

Society of Medical Friends of Wine



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

www.medicalfriendsofwine.org

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NEWSLETTER AUGUST 2023

PRESIDENT'S MESSAGE

Maynard Johnston, MD FAAP CWE

It's August already, can you believe it? I hope everyone and their families and friends are doing well.

The 2023 Crush is just beginning, or very soon will be. The first grapes to be picked will be those used for making sparkling wine. Generally, when making still wines, grapes are picked at a Brix or sugar level of 25-28 these days, giving an alcohol level of between 14-15% (when I first got interested in wine and started making wine nearly 50 years ago, the ideal sugar level was 22-22.5% sugar or degrees Brix, giving an alcohol level of 12-12.5%). Grapes picked to make sparkling wines are generally at 17-18 degrees Brix. This is done to preserve acidity (as grapes ripen, acidity falls) and to keep the finished product in the 11.5-12.5% range. The primary

fermentation will give an alcohol of ~10% but the secondary fermentation, that which makes Champagne and sparkling wine so special, will increase the final alcohol to the ~12% range.

Harvests are coming earlier and earlier every year. Where in the past, harvests started near the end of August or early September; now it is not unusual for grapes to be picked starting in late July. I just checked with Domaine Carneros and they have not started picking yet. So another year has passed and a new vintage is upon us.

Since we last spoke, we had a wonderful Urban Winery tour and tasting which brought us to Oakland and Alameda. This event brought new experiences and information to most of us. I personally learned a lot about Kosher wines and was able to see the changes that have occurred at the old Alameda Naval Air Station. My last visits there were between the years 1972-1975, when I was a pediatric resident at LAMC, Letterman Army Medical Center, on the Presidio of San Francisco.

The Navy had a teaching program and Medical Center at ANAS and I would travel there for programs and presentations. Since the closure of the base, a lot has happened there including three wineries and at least one brewery. Susan and David Schwartz were responsible for this unique event. David will be discussing this in more detail later on in this newsletter.

Upcoming events to look forward to include a tasting and lunch on the Sonoma square on Saturday, August 19, the French Club dinner event on September 22, and our annual wine and cheese event on December 3. Look for details further on in the newsletter.

As you know, the Executive Committee reached out to the membership asking feedback on past events and seeking feedback and suggestions for future events. We received numerous responses and the Executive Committee wishes to thank you for some great information. We are always available for input and suggestions; please don't hesitate to contact me or anyone on the executive committee. We look forward to hearing from you.

Some possible future events include a tour of U.C. Davis's winery and a visit to Baker Family Wines in West Sacramento. Another possible event is a tour, lunch, and dinner with an optional overnight stay in the Shenandoah Valley of Amador County.

Another project is for a summit on Wine and Health, much like the one that was put on by the Renaud Society a few years ago. Recent news about alcohol, including wine, has raised more health concerns. Just last week there were two articles that I saw related to alcohol and health:

- 1) from **AMA News** (7/28): "Deaths tied to excessive alcohol consumption rising in U.S. especially among women"
- 2) from **Medscape** (8/1) and **Hypertension** (7/31): "Even One Drink a Day Tied to Increased BP in Healthy Adults"

So, I think a symposium focusing on recent publications which contradict previous studies is in order. This would be a major undertaking and would in all likelihood require collaboration with other entities. Much more to come on this.

As you can see, your Executive Committee has been busy. As a reminder, our organization is now totally run by volunteers, which is new for us. Because of this we need help in planning events, supporting events, and for recruiting new members. With member involvement, we can continue to make the Society of Medical Friends of Wine a thriving and relevant organization.

Lastly, I would like to thank Bob Blumberg for this newsletter and for all the work that he has done to make this newsletter and the previous ones so special. Bob tirelessly works on this with all the challenges he faces with time issues, content issues, and the like. I know he would most appreciate any suggestions and, even better, any content that you may have.

Happy August and here's hoping for a good harvest free of wildfires, and improving health to all our membership and their friends and family. I hope to see you and your friends at one of our upcoming events, which includes the Sonoma Square tasting and lunch on Saturday, August 19, Maynard

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East Bay Urban Wineries Tour

By David Schwartz M.D.

