

# *The Society of Medical Friends of Wine*

SAN FRANCISCO, CALIFORNIA

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

**NEWSLETTER  
NOVEMBER, 2019**

## **9<sup>th</sup> ANNUAL CHEESE AND WINE EVENT**

**November 10, 2019**

**Comments by Robert Blumberg, M.D., Editor and Cellar Master**

Our group met for our 9<sup>th</sup> annual Cheese and Wine event led by Cheese Expert Janet Fletcher on Sunday November 10<sup>th</sup>. This year we returned to the theme of our very first event in 2011, a tour de France for cheese and wine, with Janet selecting some unique and little-known cheeses for us to sample and to learn about. As is our tradition, each cheese was paired with a wine, and we enjoyed brisk discussions about the pairings—what worked and what didn't and what were people's favorites, realizing of course that everyone's palate is different.

This year we had a new venue—the Mountain View room at the Mill Valley Community Center—so we had a delightful view of Mount Tamalpais and plenty of ambient light to enhance our visual sensations.

Janet selected seven different cheeses and they were beautifully displayed on plates upon our arrival.



The plateau de fromage and some of the accompanying wines

The first cheese, occupying the 12 o'clock position on the plate, is a **Langres**, a washed rind cow's milk cheese from the Champagne Ardenne region. It was a bold introduction, with its creamy interior and its ripe and flavorful taste that made it almost a meal unto itself. It was paired with the **2014 Riesling Grand Cru Hengst, from Domaine St. Remy** in Alsace. Medium yellow in color, this was a luscious wine in both nose and palate. Off dry with hibiscus floral quality and an unctuous, oily texture leading to a long finish balanced by moderate acidity.

Moving clockwise on the plate we come to the **Mothais sur Feuille**, a goat cheese from the Poitou-Charentes region. The young cheeses are placed in small molds and covered with a chestnut leaf before being moved to an aging room with high humidity where they develop complex and mature farmyard flavors indicative of their goat origin, while retaining a moist and rich paste. And what better foil for goat cheese than a Sancerre, the tart, grassy, Sauvignon Blanc wine from the Loire. Our selection was the **2017 Sancerre from Buissones**, a wine with a lemon thyme aroma, good body and acidity, and a mineral finish. More subtle and less grassy than many Sancerre, it went well with the mature flavors of the goat cheese.

The third cheese was **Crèmeux des Citeaux**, a triple crème cow's milk cheese that was absolute heaven. So rich and creamy it carried the style of similar products like Brillat Savarin to a whole new level. When queried as to whether a cheese so high in fat can be good for you, a resident cardiologist was heard to comment that some things are so good to taste that it doesn't matter whether or not it is good for you (especially in small amounts). To accompany this essence of richness, we had a **2017 Viré Clessé, Vieux**

**Vignes St. Barbe.** Viré Clessé is a new subregion of the greater Macon region of southern Burgundy. This wine, like the cheese it accompanied, was rich and lovely with an apple lemon aroma, substantial body, and adequate acidity leading to an oily, mouth filling finish. It is a fine example of how Chardonnay can taste when not overwhelmed with lots of oak and the grape's natural flavors are allowed to show.

Moving along we come to our fourth cheese, **Pérail de Brebis**. This is a camembert- like cheese, only it is made from ewe's milk, from the Aveyron region in southern France, rather than cow's milk in Normandy. Formed into small rounds and aged about 3 months, our example was pleasant but a bit pasty and without the deep complexity of the other cheeses. Perfectly satisfying to eat without great pretense or ceremony, it was accompanied by a wine equally without great pretense but perfectly pleasant to drink.

The Beaujolais district of southern Burgundy is known for the Gamay grape, which produces a light body, floral, and fruity red, most commonly associated with very early maturing wines often best served slightly chilled. There are villages of Beaujolais where wine making is taken a bit more seriously, and the wines can be served with a bit of bottle age. Such was the **2015 Chiroubles from Raousset**, which had a beautiful grapey and raspberry aroma and was soft, fruity, and flavorful on the palate. Not as serious as the reds to follow, but life is serious enough on its own that having a moment with simple but perfectly pleasant cheese and wine is refreshing.

