

# *Society of Medical Friends of Wine*



*A Non-Profit 501(c)(3) Corporation, FEIN 94-6088159*

[www.medicalfriendsofwine.org](http://www.medicalfriendsofwine.org)

4460 Redwood Highway, Suite #16-110, San Rafael, CA 94903

Email: [societyofmedicalfriendsofwine@gmail.com](mailto:societyofmedicalfriendsofwine@gmail.com)

President Maynard Johnston, M.D. Secretary Susan Schwartz, Immediate Past President David Schwartz, M.D. Event Manager Jim Gallagher Ph.D., Finance Manager Jack McElroy, D.V.M. Editor and Cellar Master Robert Blumberg, M.D. Web Master Elizabeth Kass, M.D.

Founding Executive Secretary Leon Adams 1905-1995 Counsel Thomas Gump, Pillsbury Law

## **NEWSLETTER MARCH/APRIL 2024**

### **A Message from your President**

**Maynard Johnston, M.D.**

Well, Spring has officially sprung although Northern California has not gotten the message. The weather, however, has not stopped the Executive Committee of your Society from working on this year's event schedule.

**\*\*We have the Basque dinner event scheduled for April 19, in the South San Francisco area (details later in this newsletter, and please check your emails as well).**

**\*\*There will be tour of UC Davis's winery in May. The tentative dates are either May 7 or May 14. The tour and discussion will start at 10:00 AM. This will be followed by a tour, tasting and a catered lunch at Baker Family Winery in West Sacramento, just down the road from Davis. We hope to have the exact date firmed up early next week—so look to your e mails.**

**\*\*The next event will be a visit to California's Shenandoah Valley out of Plymouth in Amador County. The date is June 20th. This is the general plan as of now:**

10:00 AM-Arrival at **Scott Harvey Winery** where we'll have a tour, tasting and discussion followed by lunch

12:30 PM-walk next door to **Turley Winery** for a tasting and discussion of their history and wines.

2:00 PM-a short 1 mile drive down the road to **Vino Noceto**, a winery noted for producing Sangiovese from several different clones, including the Brunello clone. There we'll have a tour, tasting and discussion. We should finish around 3:30 PM.

\*\*Dinner will be at 5:30 so there will be ~2 hours to explore the area, check in to your hotel, if planning on staying overnight, or visit another optional winery that we'll have available for those interested.

\*\*Dinner will be at Taste Restaurant in Plymouth, one of the best restaurants in Northern California. The dinner will include a tasting of local wines, some old vintages, some new vintages.

The total distance between Plymouth and the wineries is only 5 miles or so. Places to stay in Plymouth include the upscale Rest Hotel, next to Taste, the Shenandoah Valley Inn, and several B&B's in the area.

Unfortunately, the tour will be limited to ~14 attendees due to logistical constraints. More details will be forthcoming as the time draws nearer and as more information becomes available.

Other events being planned for later in the year include our annual dinner at the elegant French Club and our fourteenth annual Cheese and Wine event at the Mill Valley Community Center in December.

Please, if you have ideas or suggestions for events let your Executive Committee know.

Maynard Johnston, MD FAAP CWE  
President, SMFW

## **Our Next Event: A Basque Themed Dinner**

### **Basking in the Memories of the Basque Country**

By Robert Blumberg, M.D.

During my university year in Bordeaux, France, one of my favorite nearby trips was to the Pays Basque, the Basque country. Just a couple of hours south and southeast of Bordeaux lies a fascinating world of people with their own unique language. Split between today's France and Spain, with the rugged and towering Pyrenees mountains forming the border, lies a land of

spectacular natural beauty, punctuated with small towns and villages with white washed houses, tile roofs, and red and green shutters. Orchards and vineyards lie in quiet valleys, and everywhere sheep are grazing. Quite the ideal setting for peaceful thought, encounters with friendly people speaking a tongue twisting language, and of course the opportunity to try delicious food and accompanying beverages.

I started thinking of the Basque Country just the other day as your Society is planning a culinary and wine adventure on April 19 at the Basque Cultural Center. Whenever we plan a dinner, a small group of members discusses food and menu with the chef, and then puts their heads together to discuss appropriate wines to accompany each course. Education about wine and food is a major focus of our organization, and planning one of our events is a major source of fun.