On Memorial Day Weekend 2023, fifteen adventurous wine society members trekked by car to Berkeley and to Alameda Island to learn, taste and review selected varietals presented by two notable urban wineries: **Covenant Winery** and **Dashe Cellars**. A growing Bay Area phenomenon, urban vintners tend to be seasoned wine makers who have gained their formal experience close to wine country's pastoral vineyards. Many have then opted to produce their wines closer to home and source their grapes from several vineyards that meet their criteria.

A movement inspired by winemaking pioneer Kent Rosenblum who established the legendary Rosenblum Cellars, urban vinting is now a model throughout California with wineries often located in former industrial areas, or, as in Alameda Point, on the site of a former U.S. naval air base. One can find urban wineries in San Francisco, Oakland, Berkeley, Treasure Island and Novato. I've had many urban winery tasting experiences over the years, ranging from Santa Barbara to the industrial Tin City "makers market" in Paso Robles and other Bay Area urban wineries that prompted me to propose this experience for our society's 2023 wine tour.

I had the great fortune years ago to meet the late, distinguished winemaker Kent Rosenblum at Rock Wall Wines, which was then located near where Dashe Cellars resides today at Alameda Point. Founder of Rosenblum Cellars, Kent had produced many Zinfandels each year at his industrial Oakland winery, sourced from a multitude of single vineyards. (He also had a full-time veterinary practice!). The production of Rosenblum's Hendry Zinfandel 1984 merited positive ratings from wine reviewers and received several Best of Show accolades at wine competitions. During that same era, the "3 R's" - Ravenswood Winery, Ridge Vineyards and Rosenblum Cellars – were regarded as premier California Zinfandel producers. When I first made wine in 1988 in my "Idylberry Garage," I met Rosenblum's associate George Hendry at a gathering of home winemakers and tasted Hendry Ranch wines. At that time, I wasn't aware of the influence of George Hendry, a UC agronomy professor and winemaker, on Kent Rosenblum's success.

Fast forward to 2023, I undertook the task this Spring of visiting several urban wineries in Berkeley and Alameda and selected two that I consider representative of unique, high-quality winemaking: Covenant Wines in Berkeley and Dashe Cellars at Alameda Point. Still inspired by the memory of Kent Rosenblum's award-winning Zinfandels produced before Rosenblum Cellars was sold in 2008, we decided to include Zinfandels at each of our SMFW selected wineries.

On Saturday morning, May 27th, we enjoyed presentations from Ted McArdle, Covenant Wines Hospitality Manager and, in the afternoon from Pam Maners, Tasting Room Manager and Scott Clifton, Tasting Room Lead at Dashe Cellars. The clear, sunny and breezy, climate was perfect for our daytime outing and a cool drive back home afterwards with our urban winery purchases.

Covenant Winery was founded in the Napa Valley in 2003 by Jeff Morgan, former west coast editor for Wine Spectator, and the late Leslie Rudd of Rudd Winery and the Rudd Center for Professional Wine Studies at the Culinary Institute of America in St. Helena. Inspired by tasting an Israeli wine, Jeff determined to make high-quality Kosher wines central to his new winery's enterprise. Covenant Winery started in Napa and subsequently relocated to a former warehouse in northwest Berkeley, an area with several urban wineries and craft brewers known as the "Berkeley Drinks District." Associate winemaker Jonathan Hadju oversees production of

10,000 cases per year. Covenant sources its California grapes from growers in Lodi, Napa and Sonoma, including Pinot Noir grapes from SMFW friend Francis Mahoney's hilltop Carneros Vineyard. They also source Syrah grapes from Northern Israel. Before our Society's tour, Susan Schwartz and I met with Jeff Morgan and Ted McArdle to select the wine tasting "line-up" and to arrange for our catered picnic lunch to be enjoyed with Covenant's hospitality.

Varietals sampled during our wine tour included: Covenant 2022 Grenache Rose; 2021 Landsman Pinot Noir, Carneros; 2021 Covenant Solomon Blanc, Sonoma;(Sauvignon Blanc) and 2021 Covenant Cabernet Sauvignon, Napa. Additionally, we tasted a 2022 Mensch Zinfandel from Mettler Vineyard, Lodi; and a 2020 Red C Red - Syrah, Malbec, Grenache, Merlot - Sonoma County.

