of scientific literature on RWH, since it isn't rare, novel, or sexually transmitted. However, some new information has come to light. It may be easiest to describe what it is not.

It is not an allergic reaction to alcohol, sulfites, or additives. Amines (histamine and tyramine)

were thought for a long time to be the culprit. While small amounts are present in grape skins they are not present in high enough levels to be problematic. Tannins or pigments in red grapes can set off a reaction in the blood system that resembles a migraine, but this seems to effect only a small portion of sufferers.

The most recent studies lean toward a grape skin derived material that may be absorbed, then converted by the body after a short lag time into an active agent that can in turn trigger the blood vessel disturbance. One such material is *prostaglandins*, which are remarkable potent substances. Prostaglandin inhibitor medicines, such as aspirin or the more potent Advil or Nuprin, have been found to block the development of RWH in some people. A single aspirin or Advil (ibuprofen) before the consumption of red wine has been shown to be effective in blocking the reaction. Avoid

Tylenol (acetaminophen); it is very hard on your liver and it does not work against RWH.

People who claim that they can't handle red wine are probably telling the honest truth. Be reassured that it is not impurities or chemical additives or insecticide residues that cause RWH, but a natural part of the grape as modified through natural fermentation. People respond



differently to any natural substance, the key word to red wine headache is sensitivity. Try one of the prostaglandin inhibitors before your next red wine experience and enjoy your red wine with a meal.

To Your Doorstep

If you can't make it up to our tasting room, and are running short of wine, remember many of you can email orders to us at woffordwines@juno.com. We are shipping via UPS, and they can deliver wine to California, Idaho, Illinois, Iowa, Missouri, New Mexico, Oregon, South Carolina, and "wet areas" of Texas, Washington, and Wisconsin. If you live in any of the above states, you are also able to join the WAV Wine Club and have the opportunity to taste many vintages before they are released into the tasting room, have some wines created just for you, and party with the WAV crew! We will continue to add states to our "ship to" list, as legislation moves forward in Washington, D.C., allowing wine to be shipped interstate without restrictions, giving even more of you the chance to make our wines just a mouseclick away.