To this end, past president and event coordinator David Schwartz, secretary Susan Schwartz, past president and event coordinator Jim Gallagher, member Pepper Karansky, and Marion and Bob Blumberg recently gathered for a tasting of a number of wines from the Basque country to choose which to purchase for our dinner.

I remember Basque wines from my Bordeaux days and from repeat visits spanning many decades. I remember them as being fun, light, and often slightly spritzy. Fun to drink in the local cafes or in a restaurant when having an exquisite Poulet Basquaise or Basque seafood stew. Memorable, worth seeking out at other times, or as fierce competitors of Chablis or Vouvray or Riesling, not quite!

The white wines are made from grapes you may never have heard of—Courbu and Petit Courbu, Petit and Gros Manseng, and Hondarrabi Zuri. Reds are from Hondarrabi Beltza, along with perhaps the more familiar Tannat and Cabernet Franc. And based on our tasting, these wines have become more serious and more complex than in decades past. Probably the result of climate conditions, young well trained wine makers, and a market that allows higher prices to reward the producers. We found some delicious and intriguing wines, with flavors and freshness and acidity abounding. Our upcoming Basque dinner and accompanying wines are not to be missed!

For me the small, informal gatherings we have to select wines for events and to discuss wine and food pairings are great fun—much more relaxed than a formal dinner, and a great opportunity to share and discuss opinions and knowledge. All members are welcome to participate. If you would like to join a dinner committee and small wine tasting group in the future, just send us an email or let one of your officers know and we will be glad to extend an invitation for an upcoming pre-event gathering.



A tasting feting St. Patrick's Day and for choosing wines for the Basque dinner



Some sampled wines

## **A Very Scientific Review**

Submitted by Daniel Bikle, MD, PhD

### **Red Wine Headaches? -- Blame Quercetin**

Devi A, Levin M, Waterhouse A. Inhibition of ALDH2 by quercetin glucuronide suggests a new hypothesis to explain red wine headaches  
Scientific Reports 13:19503, 2023

We all know of people who are particularly sensitive to red wine. The blame generally falls on acetaldehyde, which in high enough concentration is well known to cause nausea, flushing, diaphoresis, and headache. Acetaldehyde results from the metabolism of alcohol, as acetaldehyde is converted from alcohol by the enzyme alcohol dehydrogenase (ALDH), located primarily in the liver.

There are two main isozymes of ALDH: ALDH1 and ALDH2. The  $K_m$  (kinetic parameter) for these isozymes differs substantially, with the  $K_m$  for ALDH2 being much lower than that of ALDH1. **Thus, ALDH2 is the primary enzyme responsible for the production of acetaldehyde at the levels of alcohol arising from typical drinking.**

ALDH2 has two isoforms. ALDH2\*1 is found in most of the population. ALDH2\*2 is dysfunctional and is found among many Chinese, Japanese, and Koreans. Individuals with this variant of ALDH2 have been shown to have much higher levels of acetaldehyde after modest amount of alcohol consumption, hence the aversion by many of these populations to wine **The fact that red wine contains much higher levels of phenolic compounds, especially flavonoids, than white wine makes these compounds possible candidates for the red wine headache due to effects on ALDH2.**

The study involved looking at the inhibitory effect of a number of red wine flavonoids, in particular quercetins, on ALDH2. The compound that rose to the top was quercetin glucuronide which at  $20\mu\text{M}$  inhibited this enzyme by nearly 80% with an  $\text{IC}_{50}$  of  $9.62\mu\text{M}$ . Many red wines are loaded with quercetin glucuronide, such as Sangiovese with  $19\text{mg/L}$  and up to  $39.67$  in Australian reds, and it can be formed in the liver from quercetin.

