

# *Society of Medical Friends of Wine*



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

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

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

## **NEWSLETTER**

**September 2024**

**295<sup>th</sup> Dinner**

**Friday September 27**

**Le Cercle de l'Union (French Club)**



Summer draws to a close and we now have fond reminders of France from scenes of the 2024 summer Olympics in Paris and environs. This is a reminder to please notify your Society of Medical Friends of Wine planning committee if you plan to attend the 295th dinner at Le Cercle de l'Union (French Club) on September 27th!

The evening includes our “bring a bottle share a bottle” theme in which participants are asked to bring a special bottle from their cellar, *preferably French*, to enjoy with your dinner and share with others. 🍷 This format tends to increase conviviality, ensure a large range of wines for discussion, and help us to contain overall costs. Members are welcome to bring guests, so please RSVP soon if you do plan to attend!

To date we have been notified that members will be bringing bottles of Chateaux Lafite Rothschild, Lynch Bages, Ducru Beaucaillou, Evangile, and d'Yquem.

Our *Cercle de l'Union* dinners have historically produced a fascinating array of exceptional wines that generate camaraderie and conversation, guided by Cellarmaster Bob Blumberg,

Jim Gallagher, David Schwartz and others. The entire evening is a unique opportunity for our group to experience the private French Club's historic dining hall, exceptional French cuisine and exceptional service

Your Executive Committee will provide the champagne 🍷 for the welcome reception in the club's salon on the eighth floor of the historic Native Sons of the Golden West building located at 414 Mason Street in San Francisco's Union Square neighborhood.

The dinner is priced at \$220/member and \$230/guest. *Le Menu* created by Executive Chef Lionel Balbastre is listed below. *Please note that paid reservations are required by September 20th* in order for the French Club to plan for our special event.

If you haven't already replied to the prior RSVP e-mail, please reply to that message with "Yes and # of persons attending", or "No I/we cannot attend." Payment may be sent directly to Dr. Jack McElroy, Finance Manager, via mailed check or Zelle digital payment. *We will enjoy a set menu from the first course to dessert. If you or your guest(s) require dietary accommodation, please email your concerns asap. The chef will provide an alternative to crab, and if necessary, to the main course beef entree, at the latest by September 20th*

RSVP by September 20th

by E-mail: [societyofmedicalfriendsofwine@gmail.com](mailto:societyofmedicalfriendsofwine@gmail.com). You may pay with Zelle, using the above Gmail address. Mail check payments paid to Society of Medical Friends of Wine to: Dr. Jack McElroy (address will be provided)

**DRESS ATTIRE:** Gentlemen: Coat and tie is required; Ladies: Casual Elegance

**PARKING:** Mason and O'Farrell Street Garage at 325 Mason; or 433 Mason St Garage

The Donatello Hotel at 501 Post (at Mason); Union Square Garage at 333 Post

Please arrange for appropriate transportation or a designated driver as indicated

**THE FRENCH CLUB – Le CERCLE de l'UNION**

**414 Mason Street (8<sup>th</sup> Floor)**

**San Francisco CA 94102**

**Friday, September 27, 2024**

**“Share the Table, Share your Bottle”**

**(French Rouge or Blanc preferred)**

**RECEPTION – 6:00 p.m.**

**Champagne (Hosted by the Executive Committee) and Hors d’oeuvres**

**DINNER – 6:45 p.m.**

**First Course - Dungeness Crab Napoleon**

**Entrée – Grilled Cote de Boeuf (French cut rib-eye) Bordelaise Sauce**

**with Potato Gratin, Wild Mushroom & Haricot-Vert**

**Cheese Course - Chef Lionel’s Fromage Selections**

**Dessert**

**Chocolate Molten Lava Cake, Dulce de leche & Caramel Crème Anglaise**

**EXECUTIVE CHEF: Lionel Balbastre, Chef de Cuisine**

**COST: Members - \$220 per person; Guests will be accommodated at \$230 per person**

**A Dilemma: What Should a Doctor Tell Patients and Friends about the Health Aspects of Drinking Wine?**



By Robert Blumberg, M.D.

