

# Eau de Vie

a wine, spirits, and travel newsletter

Vol.38 February 2022

## THE BEGINNING OF THE END?

When I started this newsletter in January of 2019 I had no idea of the rich world of travel related content that the future held. To aged newsroom types, Covid19 must have seemed like a gift from the newsroom gods. Covid19's news worthiness was only equaled by the constant barrage of tweets from the twit that numbered as America's 45th President. But in the end he couldn't manufacture events to save his presidency or draw our undivided attention from the millions of people worldwide affected by this microscopic virus.

As we resolutely march forward to one million Americans killed by the virus and as our nation seems divided as ever, despite the silencing of the twit, there are signs that life is preparing to return to the pace of past years.

The updates are coming too fast to keep track. Almost like the race to restrict in the beginning, I sense there is a new race to permit. The unbundling of restrictions seems to be following a pattern of last in - first out. For example, mask mandates, so very contentious worldwide, are now the first things to be cast aside. Vaccinations are allowing travel but with entry and exit testing, and I think we will be wearing masks on aircraft for quite some time to come.

How long? Who knows? I'm done trying to make predictions about this world. The people in charge of "when" are a blend of overcautious or uninterested or knee-jerk or just jerks. I'm a cork in the stream, floating past the picnic on the bank having recently been popped from the wine bottle. I can no more control the stream than I can control my fellow world citizens. Don't worry: as cork, I'm biodegradable.

For those of us that are now comfortable with the new pantheon of sanitary requirements the unbundling of them might come with a stout sense of unease. If you count yourself as one of those, please note that the world is different in many new ways. Certainly we've all had a good education in public health, hand washing and hygiene. We all now know that nurses are under paid, under staffed and until you need them to hold your, or your loved one's hand and wish you good bye at the bedside, under valued.

The world of remote is no longer remote. Zoom meetings & classes, Facetime, video calls and digital nomadism is here to stay. This is just part of the blend of modernity that was heaped on to us by the tiny organism that kept us separated but not apart.

So is this the start of the end of the pandemic? Maybe. Maybe only because it has become endemic. Our lives adjust. We puff out our cheeks, look to the side, and pivot.

As the great unbundling of restrictions continues I sincerely hope to see you all this year, digitally or in person. Whatever it takes.



*This is the Molenaar in Onderdendam, The Netherlands. We spent a very fine night here last fall.*

# WINE CLASSES CONTINUE ON SAVVYNOMADTV

You might have noticed that in December I made 24 videos about the Costco Wine Advent-ure box and posted them onto YouTube. I was surprised by the response. People from all over the world watched me talk about and grade, sub-par wine on YouTube. They commented, they thanked, they drank and they enjoyed. Even if they didn't have the wines they watched - some from as far away as Argentina. Crazy.

Our little micro corner of the YouTube universe has had 12,000 views, over 1200 hours of watch time and collected 290 subscribers. [If you haven't subscribed please consider doing so](#) - it's a tiny thing to do and it helps me get more noticed by the YouTube algorithm.

Going into this year, I decided to expand on the YouTube content. I'm going to go to our local Costco (they are not sponsoring me, even in the slightest way) picking out a couple wines and then doing a short video on them. Why Costco? Because they are everywhere in the country and each store will stock the same stuff and this is part of the fun of the video, tasting the wines along with me. Seeing if you taste what I taste and giving them a score. Tasting is thinking not drinking.

This new format is just part of the nature of things. Experiencing things together while apart.



**Scheduled Videos:**  
Wine Classes for 2022, so far.

Virtual Tasting Classes will be uploaded to our [SavvyNomadTV](#) YouTube Channel. The dates below are when the video will go live on YouTube. Which is Fridays at noon.



Date: February 11, 2022  
Topic: Tawny Port for Valentine's

Picking the Noble Grapes:  
Date: February 18, 2022  
Topic: Shopping for Chardonnay

Date: February 25, 2022  
Topic: Chardonnay

Date: March 4, 2022  
Topic: Shopping for Cabernet Sauvignon

Date: March 11, 2022  
Topic: Cabernet Sauvignon

Date: March 18, 2022  
Topic: Shopping for Sauvignon Blanc

Date: March 25, 2022  
Topic: Sauvignon Blanc

Date: April 1, 2022  
Topic: Shopping for Merlot

Date: April 8, 2022  
Topic: Merlot

Date: April 15, 2022  
Topic: Shopping for Riesling

Date: April 22, 2022  
Topic: Riesling

Date: May 13, 2022  
Topic: Shopping for Syrah

Date: May 20, 2022  
Topic: Syrah

Date: May 27, 2022  
Topic: Shopping for Pinot Noir

Date: June 1, 2022  
Topic: Pinot Noir

## ZOOM YOGA WITH SARA

Sara is teaching a 10 week Yin Yoga + Meditation series running from January 21st through March 25th, 2022.

This class blends movement and meditation into a relaxing, introspective yoga experience. Yin Relax is a calm, slow practice which employs supported, long-held seated and supine postures, combined with breath-work and meditative self-inquiry. This combination class maintains a spacious, relaxing vibe and is dedicated to helping you build awareness and decrease stress. You will find ease, reduce anxiety, and build your capacity to allow hope and joy to express themselves through your soma (body and self).



[Register here.](#)  
[More information here.](#)