Apparently, the levels of quercetin glucuronide are higher in premium than bulk wines, with the average phenol levels around  $200\text{mg/L}$ . This is thought to be due to more sun exposure, increased time on skins, various aging methods, and stabilization/fining procedures. One study showed that two glasses of pinot noir resulted in blood levels of quercetin compounds of  $2.74\mu\text{M}$ , but other red wines with higher quercetin concentrations could result in quercetin concentrations of  $5\mu\text{M}$  after a couple of glasses, and that would inhibit about 37% of ALDH2. That is enough to give me a headache.

**Bottom line—drink ultra-premium wines modestly and hope you have the right ALDH2 isoform**

## **Notes on the History of The Society of Medical Friends of Wine and on Leon Adams**

From a talk at the 85<sup>th</sup> annual dinner of the Society  
January 14, 2024, Poggio Restaurant, Sausalito, CA

By Robert S. Blumberg, M.D.

Chauncey D. Leake, a member of the Society and a renowned pharmacologist, medical historian, and ethicist, commented in his address to the Society on the occasion of its 25<sup>th</sup> anniversary, “on appropriate anniversary occasions it is wise for the members of any organization to take stock.” With these wise words in mind, it seems to me, on the occasion of

our 85<sup>th</sup> anniversary, this is a time for us to look at where we came from, in the context of where we are, and of where we might be going.

The Society was founded February 24, 1939. For anything to endure 85 years is amazing. Especially in today's world where time is measured in hours and days; scarcely months or years, and virtually never decades.

At the founding meeting a dozen or so esteemed physicians comprised the executive committee, including Herbert C. Moffett and Langley Porter, whose names today adorn two famous hospitals in San Francisco. Who was responsible for the idea of the Society remains unclear. One past president at an annual dinner said "I knew all of the founding members, at least 3 of whom told me he had the original idea".

In another address to the Society, famous U.C Davis professor of enology Maynard Amerine, mentioned he had proposed the idea of the Society in a letter to Leon Adams, who then was executive director of the Wine Institute.

The first dinner took place at the Saint Francis Yacht Club. The menu contains multiple courses of rich food with French names. The wines, on the other hand, were all generic California, bottles of Chablis and Burgundy and Sherry and the like. No winery producer names are mentioned on the menu.

The Society was founded on the heels of Prohibition, with the intent of reestablishing wine as a beneficial beverage. Its credo was and is: **The object of The Society of Medical Friends of Wine is to stimulate scientific research of wine, develop an understanding of the beneficial effects and encourage an appreciation of the conviviality and good fellowship that are a part of the relaxed and deliberate manner of living that follows its proper use.**

The early membership and the membership for decades represented the elite of medicine in the Bay Area. These were educated and cultured physicians with passion for good food and knowledge of great wines and the financial ability to collect them. Were we an English Society, I suspect a great number of the members would have been called Sir rather than Doctor.

Whoever proposed the idea and started the Society, Leon Adams was the glue that held it together for its first 50 or so years. He recognized the importance and esteem the medical profession commanded in those days, and how the voice of doctors would be listened to.

Leon was born in 1905 in Boston. His parents were Russian immigrants. From Boston the family moved to San Francisco and Leon attended Polytechnic High School, and may actually have been in the same class at that school as my father.

Leon began his career in journalism, writing for a number of publications and becoming an investigative reporter. To write about conditions in jail, he had himself arrested to be a personal witness.

From journalism he expanded into marketing, joining the California Wine Institute and the Wine Advisory Board. Leon was a celebrated author of a number of books, including The Commonsense Book of Wine and his grand tome, The Wines of America, published in a number of editions. He was also an avid fisherman, leading to his writing a guide to bass fishing.

Leon believed wine was food, and as such should be as cheap as milk. He subscribed to the treatise, “no country is drunken when wine is available; no country is sober where it is not”. He became a wine judge at fairs and tastings, although interestingly I personally do not recall his making negative comments of any wine in a public context.

Leon sheperded many presidents, allowing those who knew what they were doing to do so, and supporting those who needed assistance. He had tremendous contacts throughout the industry for venues, winery visits, and speakers at our events. He was well known for his fiscal prudence and concern that over enthusiastic doctors might destroy the fiscal soundness of the Society.