Each issue of this newsletter tries to feature a review of a scientific article on the health aspects of wine consumption, written by our resident academic scholar and professor Dan Bikle, M.D., Ph.D.

Dan tells me it is getting harder to find articles to quote featuring positive reviews. Multiple “news flashes” support this. My inbox these days not infrequently quotes new studies showing concerns about the health consequences of wine consumption. This also reaches the lay press, with articles like the recent excellent one **Debate rising on health, alcohol**, by Esther Mobley which received front page status in the San Francisco Chronicle on August 16, 2024.

In the “old days”, as a practicing physician and cardiologist, it was easier to find support for positive statements. Many of my patients were concerned about lowering their risk of heart disease, especially heart attacks, and wanted to know if continuing moderate wine consumption was a good idea.

It certainly seemed so. We had the so called “French paradox” whereby a nation that consumed butter laden croissants and foie gras had a lower rate of heart attacks than other western cultures. What better explanation than the protective effect of wine consumption?

We had multiple epidemiologic studies demonstrating that moderate consumers of alcohol fared better than abstainers or heavy consumers. This was theorized to

be due to the beneficial effects on “good cholesterol” and perhaps the role of antioxidants, such as chemicals present in grape skins, in fending off heart disease.

Yes, there has always been the concern about alcohol and cancer, and inquiring about personal and family history of cancer would be part of my guidance, especially for women with a personal or strong family history of breast cancer. But if you were in good health, without a cancer history, it seemed relatively straightforward to give blessing to the average consumption of a glass or two of wine per day. After all, why not do as your doctor does?

Recently the validity of the epidemiologic studies showing the J shaped curve, where abstainers and high consumers had higher mortality than moderate drinkers, has come into question. Did the abstainers include former drinkers, who had to stop because of their health and thus negatively influence the prognosis of “nondrinkers”. Were the studies flawed or underpowered? Or perhaps they were once valid in an era where cholesterol lowering drugs were not available or were less effective, more people smoked, more had uncontrolled hypertension, more led generally unhealthy life styles. In that case a benefit of moderate consumption may have helped overcome these factors and improved outcomes. In today’s world where more people are aware of their blood fat levels, more taking statins, fewer smoking, and more with blood pressure controlled and the value of exercise and diet better understood, the positive effects of drinking are less needed and are outweighed by the negative effects, particularly cancer risks.

Thus, my dilemma. What should I tell patients and friends today? A reason for reflection. A subject for an article in this newsletter.

It does seem clear that the cancer risk is real, and should be part of a careful discussion of pros and cons. I have always and would continue to emphasize that this is particularly true for a woman with a history of breast cancer or a very strong family history of breast cancer.

Even though we have thought of wine consumption being beneficial for the heart, there are heart conditions where it is contraindicated. I advise anyone with a history of heart failure or documented reduced cardiac contractility, as can be diagnosed by echocardiography, to not drink alcohol. Alcohol also can stimulate or provoke heart arrhythmias. The incidence of atrial fibrillation has increased as our population ages, and abundant information published by experts at our own

University of California in San Francisco shows an association between alcohol consumption and atrial fibrillation.

Given the frequency of atrial fibrillation this creates a dilemma as I ponder what advice to give. People with so called paroxysmal atrial fibrillation, the type where they are in and out of the arrhythmia, should not drink as this may increase the frequency of their episodes and lead to their being in chronic, or full time, atrial fibrillation.

People in chronic atrial fibrillation with controlled heart rates or people with a remote history of atrial fibrillation are a different group. If they choose to continue modest intake and understand the risks, I do not necessary disagree. I suspect some experts would disagree and consider my advice too lenient.

So, what about the reasonably healthy individual who enjoys a glass of wine or two—what should I advise today in light of all the recent studies and publicity. Here I turn to the milieu in which wine is consumed.

Wine with meals is drunk to enhance enjoyment of food and add nuances and complexity to a meal. Wine consumed with meals usually means a slower intake of food, which should be healthy.