Coming back into the realm of complex cheese, our next sampling was **Tomme Brulée**, a sheep's milk cheese from the Pyrenees. I absolutely love sheep cheese from the Pyrenees, but this one was so good and so flavorful it stood out from the more commercial examples like Petit Basque and even Ossau-Iraty. The individual cheeses are "torched", thus the Brulée and then aged until deliciously firm with a lovely texture and deep farm flavors that just keep going.

To accompany this cheese, we had a **2017 Gigondas, Mouline de la Gardette "Tradition"**. Gigondas is a small rural and rustic village of charm in the hills east of Chateaufort du Pape. The cepage is primarily Grenache, with a little Syrah and Mourvedre. Often thought of as a country cousin of the more renown Chateauforts, the best Gigondas are themselves great wines, richly flavorful and spicy. This one showed all of that and excellent fruit and was a favorite of many of our guests.

The next cheese was **Pommier Camembert**, a very rare raw milk Camembert made possible by the interventions of a famous affineur. Janet introduced us to the role of these cheese experts who select prized cheeses from the farmer, and then age them to perfection in their cellars and do the marketing and complex legal work often necessary in the global cheese market. Raw milk cheese can only be imported into the United States if it has been aged more than 60 days, so to assure this the affineur plays his role and the cheese is sent via ship, not via air. The extra age and the absence of pasteurization leads to an extremely aromatic cheese with smells of cauliflower and mushrooms and a ripe, smooth, and somewhat farmyard flavor.

Such a cheese needs a substantial wine. It would almost certainly overwhelm the Beaujolais, but our **2015 Chateau L'Arrivet Haut-Brion** from the Pessac-Léognan district of Bordeaux met the task. Challenging the Gigondas for popular acclaim of the evening, this wine had medium dark garnet color with a slight onion skin edge. The aromas were of cedar and spice, while the flavors were abundant but approachable for such a young Bordeaux, and the finish carried through to earthiness and mushrooms and thus the nice cheese and wine combination. This is an excellent example of a modern but restrained Bordeaux that will age but is already delicious.

The final cheese on the plate is the blue veined cheese that is at the 10 o'clock position. This was the **St. Agur**, a blue cheese from pasteurized cow's milk from the mountains of the Auvergne region of central France. This example was a double crème, making it perhaps the richest and creamiest blue I can remember. Janet commented that another option would have been Roquefort, the classic sheep milk blue that I enjoy but find saltier and riper than the St. Agur, so I was delighted to have the opportunity to taste this alternative which was a new cheese to me.

The combination of blue cheese and Sauternes is well known, and we enjoyed the **2015 Chateau Doisy Védrières**. Light medium gold in color, the aromas are of citrus peel and thyme. This is a lush, medium sweet wine that is just delicious. Medium body, with light to medium acidity, it admittedly is a bit simpler than some of the most prestigious Sauternes, but it is tasting so nice at the moment. Later in this newsletter I have written an essay on the aging potential of white wines. I specifically mention Sauternes as a white known to benefit from ageing, but this example is one I would be most tempted to drink up while it is still so fresh and sweet and delightful.

We all learned so much from Janet who is an excellent teacher. The exposure to so many delicious and unique cheeses and the accompanying vinous tour of France all made for a delightful Sunday afternoon. We are grateful to Janet to her continued involvement in this yearly event.

Janet publishes a weekly blog called Planet Cheese. It is free, beautifully illustrated, and full of great information and recommendations for cheeses to try. I look forward to its arrival in my e-mail inbox every week. If you do not already subscribe (it's free!) I encourage you to do so by contacting Janet at [janetfletcher.com](http://janetfletcher.com). She has also written several books on cheese and wine which are available on her website.



Janet Fletcher addressing our group

## **REVIEW OF A SCIENTIFIC ARTICLE: Is Red Wine Consumption Good for your Gut and for You?**

**By Daniel D. Bikle, M.D., Ph.D.**

Editor's note: This publication received lots of positive publicity in the wine and health press. Let's see what an in depth analysis by our Dr. Bikle has to say. Thank you to Dr. Jamie Shapiro for forwarding the article to us.

**“Red Wine Consumption Associated with Increased Gut Microbiota a-Diversity in 3 Independent Cohorts”**. Authors CI Le Roy, PM Wells, J Raes, JT Bell, TD Spector.

Gastroenterology 2019(in press)

The gut microbiota has become a hot area of research, seemingly affecting a large number of physiologic processes including obesity, immunity, bone turnover, and a variety of metabolic processes. In general, the more diverse the microbiota, the better.