My impressions of three of the six wines sampled were as follows:

- **Covenant 2022 Red C Rose** - a highly pleasant dry Rose with a strawberry nose and bright fruit flavors vinted from a blend of California Grenache, Pinot Noir and Syrah that reminded me of European character Rose
- **2020 Red C Red** - a blend of Syrah, Malbec, Grenache and Merlot grapes from Napa, Sonoma and Dry Creek Valley. A complex and full-bodied blend with a long finish, tasting of dense red fruit and spices
- **2022 Mensch Zinfandel** from Lodi. (Previously, the Society had sponsored a virtual Lodi Valley wine tour). This Mensch is sourced from Lodi's Larry Mettler Zinfandel vineyard and is blended with 20% Petite Syrah and barrel fermented. A rich, medium bodied Zin, drinkable now with balanced tannins and a fresh taste. (*Mensch* derives from the Yiddish language and means *a man of integrity and honor*, and in this winery's use, *a distinguished wine*).

I received many positive comments from our group regarding the 2021 Landsman Pinot Noir, Carneros; 2021 Covenant Solomon Blanc, Sonoma; and 2021 Covenant Cabernet Sauvignon, Napa.

Having learned several illuminating facts about Covenant Wines from our tasting guide Ted McArdle, we took a mid-day break for a picnic lunch catered by Berkeley's legendary Ann's Catering and enjoyed Covenant's spacious, enclosed patio that serves as the site for Sunday afternoon wine tasting and live music events. We concluded our visit with an appreciation not only for Covenant's distinguished wines but also for our group's customized private tour of the winery on this busy holiday weekend. I encourage members to visit Covenant Wines on Sixth Street in north Berkeley on weekends to taste wines by the glass and take in a live jazz Sunday music concert anchored by proprietor Jeff Morgan, whose resume includes wine journal editing, international professional musician and cookbook author among his vast talents.

Onward to **Dashe Cellars**, a thirty-minute drive via the Webster Street Tube that connects downtown Oakland to Alameda Island, we wended our way through a series of former U.S. Naval airplane hangars that have been transformed into wine and spirits production sites on the waterfront known as Alameda Point, with its panoramic views of the San Francisco Bay shoreline. A fun fact - Dashe Cellars' location is at "Hanger 25" on Monarch Drive.

My first exploratory visit to Dashe Cellars, and meeting with the gracious tasting room manager Pam Maners, provided an opportunity to taste most of Dashe's current available wines from which I selected the varietals for our tour. With a seven-wine selection and focus on Zinfandels from three regional vineyards, our group would be able to enjoy tasting a wide range of wines beginning with a Methode Ancestrale sparkling wine and concluding with a robust Petite Syrah.

On May 27th we were cordially greeted again by Pam Maners who had set up a tasting table for our group in the center of Dashe's barrel room section. Pam's associate Scott Clifton led us on a private tour of the vast and airy production facility that reflects the vision of proprietors Mike and Anne Dashe and their winemaker partner Rene Calderon. A Mexico City native, Rene had previously worked at Stag's Leap Winery before completing his Viticulture & Enology degree at UC Davis and next a stint at Wente Labs.

Founder Mike Dashe holds a Master's in Enology from UC Davis and gained winemaking experience at Chateau Lafite-Rothschild and Ridge Vineyards. French native Anne Dashe had graduated from the University of Bordeaux's enology program prior to working with Chappellet Winery in St. Helena. Dashe Cellars focuses on traditional and "natural" winemaking techniques with grapes sourced in northern California with a particular focus on the production of Zinfandels. We learned that the overall goal of natural winemaking is to have as limited human intervention as possible from the vineyard to the wine journey.

We re-convened in the barrel room conference table to taste the following selected varietals with introductions from Pam and Scott: 2017 Sparkling Wine, Methode Ancestrale; 2020 Chenin Blanc, Clarksburg; 2018 Zinfandel, Heart Arrow Ranch; 2019 Zinfandel Reserve, Dry Creek Valley; 2018 Zinfandel, Todd Brothers Ranch; 2018 Cabernet Sauvignon, Heart Arrow Ranch; and 2020 Petite Syrah, Louvau Vineyard.

- I was particularly interested in wines from the Clarksburg (Yolo County) region, namely the **2020 Chenin Blanc, Clarksburg**, dry-style wine with little or no residual sugar content. I noted a Vouvray characteristic with pear and apricot notes and a crisp, acidic

finish. (Although not tasted, I also purchased two bottles of the 2018 Grenache, Clarksburg).