Wine consumed with others adds social benefits. Discussing a wine's aromatic and flavor profile, reminiscing about where and when it was purchased, remembering trips to wine countries around the world, and just sharing glasses with likeminded individuals brings pleasure, relaxation, and memories, all of which play a role in one's sense of happiness and wellbeing.

To me, all of these things are very, very real, but would be impossible to quantitate or analyze in any epidemiologic study. So, if you believe in quality of life as being as, or even more important, than quantity of life, and you have no medical contraindications, join me in opening that bottle with friends and enjoying its contents.

Just my opinion, but like I said, hopefully worthy of an article for this newsletter to complement Dan's scientific reviews.

A votre sante!

Bob Blumberg, M.D. newsletter editor

## **Wine Tasting in and near Lodi, California**

By Elizabeth Kass, MD

*Editor's Note: I trust you will enjoy this delightful article by Elizabeth Kass as much as I did. Elizabeth's descriptions of the white Rhone varietals now grown in the Lodi region brought back memories to me of a visit to Chateau Beaucastel in Chateauneuf du Pape. This property produces renown reds, but for me the highlight of our visit was the tasting of their rare and mind-blowing whites. A little hint—a bottle of white Beaucastel will be one of the shared wines at our upcoming dinner at the French Club.*

On a beautiful day in late August, my husband, a couple friends and I tasted some wines local to Lodi and surrounding areas.

We first had a tasting with paired small bites at Acquiesce Winery & Vineyards, 22353 N Tretheway Road, Acampo, CA. This estate vineyard is located in the Mokelumne River AVA and is certified under Lodi Rules for Sustainable Winegrowing. Its name comes from a philosophy of submitting to nature, yielding to the vineyard and acquiescing to the grapes so they present their own true character.





### Acquiesce Vineyard

Owned by Susan Tipton, the founding winemaker, and Rodney Tipton, Operations Manager, Acquiesce is an all-white wine winery featuring estate grown Rhône varietals. The grapes are sourced from the famed Château de Beaucastel of Châteauneuf du Pape, France and are grown on 16 acres on the estate. As noted on the Acquiesce website, “Inspired by her first glass of white Châteauneuf-du-Pape wine, Susan began planting her estate grapes in 2008, which include Picpoul Blanc, Grenache Blanc, Clairette Blanche, Bourboulenc, Viognier and Roussanne. The combination of Lodi’s fertile soils and these select white Rhone grapes which are hand-picked, whole cluster pressed and fermented in stainless steel have created quite a buzz — Acquiesce Winery has garnered numerous Double Gold, Gold and Best of Class awards and has the distinction of Best Viognier in California in 2016.”

The winery’s tasting menu changes monthly and was as follows during our visit:

<p><b>2022 Sparkling Clairette Blanche</b> <i>Brentwood Corn Salad</i></p> <p><b>New Release!</b> Granny Smith on the nose but given time to open up we're rewarded with aromas of key lime pie, white flower petal, and honey dew rind.</p> <p>\$55.00 / \$44.00 Wine Club</p>	<p><b>2022 Ingénue</b> <i>Stuffed Mushroom, cheese, rosemary, chive</i></p> <p><b>GOLD MEDAL</b> Blend of 4 varietals - beautiful complex nose of pineapple, fresh ocean breeze, melon rind, wet stone, and a floral undertone of honeysuckle. Mineral finish.</p> <p>\$43.50 / \$34.80 Wine Club</p>	<p><b>2022 Bourboulenc</b> <i>Tomato Pie with Boursin cheese &amp; sea salt</i></p> <p><b>BEST OF CALIFORNIA</b> <b>99 points!</b> Wafting aromas of cantaloupe, briny citrus, sweet florals, and beeswax. Mineral driven with an acid backbone and a beautiful, lingering finish.</p> <p>\$36.50 / \$29.20 Wine Club</p>	<p><b>2022 Belle Blanc</b> <i>French Onion &amp; Gruyère crostini</i></p> <p><b>DOUBLE GOLD MEDAL</b> Lovely aromas of pear, stone fruit, violet, and passion fruit with a great stony minerality. Blend of Roussanne, Grenache Blanc, and Bourboulenc.</p> <p>\$43.50 / \$34.80 Wine Club</p>
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My husband and I particularly enjoyed the 2022 Sparkling Clairette Blanche and the 2022 Bourboulenc.