Le Roy and her coauthors examined whether alcohol consumption, and specifically different forms of alcohol consumption, were associated with the diversity (a-diversity) of the gut microbiota as assessed by 16s rRNA sequencing. Their discovery cohort was comprised of 916 females previously studied in the UK Twins study. They compared beer and cider, red wine, white wine, and spirits consumption, both frequency and amount, based on food frequency questionnaires on the a-diversity index and the degree to which this association mediated any of the differences in the health of the individuals, including fasting glucose, insulin, lipid profile, and chylomicron levels. They then attempted to replicate their results in two additional cohorts studied separately—the Flemish Gut Flora Project (n=1104) and American Gut Project (n=904)—as well as a discordant twin analysis with 50 pairs who were not part of the discovery cohort. Collection of data in these replication cohorts was not identical to that of the discovery cohort, an important caveat. The data were adjusted for a variety of factors including age, BMI, healthy eating index, education, and family structure.

**What was found?** Red wine consumption was highly significantly associated with diversity of the gut flora. White wine was likewise, but the statistics were less impressive. The other alcoholic beverages were not associated with gut microbiota diversity. The association with red wine and gut microbiota diversity held up with the replication cohorts, although that with white wine did not. Of the three bacterial species that were significantly associated with red wine consumption in the discovery cohort only the *Barnesiella* subgroup was confirmed in one other subgroup (Flemish Gut Flora Project). In the discovery cohort the a-diversity index acted as a potential partial mediator of the negative association of red wine consumption with BMI and chylomicron levels. Red wine was also positively associated with insulin and HDL levels. With the exception of BMI, these associations were not replicated in the other cohorts.

**What can we conclude?** This is an association study—hypothesis generating, not testing. We do not know from this study whether red wine directly alters the gut microbiota. Many factors do, and it is hard to determine from such a study which factors also potentially associated with red wine consumption are at play here. Moreover, it is not clear whether such changes in the gut microbiota are really beneficial. The authors not surprisingly invoke polyphenols in red wine such as resveratrol as contributing to the association between red wine and the greater diversity of the gut microbiota. But as we know it takes a lot of resveratrol to account for its health benefits, more resveratrol than even a very big consumer of red wine could drink. To bolster their hypothesis, however, the authors mention a study in which the *barnesiella* subspecies doubled in rats fed black raspberries, which are loaded with resveratrol. Maybe we should have our red wine with black raspberries.

## **Do White Wines Age?**

**Some thoughts and comments by Robert Blumberg, M.D, Cellar Master, SMFW**

Many of us either have a wine cellar or know someone who does: A dedicated area where wines can slumber peacefully for a number of years. Areas where steady cool temperatures and darkness are important, and cobwebs add to the feel of esthetics rather than detract from the level of cleanliness.

Such an area may well be divided to make finding different wines easier. Cabernet, Bordeaux, Pinot Noir, Burgundy, Port, and Rhone. But how often have you come across a cellar with a section for white wine as opposed to red? How often do you come across dust encrusted bottles of white intentionally left undisturbed for a decade or more?

The answer, I suspect, is not often. The answer perhaps should be, not often enough.

As I was growing up in California and learning to appreciate wine, most bottles of white of this era did not even have a vintage date. White wine was meant to be drunk when purchased and the trade jargon "every year is a vintage year" was used to distinguish California from Europe and to justify the absence of a date on the bottle. Only the best Cabernets were vintage dated and expected to age. Even when whites started to appear with vintage dates, we only used this as a guide to freshness to assure we were not purchasing a bottle of a forgotten, and presumably too old, wine.

When I left to study and visit in Europe, I became aware of exceptions to the rule of drink your whites young. A memorable trip to the Loire Valley brought me to visit growers in Vouvray who had select bottles of sweet wine made from Chenin Blanc secreted in their caves that were more than two decades old and tasted magnificently.

Another visit to Burgundy brought me to a small hotel restaurant in Meursault. At dinner the proprietor suggested a 10-year-old Meursault that was complex and nutty and wonderfully different than the younger vintages then available.

And then there are the great sweet wines of Sauternes, a blend of Semillon and Sauvignon Blanc. They have always been thought of as age worthy; wines that would evolve in the bottle to lose some of the simple sweetness and pineapple fruitiness that made them so delicious when young only to gain complexity and marzipan and hazelnut flavors as they matured. These changes would turn them into wines that would complement not just dessert, but everything from creamed soup to foie gras to Roquefort.

