



Object of the Newsletter

To promote the appreciation of fine Scotch Whisky, the area from which it comes, the people that inhabit the land and it's history. By the way, I do not profess to be an expert, I am merely expressing an opinion on the whiskies I am tasting.

In this issue I look at the new Oban "Little Bay" a new No Age Statement (NAS) whisky from Diageo. Aged in smaller casks to increase the ratio of wood to whisky, this method does seem to mature the whisky quicker, taking away the harsher aspects of a young whisky.

However, it does not impart the depth of flavor that the normal (and longer) maturation process imparts. I tasted the Oban "Little Bay" alongside it's famous sister, Oban 14-year-old, at the Nevada Society of Scottish Clans "Burns Night" in Reno, Nevada a few days ago.

I was speaking to the whisky ambassador for Oban and he told me it was released to coincide with Burns night, so it is a brand new release.

I have to say that (in my opinion) the 14 is far superior and around \$15.00 cheaper.

So to me this is a no brainer, don't buy the "Little Bay" stick with the 14. I may be biased, as the 14 has long been a favorite of mine, but I don't think it's bias, I think it's common sense.

You can buy Oban "Little Bay" for around \$75.00 a bottle.

Tasting Notes;

Nose - Lemon, cinnamon

Palate - Malt, lemon/orange & sea salt

Finish - Green apple, very slight hint of mint, dry

If you have a personal favorite and you would like it to feature in future "Slange" newsletters, please let me know.

I can be contacted at my website www.scot-talks.com

"Slainte Mhath"

Paul Bissett





THREE SHEETS TO THE WIND: WORDS FOR DRUNK & HUNGOVER

A recent article in the *Atlantic* traced the history of the many words and phrases that English-speaking folks around the world have developed to express the simple fact that someone has had too many drinks. Enjoy this list of the many, ways to express the simple fact that someone had one too many.

Before we begin we should address the word *drunk* itself. We can trace it back to the Middle English “fordrunken.” So the word “drunk” showed up on the scene in the 1500s. Here are some more;

1564: *Tippled* — For tippler, the name for a tavern-keeper

1611: *Bumpsy* — Inspired by the “staggering gait” of the inebriated

1627: *High* — Before Brits discovered weed, they sometimes referred to drunk people this way.

1770: *Groggy* — Having had too much grog, the sailor’s drink of rum and water

1811: *Lushy* — From the slang “lush,” meaning any kind of beer or liquor

1897: *Up the pole* — Another nautical term, probably referring to a mast

1917: *Blotto* — As in, soaks up alcohol like blotting paper soaks up ink

1923: *Poggled* — Has its origins in the Hindi word *pagal*, for “madman”

1943: *Plonked* — From “plonk,” a facetious pronunciation of *vin blanc*, or white wine, this term became popular in Australia before spreading to other English-speaking countries.

1957: *Honkers* — Among its many possible roots is the slang verb “honk,” or vomit.

1968: *Wasted*— You can thank the hippies for this one.

If you are wondering about the phrase “three sheets to the wind”

If you were on a ship in the early 1800s, you might notice that the three corners of each sail were bound down with ropes. These ropes were called “sheets,” and they served to keep the ship steady in the wind. When the sheets came loose, the vessel would zig-zag to and fro, meandering around the sea like a drunken sailor.

If you’ve ever experienced a hangover, the Polish phrase for such an event will resonate: *a howling of kittens*. What follows are approximate translations of phrases used to refer to a hangover around the world.

China: “Drunk Overnight”

Denmark: “Carpenters in the forehead.”

Egypt: “Still Drunk”

El Salvador: “Wake up ‘made of rubber.’”

France: “Wake up ‘with a wooden mouth’ or a ‘hair ache.’”

Germany & The Netherlands: “Have a ‘tomcat.’”

Japan: “Two Days Drunk”

Poland: “Experience a ‘howling of kittens.’”

Sweden: “Smacked From Behind”

To read the full article by Joshua Malin go to; http://vinepair.com/wine-blog/words-for-drunk-and-hungover/?fb_action_ids=10203522857816740&fb_action_types=og.comments



Below is a simple guide to help you choose your single malt Whisky, and the flavor notes you should expect from it. Being Scottish I recommend you find a likely candidate and try it in a bar before buying the whole bottle. With each issue of the newsletter I will add in another Whisky to the flavor map. This Issue; Oban "Little Bay" For more information go to <http://www.scotchwhisky.net/distilleries/oban.htm>





10 Health Benefits of Whiskey

All the health benefits of whiskey you wish you knew earlier... you're welcome:

Whiskey is one of the **best alcohols you can drink**. Not only is it the least likely to give you a hangover, but it's also one of the healthiest around. You'll find that having a few fingers of whiskey every week can help to:

Avoid Weight Gain – Whiskey is a low-calorie alcohol, especially when compared to the many cocktails, beers, and wines you can find on supermarket shelves. You can drink a tumbler of whiskey without worrying about packing on the pounds thanks to its low sugar content.

Boost Heart Health – Did you know that drinking whiskey can actually make your heart healthier? Aside from wine and dark beer, what other alcohols can claim that? Not only will whiskey reduce the risk of blood clots, but it will lower your stroke and heart attack risk as well. The antioxidants in whiskey stop cholesterol from clogging your arteries, and it can even boost your good cholesterol.

Fight Cancer -- Whiskey is rich in antioxidants, particularly one known as ellagic acid. This antioxidants tops your body's DNA from coming in contact with cancer-causing compounds, reducing the risk of carcinogens forming. It can also protect your body from chemotherapy, and will reduce oxidation in your body.

Improve Brain Health – A study conducted in 2003 discovered that drinking whiskey reduces your risk of Alzheimer's and dementia. If you're worried that your brain is slowing down in your old age, it's time to start drinking whiskey to protect your very important organ from damage.

Reduce Stroke Risk -- Whiskey not only helps to prevent cholesterol from building up in your arteries, but it can actually help to get rid of any cholesterol present in your blood vessels at the moment. It will also help to relax the walls of your arteries, ensuring that your blood can flow without obstruction. One of the greatest health benefits of whiskey is the reduced stroke risk, and we can all drink to that!

Fight Stress – Stress can cause a wide range of health problems in the human body, but thankfully we've got whiskey to kick stress' butt! Whiskey helps to reduce anxiety and stress, calming your nerves and helping to relax your body. It can increase circulation throughout your body, providing your organs with fresh, oxygenated blood. A serving or two of whiskey can help to calm stressed nerves effectively!



Boost Memory — The antioxidants in whiskey can help to improve the health of your brain, and the circulation-boosting effects of this alcohol will boost your memory at the same time. The same properties that help to reduce your risk of Alzheimer's and dementia will also keep your brain active and young.

Aid in Digestion -- Did you know that whiskey has long been drunk as a digestive aid? It was usually consumed after a meal, helping to relax the body after eating heavy food. It can also help to shut down your appetite, preventing you from overeating. Best of all, it will aid in digestion, reducing your risk of stomach ache or indigestion after a heavy meal.

Lengthen Lifespan -- Whiskey is loaded with healthy antioxidants, and these nutrients can help to increase your lifespan by reducing your risk of disease. By protecting your body against disease, you prevent the slow breakdown of important cells in your body—thereby helping you to live longer.

Great for Diabetics -- Whiskey is a zero-carb alcohol, so you can drink it without worrying about the effect it will have on your blood sugar levels. If you suffer from diabetes, a finger or two of whiskey will be the right choice for you!