In 2016, Acquiesce was the first winery in the U.S. to plant Bourboulenc. Grown in southern France for centuries, Bourboulenc is well suited to the climate in the Lodi area. Acquiesce's 1-acre block of the varietal produces large, loose clusters that mature late and maintain acidity throughout the growing season, even during hot spells as may occur during the summer. Tasting notes for the 2022 vintage from Acquiesce's website: "Our Bourboulenc covers a lot of aromatic ground with wafting aromas of cantaloupe, briny citrus, sweet florals, and beeswax. This vintage provided a fuller, yet mineral driven mid-palate. This rare variety's typical acid backbone leads the way to a long, lingering finish." The wine has won multiple awards, including at the

- 2024 California State Fair Commercial Wine Competition - BEST of CALIFORNIA! 99 pts – Double Gold Medal
- 2024 American Fine Wine Competition - GOLD Medal
- 2024 San Francisco Chronicle Wine Competition - GOLD Medal.



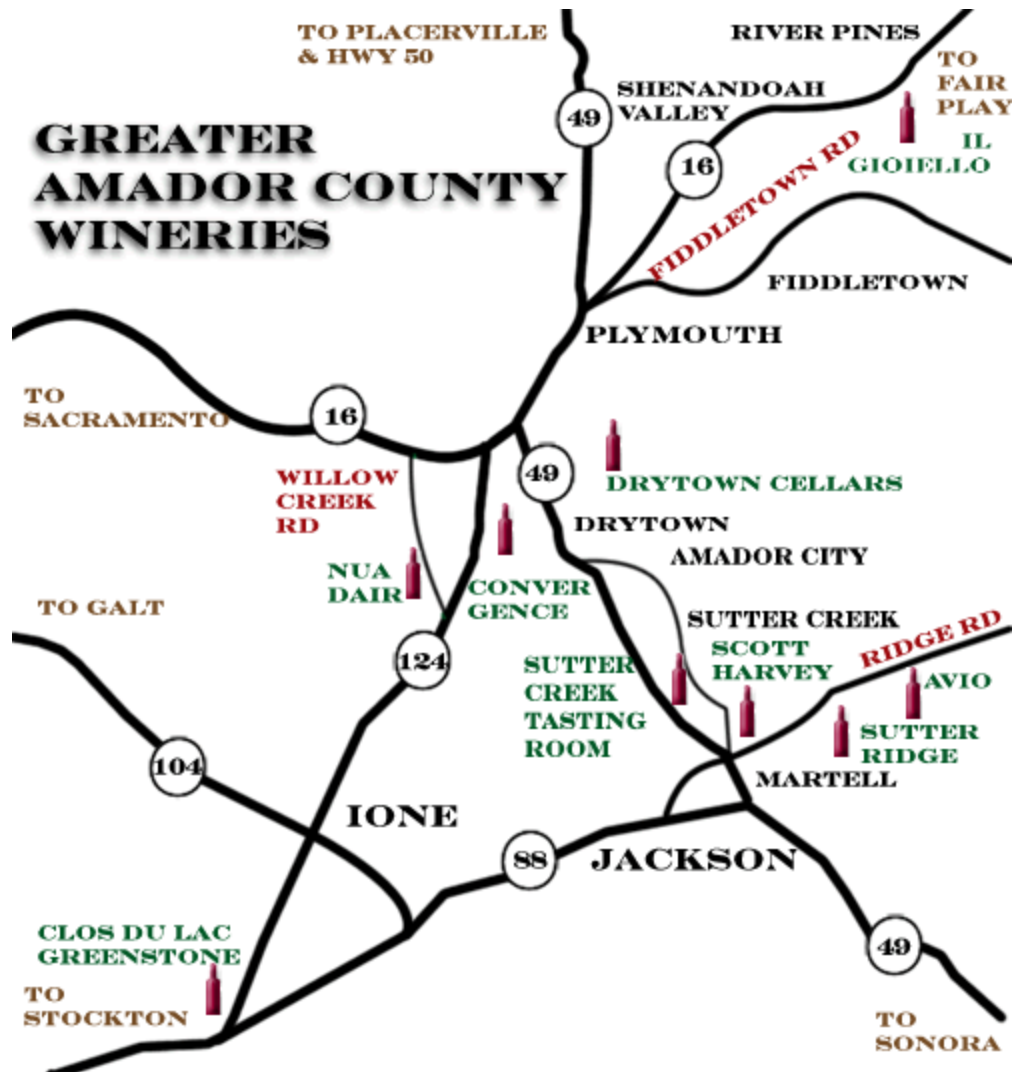
Our next stop was at the Lodi Wine and Visitor Center, 2545 W. Turner Road, which was established in 2000 and carries hundreds of wines made from Lodi-grown winegrapes. Our friends are members of the center, and we enjoyed a

