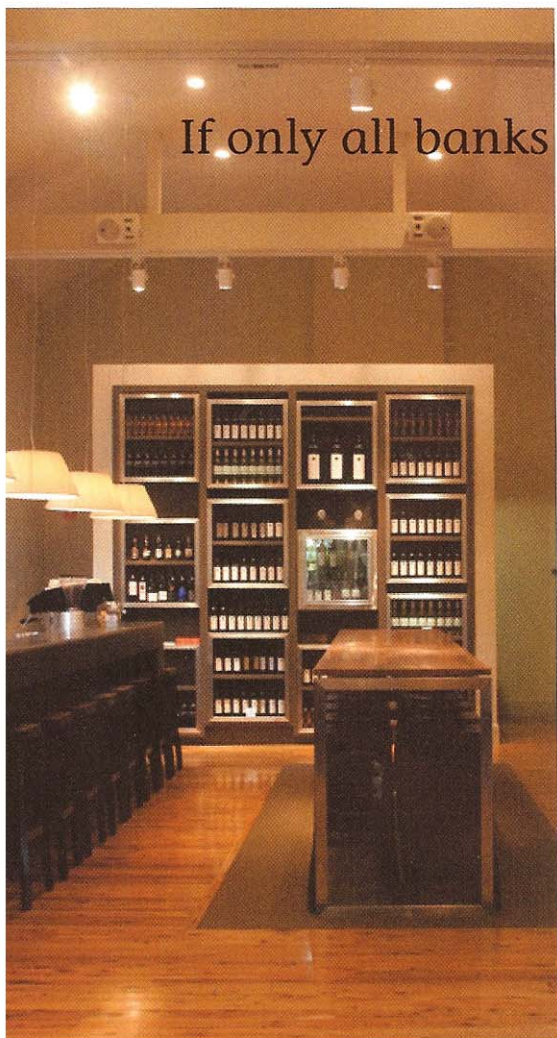


# Life Food Wine

If only all banks were this fun to visit!



And you thought online banking was cool! The beautiful NSW region of Orange now boasts a bank that you won't dread visiting. Located in the 150-year-old, heritage listed Union Bank building, Belgravia at Union Bank is a cellar door for Belgravia wines; a stylish wine bar/wine store with a list put together by Orange resident, Peter Bourne; a tapas bar with menu by hatted chef, Simonn Hawke of Lolli Redini restaurant; a place to hear cool and classical music; and a spot to watch classic/art-house flicks. Which bank? Belgravia at Union Bank, Sale Street, Orange NSW. [www.unionbank.com.au](http://www.unionbank.com.au)

## Delicious Living



- low fat
- low GI
- detailed nutritional information
- inspiring recipes for all occasions
- suitable for people with type 2 diabetes



Peter Howard

### An appetite for life

After discovering that he had developed Type 2 Diabetes, Peter Howard decided to do something to help stem the incidence of this dreaded disease. It's his new book, *Delicious Living*, written in partnership with Diabetes Australia. With 72 delicious and healthy recipes, each with GI rating, fat, carbohydrate, sugar and sodium levels listed, Peter demonstrates that great taste and good health aren't mutually exclusive. *Delicious Living*, \$19.95, is available in bookstores now.

Having trouble remembering things? Then eat more milk chocolate! Reuters recently reported on a US study that revealed substances found in chocolate act as stimulants which can enhance mental performance. When assessing the effect of milk chocolate, dark chocolate and carob the study showed that scores for verbal and visual memory were significantly higher after subjects had eaten milk chocolate. Now where did I leave that bar of Lindt?



### Cork fights back

Just when you thought it was safe to throw your corkscrew away – a new cork-based product, Diam, has emerged to take on the dominance of screw-caps. To date, screwcaps have been increasingly adopted to eliminate the possibility of supplying a 'corked' wine. But the folks behind Diam, made from cleaned, reconstituted cork flour, assert their product has proven to be free of detectable TCA, (the compound that taints/corks a wine), while also allowing wines to age as they would under traditional corks. Apparently they're also much easier to extract than synthetic closures. Over 18 million bottles in Australia and New Zealand have already been sealed under Diam. Who knows – you may already have one on the end of your corkscrew right now? Take a look!