Everyone who knew Leon had Leon stories, and that in itself is a tribute to him. Leon led Society trips to Europe. Past president Mort Rivo, D.D.S., told me about one very enjoyable trip that he took that included a luncheon in a three-star Parisian restaurant. Leon was handed the very extensive wine list and was asked to choose a wine. When he was later queried as to why he had selected a rather unpretentious Alsatian Sylvaner, he replied “because it was the cheapest on the list”.

During the presidency of Stan Schwartz, M.D., Dr. Schwartz proposed the Society invite select California wineries to offer a sample of Cabernet Sauvignon for a committee to taste. A barrel from the winner would then be purchased, and when appropriate, bottled for the Society to be enjoyed at the annual dinner for the next two decades so the Society could follow the evolution of the wine. Leon was afraid the move would bankrupt the Society, and it wasn’t until Dr. Schwartz offered to personally guarantee the cost that Leon acquiesced and allowed Society funds to be allocated.

For many, many years the Society was male only. Leon would explain that no woman had ever applied, but most of us suspected he had not encouraged anyone to apply. A position not unusual for his era and for medicine of that era as well. The subject came up at an annual Board meeting when I was a relatively new member, and Leon made the same statement. Dr. Andres Anacker then raised his hand, and informed Leon and the Board that we indeed had a female member, one he had sponsored the prior year who had applied using just her initials instead of first name.

I remember Leon took out his pipe, chuckled a few times, said “so D.H. is a woman”, chuckled some more, said “I guess that’s that”, next item of business. And today half of our members and many of our past presidents are women.

So, over the years Leon guided the Society, but did not prevent change, as he respected others even if their opinion differed from his. And everyone in turn respected him for that.



And when dinner speakers tended to drift beyond their allocated time, Leon would rise from his chair, slowly make his way towards the podium, cough a couple of times, and like magic the address would conclude.

So out of respect for Leon, this concludes my remarks for this evening.

## Wine Notes from the 85<sup>th</sup> Annual Dinner at Poggio Trattoria

By David Schwartz M.D.



Dr. Schwartz discussing the wines

The return to Sausalito's esteemed Poggio Trattoria for the landmark 85<sup>th</sup> Annual Dinner of the Society of Medical Friends of Wine provided a festive opportunity for members and guests to explore Poggio's Italian cuisine and the Society's wines in the Salon Brescia private room.

We gathered for the Reception in the Salone Topolino antechamber to taste the **2019 Sarno Fiano di Avelinio**, DOCG Campania. Our wine committee selected this non-sparkling opener in order to present this unique aromatic varietal from Italy's Campania region near Naples. This dry white wine, composed of 100% Fiano grapes, has a taste that is a cross between Alsatian Pinot Gris and Chenin Blanc from the Loire, with a golden color and nose suggestive of "Anjou Pear,

Bruised Apple, Chamomile, Spring Flowers, Thyme, Oregano, Lemon Rind & Toasty Hazelnut.” A grape native to southern Italy, you may also find Fiano varietals grown in California, including at Brooks Note Winery in Petaluma that we toured in summer 2022 and Orsi Family Vineyards in Healdsburg.

Once seated in the Salone Brescia to begin the dinner with a first course salad with Daniele Ham or the soup of the day, we sampled the **2021 Calera Central Coast Chardonnay**. This cool climate varietal, a unanimous choice of the wine committee, delivered robust, complex and full-bodied citrus, sweet egg bread, and stone fruit flavors that enhanced the first course and provided an option to carry into the next course for the Petrale Sole entrée.

Poggio’s well known Braised Lamb Shank entree, along with the Grilled Chicken and Petrale Sole provided a pairing opportunity for both a light red selection from Sicily’s Mt. Etna region and a full-bodied Barolo from the Piedmonte region. The **2020 Palmento Costanza "Mofete" Etna Rosso DOC** is a medium bodied, elegant blend of indigenous 80% Nerello Mascalese and 20% Nerello Cappuccio estate grown grapes with a ruby red color and a full-bodied aroma of red berries and an extended finish with soft tannins. One guest at the dinner, a professional chef, appreciated this selection’s similarity to Pinot Noir that enhanced her fish entrée. The Mt. Etna Nerello Mascalese is a late ripening grape, typically harvested in October, that expert wine reviewers describe as one of the most elegant Italian red wines. The Nerello Cappuccio grape is widely used in the Etna DOC as a blending grape that adds color to the wine and is genetically related to the Sangiovese grape, among other varietals.