complimentary flight of 5 local wines. (The seated tasting experience is available to non-members for \$12 per person and includes 4 wines from a weekly rotating, diverse selection of Lodi white, rosé and red wines. Hours of operation are daily 10:00am - 5:00pm. Purchase of two bottles waives one tasting fee.)

The most interesting wine that we tasted was 2023 Perlegos Assyrtiko, Thera Block, which is produced by Perlegos Family Wines in the Clements Hills sub-region of Lodi. Assyrtiko is a white wine grape varietal indigenous to the Greek island of Santorini. In 2021, Jeff and John Perlegos, owners/farmers of Perlegos Family Wines and the sons of Greek immigrants, were among the first to plant Assyrtiko in California. They top grafted the varietal over 30-year-old Merlot vines in a small block in their vineyard. The grafts thrived in Lodi's climate and, within the space of a year, produced large, lush clusters. The harvested grapes were whole cluster pressed, the juice fermented using native yeast, and the wine held in neutral French oak barrels for seven months before bottling.

Tonya Pitts of Wine Enthusiast gave 2023 Perlegos Assyrtiko, Thera Block a 93 rating, and noted, "Varieties usually grown in other parts of the world are now thriving locally in the Americas. This Assyrtiko is vibrant, with aromas of Meyer lemon, candied orange rind, guava, white flowers and dried herbs on the nose. Flavors of green papaya, apple, melon and dried coriander cascade into white grapefruit, saline, sedimentary rock and a long, mouthwatering finish. Pair with steamed clams with shallots, butter and lemon."

The wine is available at K&L and their Domestic Wine Buyer, Ryan Woodhouse commented, "The sandy, decomposed granite soils and almost constant wind seem to suit the variety well and the flavors they manage to capture in this wine make a compelling argument that perhaps we should have Assyrtiko planted in California! Super cool and unique wine, check it out!"



## A Warm Introduction to California Shenandoah Valley Wines

By Susan Schwartz

Summer brings fresh opportunities to travel near and far to experience new vistas. On June 20, 2024, the Society’s President Dr. Maynard Johnston, through his viticultural contacts, arranged for a small group of SMFW members and guests to explore several wineries in Plymouth, California. Nestled in California’s Gold Country, this Shenandoah Valley viticultural area in Amador County is known for a hot, dry climate that produces rich and varied wines with roots anchored in decomposed granite and loamy soil at an elevation of 1,400 feet. In his remarks at

the 85<sup>th</sup> Annual Dinner at Poggio in January 2024, Maynard provided an overview of the Sierra Nevada Foothill wineries and a Zagat-rated restaurant called *Taste*, located in the historic Plymouth, CA that began as mining camp in 1852. From quartz mining for gold extraction in 1850 to acres of vineyards and notable winemaking today, the Shenandoah Valley – Amador County region continues a tradition dating back to the first Zinfandel vines planted over 150 years ago. The following will highlight some of the features that we experienced at four wineries.

