



B.C. Principals' & Vice-Principals' Association

MEMBER UPDATE

ReFresh

June 1, 2022



This week...

Dry – Not High!

We can see summer just a few blocks away! Sunshine, relaxation, and socializing with friends, possibly golfing, sitting on patios, and enjoying back yard BBQ's. Many of you will picture a nice cold beverage in your hand, be it a beer or cider in your golf cart, that nice glass of wine with your grilled salmon, or a lovely umbrella cocktail on the deck!

For some, this vision brings relaxation; for some, the pressure to 'fit in' – yes, even at our age! For some, a touch of melancholy, as the body just doesn't metabolize alcohol the same way it did when we were younger. I know that personally, I cannot enjoy more than one of these beverages without the fear of a devastating migraine!

And, there is the [cancer connection](#), liver, pancreatic and heart disease, and a few other concerns related to partaking in alcohol on a regular basis.

Sorry to be a buzzkill!

We all want to be safe this summer driving, boating, playing mini-golf... but all is not lost, my friends. The industry of non-alcoholic options for many of our favourite drinks is growing quickly. Why not explore, and try a few non-alcoholic options? This may not mean that you completely give up your favourite alcoholic beverage, but perhaps it enables you to adopt more moderation. Think: non-alcoholic cider in your golf cart, and one real cider at the 18th hole!

I went online and Googled “best non-alcohol wine, best non-alcohol beer,” and I am sharing these links. We are not here to promote any brands, but rather to share what *we* found to give you inspiration for *your* search. I was surprised by the number of Canadian options, not just for wine and beer but even highball options like gin. And, of course – for you umbrella-drink folk – there are some very fun recipes!

Enjoy...

Wine

[Your Guide to Non-Alcoholic Wine That Doesn't Suck](#)

[Best Non-Alcoholic Wine - Canada](#)

Spirits

[Unleaded: The Best Alcohol-free Drinks of 2021](#)

[Non-alcoholic Spirits - Canned Cocktails - Dry January](#)

Beer

[Best Non-alcoholic Beer- Canada](#)

[Beer Style Guide - Non-alcoholic](#)

Cider

[Somersby - Apple-0-0](#)

[Non-alcoholic Craft](#)

General

[No-alcohol Options](#)

Mocktails (great for kids too!)

[Non-alcoholic Cocktail Recipes](#)

[Alcohol-free Cocktails](#)

Where to buy

[Where to Buy - Alcohol-free Canada](#)

[Distilled Non-alcoholic Spirits](#)

Finally, BC Liquor Stores – and often private liquor stores – also carry non- or low-alcohol options.

You may just find a new favourite!

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini
Director, Member Health and Well-being, BCPVPA

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.

Darren Danyluk

President



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