

Australia's Most Famous Drink—GOON

What is Goon?

Cask wine in Australia is colloquially referred to as 'goon' or 'boxy', in reference to its low price & high alcohol content.

It is a cheap alcoholic drink that ice-cold or mixed can taste ok, on the other side, it can be disgusting and might contain remains of Fish & Eggs (even though these are finishing agents they are still listed on the side of the box!). But mostly Goon does not go down well unless mixed & kicks like a mule!

History

In 1965 an Australian called Thomas Angove from SA put 4.5litres of wine into a box and sold it. GOON was born! Now the GOON is in a plastic space-bag inside the carton.

The space Bag.

These space-bags are waterproof and their uses are many & varied. There is the 'GOON Crown' where the

carton box is made into a hat. The 'GOON pillow' where the space-bag is inflated & used as a pillow.

Slap the GOON

Created by a person in Byron Bay, it started with the idea that you had to slap the space-bag before drinking. What it does to the wine is any one's guess but it definitely doesn't make it taste any better!

Anecdotal accounts of Goon usage

'It doesn't taste good. Imagine the kind of bottle wine you'd buy when you're 14 & wanting to impress the 'girlfriends' family. Then imagine you poured the entire bottle over a mattress that someone with a quite violent flu had spent the week on watching old Jerry Springer reruns. You let that ferment for a week maybe, then squeeze that mattress out, collecting every last drop. That's the best way I can describe the

taste of Goon.'

'Every time you drink Goon, your experience will be the same in that you will undoubtedly: wake up the next morning with little or no memory from the night before; be wearing at least one article of clothing you have never seen before; have multiple bruises in unlikely places; have multiple missed calls & texts from new names in your phone like "spikey bathroom girl" or "tequila man—NO".'

'Every time you drink Goon, your experience will be completely different because you never really know who you or your dinking mates will become that night.'

'A night on Goon is different every time. But they will usually be blackouts, they'll usually be incredible mistakes your friends will not let you live down.'

'That crap kills you!'



1. Only the finest grapes chosen from Australia's premier Vineyards ...

2. Intricate testing in the STG Laboratories to determine the taste, texture and raw finish of this premium beverage...

3. The Production process... State of the Art Vats.

4. The most important stage.. The Aging process.. The Oak Wooden barrels provide the finishing subtle textures that you have come accustomed to expect.

5. The Packaging The Silver Bladder and the familiar box carton that is synonymous with Cask Wine .. a.k.a GOON

6. The End User YOU!

Sauce of the Silver Sun

“GOON”

The Production Process

A Students Guide to Healthy Eating—Bree Hamill (DE nutrition student)

Being a uni student myself I am well aware of the challenges we academics face. But it is possible to maintain a healthy eating and exercise pattern while dealing with a lack of time and income, here's how;

- **Engage in movement you enjoy;** walking with a group of friends, yoga, dancing, bike riding, swimming (although there is no way you would get me anywhere near water at the moment, brrr). Varying it up is also a great idea as it prevents boredom and also gives you a chance to work different muscle groups and maintain cardiovascular health. It's also great for preventing study bum, (those muscular aches from sitting on your desk/computer for hours!). The National physical Guidelines for adults recommends 30 mins of moderate paced exercise on most, preferably all days of the week. Don't forget the water! Around 8 glasses or 1.5L – 2L daily.



- **Cutting the junk!;** Not only can it be a bit on the pricey side, but when we eat a truck load of sugary sweets (and yes we have all been guilty at one time or another around exams) our blood sugar levels incline and then after our pancreas detects a blood sugar rise and the insulin kicks in, they take a dive causing you to want more. When our blood sugar level is low, so are our concentration levels, which is not a good thing when you have exams coming up. So limit the carbonated soft drinks, confectionery, cakes and biscuits and go for whole grains, fruit, nuts (try not to go to overboard on the nuts, around 10 a day) and look out for the low G.I. sign on things like breads and cereals.
- **Try and be organised;** Cook a large meal and freeze the left-over's. Try not to cook too much or you'll be eating the same meal every night for a week which gets boring. Getting fruits and vegies in season is also a good idea, they are tastier and fresher and cheaper as well. Soups, stews, casseroles, stir fries, spag bol (just throw in a couple of vegies), are great examples of meals to freeze.



- **Get in those fruit and vegies;** A great way to ensure you are getting enough fruit and vegies throughout the day is to finish off a meal with a piece of fruit (mandarins, oranges, pears and apples are delicious this time of year). Try to get in 2 -3 serves of different coloured vegies at lunch and dinner. Also, most people eat meat every day which isn't necessary. Try having one or two meat free days a week and incorporate more legumes (chickpeas, lentils, beans). Not only are they cheaper than meat, but they are high in fibre as well as protein, iron, calcium, phosphorus, zinc, magnesium and B vitamins according to the DAA (Dieticians Association of Australia).
- **Moderation is the key;** Every now and then eating chocolates, fatty foods and sweets isn't going to kill us. In fact eating 1 or 2 pieces of dark chocolate (60% cocoa and up) can be a source of antioxidants and is enough to satisfy that sweet tooth. The darker the chocolate, the richer the flavour so the more satisfied you feel with less. For all you party animals, alcohol and study do not mix either. Try and stick to the safe level of drinking which is 0 - 2 standard drinks per day for women and 0 - 4 standard drinks per day for men, also make sure to get at least 2 alcohol free days a week in there.