The **2019 Damilano “Lecinquevigne” Barolo** was selected for its complementary pairing with braised meats. The Damilano Winery, located near the Langhe area of Piedmont, has over 100 years of family winemaking history. The Lecinquevigne grapes are sourced from five vineyards to produce this highly rated 100% Nebbiolo blend. I am quoting the winery’s apt description that the “Barolo Lecinquevigne features are a hue of ruby red with orange-tinted reflections, and an intense aroma of rose, leather, and tobacco in sequence, with hints of violet and tar emerging.” Several members at the dinner commented that although this was a young Barolo, the characteristic plum and tart cherry flavors went especially well with the Braised Lamb Shank. My observation was that the contrasting red wines selected for Poggio’s menu provided an opportunity to compare two unique wines from two significantly different Italian wine regions.

In my years of research on Italian wines, I depend on the 2001 reference text by Nicolas Belfrage, *Brunello to Zibibbo, The Wines of Tuscany, Central and Southern Italy*. With Zibibbo at the end of the index alphabet, I located the dessert wine made from the Zibibbo grape, (Muscat of

Alexandria), considered to be an exotic, sweet wine - the **Donna Fugata Ben Rye 2021 Passito Di' Pantelleria**. The Passito method refers to the harvesting of over-sized grapes reduced in size through drying on mats in the sun, similar to the production of Amarone. Pantelleria is an island where the free-standing vines are dug into individual hollows to protect them from the Sirocco Mediterranean winds blowing upward from the Sahara during the summer season. Cultivated on terraced slopes in volcanic sandy soils, this 2021 Zibibbo vintage with a bright amber color and tropical hints of apricot, papaya and aromatic herbs presented a lush balance between freshness and sweetness - a perfect highlight for the Lemon Mouse Meringue with toasted pistachios as well as the warm, bittersweet Chocolate Budino cake with Vanilla Gelato.

I've had a longstanding aim to introduce fellow Society members to less familiar Italian varietals, of which there are hundreds, in the interest of enhancing our food and wine experiences. Often these varietals are pleasurable, food-friendly and reasonably priced.

I appreciate other member's and guest's enthusiasm for exploring the Italian wines featured at our 85<sup>th</sup> Annual Dinner and look forward to our next venture.

Salute,

David Schwartz, Past-President



The Wines from the 85<sup>th</sup> Anniversary Dinner

**THIRTEENTH ANNUAL CHEESE AND WINE EVENT  
WITH JANET FLETCHER  
Sunday December 3  
Mill Valley Community Center**

Notes and Recollections from David and Susan Schwartz and Robert Blumberg



Our cheese plate

Our annual cheese and wine event, featuring renown cheese expert, culinary educator, and author Janet Fletcher is always one of the Society’s most highly anticipated annual events, and this year, our thirteenth in a row, was no exception.

The cheese theme was locally produced artisan cheese. This was another great opportunity to learn from Janet, to discover cheese tasting techniques, and to explore some very small production and hard to find California cheeses, deserving of our attention.

We sampled the following Seven cheeses – all selected from central California to the Bay Area

- Franklin’s Teleme - a cow’s milk soft cheese made by mid-coast Creamery in Modesto
- Velvet Sister – a goat’s milk Camembert style farmstead varietal from Pennyroyal Farm in the Anderson Valley of Mendocino
- Dream Weaver – a goat’s milk award winning cheese from Central Coast Creamery
- Wagon Wheel – a cow’s milk brine washed cheese from Marin’s Cowgirl Creamery
- Quinta – a cow’s milk Swiss style woody cheese from Pt. Reyes Farmstead
- Estero Gold Reserve – a raw cow’s milk higher fat cheese from Valley Ford Cheese

- Bandaged Cheddar – a raw cow’s milk wrapped in cheesecloth from Fiscalini Cheese in Modesto



Wines tasted at the Cheese and Wine event

It is our goal each year to select a variety of wines of different grapes, different styles, and different locations to pair with Janet’s cheese selections. It is always of interest how certain cheeses can go well with a number of different wines, while others are best paired with a singular example. And the highlight of course is the discussion and personal opinions voiced throughout the seminar.