For those traveling from the Bay Area, our one-day tour began on a Thursday morning and involved an ascending forty-mile drive east of Sacramento via Highway 49 to reach our first destination - **Scott Harvey Wines** - just a five-minute drive beyond downtown Plymouth. We were joined by Maynard Johnston's El Dorado Hills wine group for the winery tours, so our group size was about twenty-five people. A European-trained winemaker, Scott Harvey is a distinguished Amador County winemaker known for his expertise in Zinfandel and Barbera, using grapes grown from his estate vineyard and other select sites. Scott's spouse Jana Harvey, an experienced wine industry marketing specialist, is an active partner in the Scott Harvey Winery that was established twenty years ago. We began with a guided tour of the vineyards with Scott, proceeding to a barrel room tasting with the winemaking staff. We were later joined by Jana Harvey during our picnic lunch on the tasting room patio. Varietals sampled in the winery included:

- 2021 Old Vine Reserve Zinfandel, planted at higher elevations, blended from Primativo and Zinfandel grapes for a “rich cherry-berry fruit finish”
- 2021 Scott Harvey Mountain Selection Barbera, grown at higher elevations in Amador County with “deep red fruit notes of blackberry and currants and firm tannins”
- 2021 Scott Harvey Mountain Selection Syrah, aged 21 months in French oak - a “well-rounded, food friendly red with well-structured tannins”

Our visit at Scott Harvey included an optional view of the on-site testing lab used by the winemaking team to measure data throughout the fermentation process.

We began our picnic lunch wine tasting with a Jana Sparkling Brut NV traditional method blend of Pinot Noir and Chardonnay that was dry and bubbly “with hints of peach and lychee fruit”. Next, we sampled the 2022 Jana Winery Rose of Tempranillo that had a “good balance of minerality and tropical fruit” which paired well with our picnic fare. Although the Verdelho grape originated in Portugal, it is now grown in other warm regions worldwide, including the Shenandoah Valley. Scott Harvey blends this grape grown nearby with “8% Muscat Canelli grown at the estate, resulting in the ’22 Jana Verdelho displaying a light, crisp taste with hints of melon and apricot”.

Through guided presentations, tastings and discussions, our tour group became better acquainted with the region’s growing conditions, vineyard management, wine varietals and Scott Harvey’s highly respected stewardship in the 40-year-old California Shenandoah Valley AVA.

*(Specific information sourced from Scott Harvey Wines website)*

A neighboring vineyard and Amador Tasting Room, **Turley Wine Cellars** was founded in 1993 in Napa Valley by former emergency room physician Larry Turley, adding tasting rooms in St. Helena, Paso Robles and Plymouth. Dr. Turley has been known for “resuscitating” many an old-vine vineyard. With oversight from Head Winemaker Tegan Passalacqua, Turley wines are produced primarily from Zinfandel and Petite Syrah grapes organically farmed in old-vine vineyards across California. Winemaker Nick Finarelli manages the Amador County production. Dr. Turley’s daughter and master sommelier Christina Turley directs wine sales and marketing.

Our tour group enjoyed comfortable seating in a covered outdoor tasting area with ample shade and an attentive staff very familiar with Turley’s history and unique varietals. The theme of this tasting was “Everything Zin.” We began with a refreshing sample of 2023 White Zinfandel Rosé, “evoking Provençal Rosés, with hints of strawberry and good acidity.” Turley refers to this Rosé varietal as

“California’s current Rosé version of former White Zins, with an updated sensibility.”

We proceeded to taste the 2022 Juvenile Zinfandel, named for the 6-to-25-year-old “young vines” replanted in old-vine vineyards and picked separately for their “bright taste profiles of peppery spice and younger red fruit”. The average age of Turley old-vine Zinfandels is 92 years. Two centerpiece Old Vine Zins included:

- 2019 Turley “Buck Cobb” Vineyard Zinfandel Amador County, a dry farmed robust Zin with “mineral tannins due to their granite and quartz soils,” and
- 2019 Turley Sadie Upton Zinfandel Amador County with “alpine strawberry-rhubarb juicy ripe fruits”

*(Specific information sourced from Turley Wine Cellars website)*

Driving a short distance uphill on Shenandoah Road in Plymouth, we visited **Vino Noceto Winery** for a vertical tasting of all estate, all Sangiovese wines. The complex of buildings and a tasting room offer a variety of event experiences. We assembled at three shaded picnic tables adjacent to the tasting room. From the hills of Italy’s Tuscany and Umbria regions to the Sierra Nevada Foothills, the Sangiovese grape is well suited to warmer weather, red wine grape growing areas.