Past Events ... Drug Action Week ... Looking after YOUR mind! 19-25 June 2011

Drug Action Week is a National Program which is to run during the break in June, so.....CSU will hold information sessions across campuses during July.

Yes if you had read the last issue of the Health Bulletin we did say we would be having events during June but the timing was not quite right.

So you will see information tables set up around your campus with Show-bags and other goodies for you to take and read at your leisure.

'Don't mix Alcohol & Other Drugs'

A survey conducted in 2007 revealed that one in five Australians aged 16-85yrs had a mental disorder. The most common of these are anxiety, depression, and psychosis.

People who use illicit drugs are more likely to have a mental health issue than the general population. This co-occurrence of mental health disorders & drug use is called 'comorbidity' or 'dual diagnosis'.



Your mind on Drugs!!!

'Binge Drinking: The Facts'

Drinking alcohol is the most common type of drug use in Australia. Alcohol is so widely used that many people don't think of it as a drug, & may not realise that it can be harmful. As a result, they may drink too heavily at times, or binge drink.

Binge drinking is commonly thought of as drinking heavily over a short period of time with the intention of becoming intoxicated, resulting in immediate & severe intoxication.

Is Binge Drinking Harmful? YES

Short-term harms:

- Hangovers, headaches, nausea, shakiness & possibly vomiting & memory loss.
- Increased risk of falls, assaults, car accidents, unplanned pregnancy, shame & embarrassment about your behaviour, loss of valuable items such as a damaged car or lost phone, & financial losses through reckless spending while intoxicated, or loss of income through time off work.

Long-term harms:

- Becoming physically or psychologically dependent upon alcohol
- Long-term risk of cancer brain, kidney, liver damage & impotency.

Tips to reduce your drinking

—that's right **reduce NOT stop** you from having a few drinks!!!!

- Set limits for yourself, & stick to them. Don't let others pressure you into drinking more.
- Quench your thirst first. Have a non-alcoholic drink first if you are thirsty
- Drink slowly. Take sips, not gulps.
- Drink from a small glass. Some wine glasses can hold several standard drinks.
- Be aware of exactly what you are drinking. Remember that 'alcopops' can be quite strong, even though they don't taste like strong alcohol.
- Try a low alcohol/non-alcoholic alternative.
- Eat before and while drinking, but

avoid salty snacks, which will make you thirsty.

- Avoid getting into a 'round' or a 'shout'. They are sure to make you drink faster, & drink more, so that you can keep up with your friends.
- Avoid 'top ups'. Drink one drink at a time so that you can keep track of how much you are drinking.
- Stay busy. Don't just sit & drink.

Information from fact sheets located at:
www.drugactionweek.org.au

The 2011 Alcohol Education & Rehabilitation Foundation's Annual Alcohol Poll—Community Attitudes & Behaviours key findings show:

84% of Australian adults consume alcohol

61% of 18-29 yr olds consume alcohol to get drunk

41% of Australians have been affected by alcohol-related violence

Almost one in ten Australians drink alcohol to get drunk once or more a week.

The full report can be found at:

www.aerf.com.au

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We are on Facebook :
CSU Health Action Team (HAT)
Check it out! Watch for upcoming events on your campus! Join Us!

CSU Website:

<http://www.csu.edu.au/division/studserv/my-support/health-services/home>

Health is a vital part of learning, CSU Health Promotion Service works to create and sustain a healthy campus community in which students can achieve their personal and academic goals. Health Promotion seeks to make the campus healthier by connecting students with information and resources, cultivating healthy attitudes and behaviours, and fostering a culture that values and supports a healthy community.

The Health Promotion Service role is to:

- Strategically plan to prevent student health issues at the community level.
- Collaborate with our colleagues across the University to improve the health of the campus.
- Implement theory and evidence-based informed health

**Counselling
available free at
CSU.**

September will be Blue
Month.

September will be Pink
Month.

September will be Sexual
Health Month.

Chill Out Session
which is usually held
in October for Na-
tional Mental Health
Month will be held
throughout Septem-
ber.

**September will be
big!!**

**STI checks view Health
Promotion Service website for
contacts near your campus**

Disability
Officers are on
CSU campuses to
help you if you
need assistance
with your learning
due to a medical
condition.



What health information would **you** like in the next bulletin? Drop me an email on a topic you would like more information on or think relevant to the university community.

Reference List:

<http://nomadshostels.com/western/the-fab-five-of-favourite-westender-drinks/>

www.artofbackpacking.com/goon/

<http://hubpages.com/hub/Australias-Most-Famous-Drink-GOON-backpacer-travel-drink>