- The **2018 Zinfandel, Heart Arrow Ranch (Mendocino)**, vinted from partial/whole cluster fermentation with partial carbonic maceration (grapes and stems) to start the fermentation. Our group was very interested in this unusual Mendocino Zin with its smooth tannins and robust taste.
- The 2019 Zinfandel Reserve, Dry Creek Valley imparted tastes of honey, nuts, ginger, fig and apples all in one glass. The fruit for this vintage was fortunately picked before the Sonoma County Kincade Fire that burned for two weeks in the Geyserville vicinity. This Zinfandel Reserve had been aged in 20% new oak for sixteen months. The complex, dense color and blackberry/black currant taste of this particular Zin with hints of cherry liqueur was my favorite! Two bottles reside in my cellar now.

The added appeal of Dashe Cellars at Alameda Point includes the spectacular views of downtown San Francisco, the Bay Bridge and the marine vistas with recreational watercraft.

From the comments I received, both urban winery tours were an eye opener and palate pleaser for many of our attendees. One member offered that the locations were eclectic and the wines sampled were excellent and well made. Others mentioned that they had not visited Alameda Point for decades, when the area had been an active naval air station.

If you are looking for a wine tasting experience closer in to our San Francisco Bay cities, I encourage you to explore Covenant Winery, Dashe Cellars and other urban wineries in our midst. Special thanks to our Covenant hosts Jeff Morgan and Ted McArdle, and to Pam Maners and Scott Clifton at Dashe Cellars. Additional thanks to our members who invited guests and brought their curiosity and open-mindedness to this illuminating urban wine tour experience.

And many thanks to webmaster Dr. Elizabeth Kass who has created a gallery of photos from our tours on the SFMW website: <https://www.medicalfriendsofwine.org/2023-Photos.php>

















Some Thoughts and Notes on the East Bay Wine Tour

Robert Blumberg, M.D., Editor

First of all, my thanks to David and Susan Schwartz for organizing our tour. Marion and I attended, had a great time, and learned a lot. And I must admit, I am someone who had not thought all that much about urban wineries. Definitely an oversight on my part, since way back in 1975 my good friend Jim Olsen founded the J.W. Morris Port Works in Emeryville—a full urban, wine making and aging facility that made some lovely dessert wines from grapes harvested in Sonoma County.

In the great wine centers of Bordeaux and Beaune you will find centuries old wine houses making, blending, and aging wines from their region. London has been a world-renowned center of the wine trade, also for centuries, including a number of houses specialized in importing, aging, blending, and bottling renowned Ports from Portugal.

So definitely appropriate that California has its own urban ventures which we should not overlook, especially if you have out of town guests eager to explore local wines and perhaps not having the time for a lengthy drive to the countryside.

My memories of Kosher wines from earlier times are those of very sweet and fruity bottles from Manischewitz and Mogen David, produced from Concord and other native American varietals. Grape juice with a bit of an alcoholic kick. The wines from Covenant are very different—indeed fully comparable and competitive with fine non-Kosher table wines. A fine option for those whose beliefs require their intake of Kosher products. But non-Kosher drinkers should not be deterred by their Kosher status.

At Dashe Cellars we tasted a **2017 Sparkling Wine, Methode Ancestrale**, made from Chenin Blanc grapes. I found it very pleasant with a lovely apple like nose, a light mousse, and very nice dry fruit on the palate. We also tried their **2020 Chenin Blanc** table wine from Clarksburg, in the Sacramento delta, a favored growing spot for varietally labeled Chenin these days.

Zinfandel dominated the red tastings with three different bottlings. The **2018 Heart Arrow Ranch, Mendocino**, had herbal components to nose and mouth and plenty of tannin and acidity to demand a few more years in the bottle. The **2019 Reserve from Dry Creek Valley**, to my palate, was a very nice wine showing bright fruit. It is tasting lovely now but with the structure to hold well and develop further in bottle. The third Zinfandel was a **2018 from Todd Brothers Ranch in the Alexander Valley**. This is a big, spicy, Zin—the fullest of the three, with a lengthy finish stuffed with tart fruit and herbs.

The other two reds we tasted were a big, full bodied **2018 Cabernet Sauvignon** from Heart Arrow Ranch in Redwood Valley, Mendocino and a **2016 Petite Sirah** from Todd Brothers Ranch that was spicy, nicely balanced, and showing much more flavor and character than often seen in this varietal.