Former Bay Area residents Suzy and Jim Gullett began their venture as proprietors doing long-distance farming and winemaking for years, then relocated to the Shenandoah Valley after purchasing their Plymouth property in 1984 to establish Vino Noceto as one of California’s notable Sangiovese vineyards. Their focus is on food friendly, Chianti style winemaking. The word *Noceto* in Italian means walnut grove. Of the forty-acre vineyard, the majority is Sangiovese grapevine plantings, surrounded by olive and walnut trees.

Our friendly tour guide, Tasting Room Manager Garrett Linker, an Amador County native, efficiently led our sampling of these all estate, all Sangiovese wines: 2022



Bianco, 2023 Rosato, 2019 Originale, 2020 Riserva, two 2019 Brunello clone wines and a special 2017 AX-1 wine. California Sangiovese is known for earthy aromas of oak and tar, with higher acidity than some counterpoints and fruit hints of sour red cherries. Taste perceptions can and did vary widely in our tour tasting group. One of the tour participants, Dr. Elizabeth Kass, reported that she and her SMFW member husband Lloyd Karger, particularly favored:

- the single clone 2019 Sangiovese “Dos Oakies”, described by the winery as “cherry, strawberry and dusty roses”
- the single clone 2019 Sangiovese “Hillside”, described by the winery as “cherry, cranberry and dried flowers”
- the 2020 Sangiovese “Riserva” made with 2 clones, described by the winery as “dark cherry, touch of leather, and ocean air”

*(Specific information sourced from the Vino Noceto website)*

Departing from Vino Noceto, several SMFW tour members continued to explore additional Amador County wines at **Terra Rouge Eastin Artisan Wines**, located on Dickson Road in Plymouth. “Terra Rouge” is noted especially for their Rhone varietals and also Zinfandels, which they age for several years, including their white wines. We enjoyed the spacious, air-conditioned tasting room as we learned about the venture of Bill Eastin and his spouse Jane O’Riordan, originally a Bay Area wine business focused couple who established their Amador County winery in the 1980’s with an emphasis on producing Rhone style wine varietals Syrah, Grenache, Mourvèdre, Viognier, Roussanne and Marsanne under the Terra Rouge label. As a notable *Rhone Ranger*, Bill Eastin actively promotes the use of Rhone Valley grape varietals in California winemaking.

We sampled Terra Rouge’s current releases vinted from 2014-2016, including:

- the 2015 Terra Rouge Enigma Sierra Foothills blend of Marsanne, Rousanne, Viognier and Grenache Blanc grown at a cool, higher elevation with “hints of apricot and green almond”

- the 2015 Terra Rouge Rousanne Monarch Wine Vineyard, Sierra Foothills, grown at a cool, higher elevation with “resiny, honeyed overtones of alpine wildflowers and a dry, rich flavor”
- three Rhone reds vinted in 2015-2016, (information to be updated soon)
- the 2016 Fiddletown Zinfandel, Rinaldi – grown in one of California’s oldest vineyards; “this 100% Zinfandel demonstrates ripe, lush fruit and soft tannins”

Our tasting was accompanied by an artfully designed snack platter, a specialty of owner/caterer Jane O’Riordan. We appreciated that the Tasting Room staff waited for our group after their closing hours, providing a most informative small and private tasting.

*(Specific information sourced from the Terra Rouge Eastin website)*

All of the Amador County/Shenandoah Valley tour arrangements were made possible through SMFW President Maynard Johnston’s personal and professional contacts that he has cultivated over the years as a wine advocate and enthusiast in the Sierra Nevada Foothills wine region. Thank you, Maynard, for your diligent work on this tour, and for capping this experience with arranging the dinner for twelve at the largest banquet table at TASTE Restaurant in downtown Plymouth.