This year’s white wines included:

**2021 Chateau Puy Servain Sauvignon Blanc**, Perigord. From just east of Bordeaux, a lightly grassy Sauvignon with good fruit and nicely balanced acidity

**2021 Vietti Colli Tortonesi Derthona Timorasso**. A very unique and rare Italian wine. See comments below from Dr. David Schwartz

**2015 Chateau Doisy Vedrines**, Sauternes. Luscious, luscious, luscious

The reds were:

**2022 Dominique Piron Le Coq Leon**, a French Gamay from near Beaujolais. Fresh, forward, juicy purple fruits as only as a Beaujolais can do

**2008 Rio Piedra Zinfandel/Syrah**, donation of Norman Panting, M.D. A perfectly aged, balanced wine showing both fruit and fortitude

**2004 Hess Collection Mountain Cuvée Mt. Veeder**, Estate grown, double magnum format, donation of our president Maynard Johnston, M.D. Aged Mt. Veeder cabernet showing the dill and mint of mountain grown Cabernet. Very vibrant, as one would expect from a large bottle format of this age.

Comments on the Vietti Colli Timorasso  
by David Schwartz, M.D.

The *Timorasso* grape, a white varietal from northern Italy's Piedmont region, was an obscure grape until winemaker Walter Massa revitalized its production in the 1980's. The Piedmont region borders France and Switzerland at the foot of the Alps. The region's Nebbiolo is the most familiar red grape used in the production of Barolo and Barbaresco. Barbera and Dolcetto are also well-known red grapes from Piedmont. The other prominent white grape is Cortese, used to produce Gavi white wine. Replanted in the 1980's, Timorasso is now a respected complex varietal with notable aging potential. Tasting notes reflect the flavors of "yellow stone fruit, ginger, white tea, almond and honey minerality with good acidity and finish."

*Derthona* is the ancient name for the town of Tortona in region known as Colli Tortonesi.

For our 13<sup>th</sup> annual Wine & Cheese event, in my never-ending quest to discover new and exciting Italian wines, I selected the 2021 Vietti Colli Tortonesi Derthona as one of the whites to accompany Janet's cheese collection. This is a "young, yet delightful, full-bodied wine with a complex fruit forward mouth feel".



Janet addressing the audience





Our "studious" students

**Thank You DONORS!**

Several members have graciously contributed “end of year 2023” and “beginning of year 2024” cash donations to the Society of Medical Friends of Wine. The Society thanks Dr. Roger Ecker, Dr. James Gallagher, Barry and Joan Boothe, Dr. Jack McElroy and Dr. Mary Ann Skidmore, Dr. Maynard Johnston, Dr. Richard Geist, Dr. James Shapiro, and Dr. David and Susan Schwartz for their gifts. Additional thanks to Robert Ignoffo, PharmD and President of “the *second opinion*,” for his donation to our organization. Cash donations *in any amount* help to support the Society as we embark on our 86th year of curated dinners and wine tastings and aim to expand membership.

We also express appreciation to those members who have donated wines to recent events or who plan to donate wines for upcoming 2024 events. We thank Maynard Johnston for his donation of a Double Magnum: 2004 Hess Collection Mountain Cuvee-Mt Veeder Estate Grown wine that was shared at the December 3, 2023 Wine & Cheese Tasting. David Schwartz’s donation of 2021 Vietti Derthona Timorasso Colli Tortonesi was poured at the Wine & Cheese Tasting. Maynard is also contributing a Barrua Isola Dei Nuraghi from Sardinia for the April 19, 2024 dinner at the Basque Cultural Center. *Donations of wine in excellent condition* from a member’s cellar are always appreciated and can be used for future events, thereby reducing the overall event cost to members. Any *Gift-In-Kind* (donated wines) will be acknowledged with a Donor Form for your records.