THE CARDIOVASCULAR BENEFITS OF MODERATE ALCOHOL CONSUMPTION MAY ALL BE IN YOUR HEAD

K Mezue et al., Reduced stress-related neural network activity mediates the effect of alcohol on cardiovascular risk. Journal of the American College of Cardiology 81:2315-2325, 2023

Reviewed by Daniel Bikle, MD, PhD

Many but not all studies of the association between alcohol consumption and cardiovascular disease (CVD) have indicated that moderate alcohol consumption may lead to a reduction in CVD. This has been attributed to numerous metabolic effects including increased HDL, decreased fibrinogen, increased adiponectin, increased antioxidants such as resveratrol, and various confounders such as better lifestyle and higher socioeconomic status. Investigators from Yale School of Medicine and Massachusetts General Hospital took a different slant and tested the hypothesis that the benefits of light/moderate alcohol consumption might be mediated by a reduction in the stress-related neural network activity (SNA).

These investigators used the Mass General Brigham (MGB) Biobank which included subjects recruited from these hospitals, 53,064 in all, who filled out a comprehensive health behavior survey upon enrollment, a survey which included alcohol consumption (type of alcohol not delineated). The data were tabulated as none/minimal (<1 drink/wk), light/moderate (1-14 drinks/wk) and heavy (>14 drinks/wk). 45% were in the none/minimal group, 51% in the light/moderate cohort, and 3.9% in the heavy consumption group.

8,734 subjects provided genetic data which was evaluated for polymorphisms providing a risk score for neuroticism predisposing to other stress-related syndromes. 1038 subjects underwent PET CT primarily for cancer surveillance, of which 754 scans were suitable to use to determine relative uptake into the amygdala, their marker of the SNA. Adverse cardiovascular disease events included myocardial infarction, coronary revascularization, unstable angina, strokes, TIAs, PVD, heart failure. These MACE were assessed both from the time of enrollment to the date of the data lock (December 23, 2020) and a 10-year period preceding the data lock. Prespecified CVD risk factors including hypertension, hyperlipidemia, diabetes mellitus, smoking were ascertained along with demographic factors including age, sex, zip codes to estimate income, employment status, educational level, time spent on physical and recreational activities. These variables were used to adjust the models for linking alcohol consumption to SNA. To avoid abstainer bias the investigators also evaluated the comparison between the

light/moderate group and the none/minimal group by excluding the abstainers from the none/minimal cohort.

Mean age was 60 (47-73) of whom 59.9% were female. Subjects with no/minimal alcohol consumption were more likely to be female, hypertensive, diabetic, with a history of anxiety/depression. Light/moderate drinkers were more likely to be male, smokers, physically active, live in a neighborhood with higher income. During a mean follow-up period of 3.4 years, 1914 experienced a MACE after enrollment. The light/moderate group had a 21.4% reduction in risk (HR .786, CI: .712-.862) after adjusting for age, sex, CVD risk factors, and remained significant when adjusted for the other socio economic and lifestyle factors. This benefit of light/moderate drinking persisted when the comparison was made with minimal drinkers to exclude abstainer bias. On the down side, light/moderate drinkers had a significant increase in all cancers (HR 1.23, CI:1.24-1.33).

The investigators then looked at the group (much smaller) who had PET/CT performed to see if there was an association between lower SNA scores and protection from MACE. Of the 754 subjects who had readable scans 48.5% were in the no/minimal group, 46% in the light/moderate group, and 5.4% in the heavy alcohol consumption group. As for MACE the light/moderate consumption cohort had the lowest SNA scores when fully adjusted for age, sex, socioeconomic and lifestyle factors. Moreover, SNA scores correlated with MACE and evidence of atherosclerotic disease (CAC scores, arterial ¹⁸F-FDG uptake). They then examined the subjects with a prior history of anxiety and determined that light/moderate alcohol consumption was even more protective from MACE compared to similar subjects in the no/minimal cohort.

This study raises the intriguing possibility that a bit of alcohol on a fairly regular basis may be good for the heart by keeping stress levels down. This is probably no surprise that a glass of wine with dinner or even a cocktail after coming home from the office does tend to relax the mind/body, and it is not unreasonable to think this is good for the heart. However, the authors are quick to point out that with respect to overall health this may not be an ideal solution given the increase in other health issues, cancer being one. Although the study is nicely done, it remains an association study in a population from the Boston area that may or may not be representative of populations elsewhere in the US, much less the world. But I for one take solace that as I sip my wine with dinner tonight, I am helping my heart as well as my mind, and that is a good thing.