Dinner at **TASTE** Restaurant and Wine Bar was an experience worth a journey!

The seasonally inspired, *Prix Fixe* Dinner Menu can be structured as three or five courses, with choices from an array of small plates and large plates depending on the diner’s preference. Located on Main Street in downtown Plymouth, TASTE has been rated by Zagat as one of the Top Restaurants in America. Small-plate tastes included a savory watermelon salad, or exotic mushroom and goat cheese “cigars” wrapped in Phyllo dough. Large-plate options included seafood, meat or fowl main courses or vegetarian options expertly sauced and delicious. Dreamy desserts ranged from fruit cobbler, crème Brule duo, or chocolate indulgences. To

pair with each course, Maynard Johnston selected additional wines not tasted at the four tour wineries to perfectly complement this outstanding dinner.

With the addition of friendly and attentive service, one could understand why this culinary gem in the heart of the Sierra Foothills wine country is a destination experience for wine and food devotees alike.

Each tour member had made overnight lodging arrangements either at the **REST** Hotel, next door to TASTE, or other area hotels including the Shenandoah Inn. According to SMFW Webmaster Dr. Elizabeth Kass, she would highly recommend and plans to return to the REST boutique hotel in Plymouth. The hotel “has sixteen delightful and well-appointed guest rooms with snacks and beverages. There is a complimentary wine tasting in the evening. There is a complimentary breakfast with food prepared at Taste on the days it is open and by the hotel staff when it is not; everything was scrumptious”.

**Tour Photos?** Visit: <https://www.medicalfriendsofwine.org/2023-Photos.php>

Considering that the Society of Medical Friends of Wine has recently visited the Petaluma Gap and downtown Sonoma County wineries, urban wineries in Alameda County, and UC Davis/Baker Family Wines in the Sacramento area, the adventure to visit four of the numerous Amador County/Shenandoah Valley wineries broadened our knowledge of this region’s unique place in California winemaking. The Executive Committee makes every effort to offer a range of tour experiences that meet with member’s interests, preferences and availability, as well as that of the wineries. We invite members to suggest additional tour options and look forward to a potential tour of Lodi area wineries next year.

### **MARK YOUR CALENDARS**

Sunday **December 8** will be our “never to be missed” 14<sup>th</sup> annual Cheese and Wine event with our friend and cheese expert Janet Fletcher. Janet will select outstanding and rare cheeses for us to pair with a variety of wines. The event will be held at the Mill Valley Community Center in the afternoon. Mark your calendars—further information and sign-up opportunity will be forthcoming.

## Welcome New Members!

The Society welcomes our newest members - David Parker and Dr. Victor Reus.

David Parker is the CEO/Owner of Benchmark Wine Group and Wine Market Journal, and President of the National Association of Wine Retailers. An avid wine collector and former vineyard owner, David speaks to academic and professional groups on the health benefits of wine and other wine related subjects. David spends his work time in the Bay Area and resides in the Pacific Northwest.

A native of Bordeaux, Victor Reus, MD, is Distinguished Emeritus Professor at the University of California, San Francisco Medical Center. An acclaimed researcher and Professor of Psychiatry, Dr. Reus has collected both California and European wines. He enjoys spending time in the Sonoma Mountain area close to historic vineyards, mingling with winemaker neighbors and friends.

We encourage current members to *welcome new members* into our organization. Inviting guests to SMFW events such as the upcoming 295<sup>th</sup> Dinner at Le Cercle de L'Union (French Club) and the December 8, 2024 Cheese & Wine tasting are opportunities for guests to experience the Society's educational discussions and to meet other members.

There are two categories of membership for new members: *Individual*, or *Family*. Currently, nearly half of our group are *Individual* members and just over half of our members share a *Family* membership for two related persons. Fully retired individuals who have been members of the Society for at least ten years are eligible to pay dues as *Emeritus* members.

Prospective members may apply using the digital application on the SMFW website, or by using the printable form provided on the SMFW website <https://www.medicalfriendsofwine.org/application.php>.