Donations of cash or from charitable funds or securities help to support the Society’s non-profit operating costs while keeping member dues at the same rate since 2018, before the pandemic began. Cash donations help to close the gap between income and operating expense. Checks may be sent to the Society of Medical Friends of Wine, or you may provide payment with *Zelle*. *Please mail donation checks to this address: SMFW, 4460 Redwood Highway, Suite 16-110, San Rafael, CA 94903.*

Please remember the **Susan Guerguy Memorial Fund** as you consider your donation. The executive committee is currently reviewing the use of this donor fund for upcoming educational programs. There are several options for Qualified Charitable Distributions to 501 (c)(3) organizations such as SMFW; please consider this when you consult with your tax advisor.

Thank you to Elizabeth Kass, M.D. for her recent donation to the Susan Guerguy Memorial Fund.

## **SMFW WELCOMES MEMBERS!**

Thank You to members who have renewed your 2024 dues! We encourage active members to *invite friends and prospective new members* to become acquainted with our organization.

Including guests at SMFW events such as the upcoming April 19<sup>th</sup> dinner at the Basque Cultural Center introduces them to our wine education focus as well as to other congenial members.

There are two categories of membership for new members: *Individual*, or *Family*. Currently, just over half of our members share a *Family* membership; nearly half are *Individual* members. Prospective members may apply using the application on the SMFW website, or by using the printable pdf: <https://www.medicalfriendsofwine.org/application.php>.

### **Book Donation from James Seff, JD**

presented to Robert Blumberg, MD, Newsletter Editor, at the 85<sup>th</sup> Annual Dinner of the Society of Medical Friends of Wine at Poggio Trattoria, Sausalito.

Jim was previously the Counsel to the society and currently serves on the Board of Directors.

Jim donated a total of five books, of which four were written or edited by Salvatore Pablo Lucia, MD, a founding member. These books will be an historical resource for the Society. (*The following citations are informational for the Society and do not conform to publication format*).

**A History of Wine as Therapy**, Salvatore Pablo Lucia, MD, Lippincott Philadelphia, 1963. 234pp

**Alcohol and Civilization**, Salvatore Pablo Lucia, MD, UCSF School of Medicine - Continuing Education Symposium, McGraw Hill, 1963. 416 pp

**Wine and Health**, Edited by Salvatore Pablo Lucia, MD, First International Symposium of Wine and Health (Proceedings, November 1968), University of Chicago. 85pp

**Wine and Your Well Being**, Salvatore Pablo Lucia, MD, Popular Library, NY, 1971. 160pp

**Uses of Wine in Medical Practice: A Summary**, compiled by the Wine Advisory Board, San Francisco, CA (made effective under authority of the California Wine Marketing Act of 1937), 5<sup>th</sup> Edition, August 1967, with a Foreword by Russel Lee, MD, Stanford University. . 64pp

### **SAVE THE DATES**

**Dinner at the Basque Cultural Center  
Friday April 19, 2024**

**Wine Education Tour UC Davis Winery  
May 7 or 14 (watch for announcement)**

**Wine Tour of Amador County  
June 20, 2024**

**Dinner at the French Club  
September 20, 2024 (tentative date)**

**14<sup>th</sup> annual Cheese and Wine Event with Janet Fletcher  
Mill Valley Community Center  
Sunday, December 8, 2024**



**Thank You, Volunteer Members!**

The Society of Medical Friends of Wine has made transition to an All-Volunteer nonprofit organization! The executive committee wishes to thank those members who have helped with check-in functions at our events, including extra helpers at the 13<sup>th</sup> annual Cheese & Wine event on December 3, 2023. *If you would like to assist with future events* or offer general volunteer support for the organization, please contact Susan Schwartz, Secretary through the Society's Gmail.

We also thank members of the SFMW Board of Directors who meet annually to review the previous year and plan for the Society's current year in support of the educational mission. Special appreciation to Board of Director members Dr. Daniel Bikle, Dr. Marion Koerper Blumberg, Dr. Richard Geist, Dr. Mort Rivo and attorney James Seff. Several directors met with the executive committee on March 7<sup>th</sup>, 2024. Your wisdom, experience and contributions as past-presidents, researchers, and a former counsel to SMFW has been invaluable!