Some Musings on the Marketing of Wine

Robert Blumberg, M.D.

Editor

If you're like me and have bought wine from a winery or a wine shop, visited a website, or been turned on to a particular merchant with interesting prices or inventory, you receive a multitude of E mails offering to sell you wine. Sometimes it's once a week or so. Sometimes its daily. From a few it's several times a day.

The messages are meant to sell you wine. They often have a common theme. "Best vintage ever for this property." "From a vineyard a stone's throw away from such and such that sells for five times more". "Won't last long at this price." "A 95-point wine". "Great to drink now, but will last for decades". Sound familiar?

When I put on my hat with the "old days" logo, I remember when buying wine meant first establishing a relationship with a reputable merchant. He or she did not have to have the same palate as you, just the ability to listen to what you like and didn't like about a bottle and to remember to recommend something, based on this personal relationship. A bottle he or she thought you would like. A bottle to introduce you to new tastes to try.

Many merchants did occasional mailings to announce new arrivals, offer futures on wines, and to announce bin clearing bargains. Many did printed catalogues several times a year, especially before the Christmas holidays. These could be elaborate, filled with artwork or photographs, historical reminiscences about vineyards and vintages, and detailed tasting notes. Many deserved a place on the bookshelf, for a little future browsing and education, or a chance to reminisce about when that first growth only cost \$25 a bottle.

A few places still send out mailings or catalogues, but usually infrequently. The normal course of conducting business these days is online. It's easier. Cheaper. More timely. You can reach a huge market for very little money. You are not restricted to your neighborhood for clients. It makes economic sense. It also leads to our in boxes being very full.

Love it or hate it, this type of marketing is here to stay.

So, with that in mind, here's my brief guide to how to interpret marketing e mails and a few thoughts to share with those sending them. Some conclusions I have reached after reading through thousands of e mails.

The best wine is the one I have in stock to sell you today.

Big, bold, rich, delicious, wonderful fruit extract, layer upon layer of complexity all mean a wine high (usually too high for my palate) in alcohol.

Delicious now, but will last in your cellar for decades. Just a guess. Actually, this winery hasn't been making wines in this style for decades.

A 95-point wine! Isn't everything these days?

There's no doubt that when Robert Parker came up with his 100-point scale of wine rating it was marketing genius. What a simple way for those who might otherwise be intimidated by wine to have something to rely on—a concise expert's opinion of a wine's quality. And it certainly worked well, especially for those whose palate preferences followed those of Mr. Parker. And the industry learned to adopt it; it sold a lot of wine.

Today, however there are so many critics out there that virtually all commercially available wines have received a favorable score from at least one of them. And the highest score is the one that will be touted. A merchant trying to sell you a bottle is unlikely to say Mr. Smith gave this one a 93, but Mr. Jones gave it only an 85.

Another issue with numerical scores is they are not the product of a slow, deliberate tasting and evaluation, over the course of time, and accompanied by food. No critic rating thousands of wines a year, can do that. **A score is almost certainly the result of a quick swirl, sniff, sip, and spit.**

Is the numerical scoring system going to go away? Of course not. It is too ingrained, too simple, too successful at selling wine. To think otherwise would be foolish and a waste of time

I am reminded of this many times every day when I open and read my marketing e mails from my selection of vintners and merchants and encounter more 95-point jewels. I know there's nothing I can do about this. Except maybe write this column.

A final thought for those purveyors filling up my in box. Try and personalize your communications. What are your own tasting notes? When you just parrot what some wine critic had to say, you're abrogating responsibility. If you're selling a bottle that is special to you, say so and why. Move beyond a score. The role of a special merchant is to find great wines and educate their clients about wine. A few of my favorites still do—and I thank them for that.

Thanks for reading this far. And I hope you'll give this column at least a 90.

Andres (Andy) Anacker, M.D.

In Memorium

The Society was saddened to learn of the passing of our longtime member, past President, and good friend, Dr. Andy Anacker, on June 13, 2023.

Born of Swiss parentage to parents teaching in the United States, Andy used this background to acquire language fluency, a love of travel and appreciation for fine wine and food, and the desire to convey his enthusiasm and knowledge to others. He combined these attributes with his medical knowledge and skills to have a well-balanced life and a very successful primary care practice in Pinole for more than 50 years. He was much loved by his patients and colleagues.

Andy was an active member of the Society for many decades and served as President of the Society of Medical Friends of Wine in 1995. That year he led a Society wine trip to France highlighted by a visit to the Domaine de la Romanee Conti in Burgundy, an arrangement facilitated by Andy's fluency in French.

Dr. Anacker arranged and led other Society trips to Bordeaux, the Pyrenees, and Spain in 1997, a wine tour and safari to South Africa in 2006, and Alsace, Burgundy, and the Rhone in 2010. He also organized and led a South American adventure, visiting 17 properties in Chile and Argentina.

Dr. Anacker was most instrumental in bringing women into membership in the Society. For many decades after its founding, the Society remained male only. This became a matter of concern for many and led to discussions at Board meetings.

I remember with fondness one meeting where our founding executive secretary, Leon Adams, was asked by a director why the Society did not accept women members. Leon replied, "there's no intentional exclusion, women have just never applied." At that point Andy raised his hand, and pointed out to Leon and the assembled Board that he had sponsored a female physician who applied using her first and middle initials, and she had been accepted and was a dues paying member.

Leon then took out his pipe, said "so D.H. s a woman" several times. Then he chuckled and said "so it looks like we have a female member. I guess that's that. Next item of business?"

This opened the door for so many women to join the Society over the years, to serve in major leadership positions, and to enrich the Society.

Andy, rest in peace, and thank you for all that you have done.

The Society wishes to express its sincere condolences to Susan Anacker and to the rest of Andy's family.

Robert Blumberg, M.D., Editor

THANK YOU, MEMBER DONORS!

The Society thanks *Dr. James Shapiro* for your generous donation in 2023. We invite all members to consider making a cash donation gift of any amount that will be directed to our overall program costs.

Additional thanks to those members who have donated, or plan to donate, wines for 2023 SFMW events. Members of the Executive Committee sponsored the sparkling wine reception at the February Piperade annual dinner, and will sponsor the champagne reception at the French Club in September. *Donations of wine in excellent condition* from a vendor or member's cellar are always appreciated and can be used for future wine education events, thereby reducing the overall cost to members. Any *gift in kind* will be acknowledged with a Donor Form for your records. Contact Cellarmaster Dr. Bob Blumberg for details.

Donations of cash, charitable funds or securities help to support the Society's costs for operating our non-profit organization at a point in time when our membership dues do not cover all of our budgeted costs. 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 pay by *Zelle*. There are several tax-related options for issuing contributions to a qualified 501 (c)(3) organization such as SMFW; please consult with your tax advisor. *Please send 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. Donors may contact Susan Schwartz, Secretary: societyofmedicalfriendsofwine@gmail.com, for information. All gifts will be acknowledged for the donor's records and in the SMFW newsletter.

WELCOME NEW MEMBERS!

The Society welcomes Claire Bloomberg Keiser who is our newest 2023 member. Claire joins her father, Edward Bloomberg, PhD, in a Family Membership. Before SMFW transitioned to an all-volunteer organization, Claire served as the part-time Executive Secretary from February 2019 through January 2023. The memory of all that Claire contributed to the organization remains with us today. It will be the pleasure of the Executive Committee and all of our members to socialize with Claire at upcoming events.

We also encourage current members to *welcome new members* into our organization. Many members have already invited family, friends and associates to SMFW events where guests can get acquainted with our wine education programs and other members. There are two categories of membership for active members: Individual, or Family–Duo.

New members may apply by using the fillable form on the SMFW website, or by using the printable pdf that is provided on the website homepage:
<https://www.medicalfriendsofwine.org/application.php>. We have received many positive comments regarding the SMFW website, curated by Dr. Elizabeth Kass. This is also an excellent resource for those who are interested in learning more about the Society.

SAVE THE DATES

**Sonoma Plaza Wine Tasting at Sosie Wines followed by lunch at Girl and the Fig
Saturday August 19, 2023**

**Dinner at the French Club
Friday September 22, 2023**

**Cheese and Wine Event with Janet Fletcher
Mill Valley Community Center
December 3, 2023**