A visit to Germany will bring you in contact with the noble Riesling wines from the slopes along the Rhine and Moselle River valleys. Here in favorable years, particularly ones where Botrytis develops, a range of wonderful wines of varying degrees of sweetness can be produced. Fresh and fragrant and easy to drink when young, the wines have a remarkable staying power and maintain their freshness while they develop oiliness and minerality and layers of complexity over several decades.

Friends first introduced me to the wonders of German wines with the arrival of the 1971 vintage--a true vintage of the century. To guess the potential durability of that vintage, we opened bottles of 1959 which were still available and were magnificent and further stimulated my interest. To this day, the few bottles of 1971 remaining in my cellar continue to provide drinking pleasure and generate amazement at how good they still are.

So, some white wines do merit aging. Why? Sweetness seems to be a common theme for many age-worthy whites. How about alcohol? We know alcohol can help preserve wines. We only need to look to Port or Madeira or Moscatel de Setubal as example of fortified wines that seemingly last forever. The high alcohol and high sweetness of Sauternes would be consistent with this theme. But German wines

are very low in alcohol, so there has to be additional components of wine favoring longevity. Good acidity to maintain freshness with aging is most likely an important factor as well and would help us understand the durability of German wines and why, if you like this type of wine, they deserve a corner of your wine cellar.

Returning to these shores, as I was tasting more wine in the 1970's and writing and teaching about wine, I became familiar with the Chardonnays of Stony Hill. Stony Hill Vineyards was founded in 1951 by Fred and Eleanor McCrea. Thirty fine acres of vineyard were planted on Spring Mountain, in the northwest portion of Napa Valley. From the 1984 edition of *The Fine Wines of California*, Hurst Hannum and I had this to say about the Chardonnay from Stony Hill: "Stony Hill Chardonnays are among the best in California. They may be rather unimpressive (though they are always well-structured) when young but mature to acquire lovely complexity as the oak and apple character of their youth achieves a softer richness while maintaining good fruit. With medium body and acidity, these are elegant, subtle wines, rather than powerhouses, with a lingering finish that captures all the nuances of Chardonnay fruit. They are also among the longest-lived of California white wine, and reach their peak at seven to ten years after vintage."

Much has changed in California since we wrote that, and there are now many producers of outstanding California Chardonnay. Stony Hill wines seldom receive as much praise as they did a few decades ago—probably reflecting the stronger competition—as for the most part the wines remain restrained and elegant rather than showy. They do have some inconsistency, but many still age well.

At a recent tasting of eight vintages ranging from 1977 to 2012, the 2001 stood out. As my notes state: "Medium yellow color with a green edge (itself a sign of youthfulness). Amazingly fresh, tart, and lively apple-y character in the nose with slight reduction and yeastiness there as well. Medium full in body with a mouth-filling sensation and good acidity. Finish is lengthy and intriguing. Hard to believe it is 18 years old."





Bottles of well aged Stony Hill Chardonnay. Note the “Pinot Chardonnay” on the label of the 1974

A key to Stony Hill appears to be elegance and balance versus depth and power. That is not to say bigger Chardonnays will not age. Thanks to the generosity of our members Jim Gallagher and Jack McElroy, I have had wonderful bottles of Aubert and Peter Michael up to 10 years old that are up there in alcohol and rich in flavor and body, but remain absolutely delicious, showing finesse as well as power.

I for one still have difficulty determining which Chardonnays will benefit from age and which will just go on to oxidize, acquiring a brown color and sherry-like flavors. There are California Chardonnays from vintners, highly respected in some circles, produced in the big, buttery, and highly oaked style that are

flashy when young, but in my experience seldom worth laying down. Such variability is also true for white Burgundy. Some bottles age beautifully. Others become oxidized after a handful of years.

There are many variables in the production of Chardonnay. What is the climate like where the vines are grown? What are the sugar and acid levels of the grapes at harvest? Is the wine fermented in stainless steel or oak? If oak, is it new oak or neutral, aged oak? Does the oak have light toast or heavy toast? Is the wine aged on the lees? Is malo-lactic fermentation encouraged or prevented? So many variables, no wonder results can vary so much.

Do white wines age? Clearly some do, but most should be drunk at their freshest and liveliest. A Sancerre from Sauvignon Blanc grapes is classically fresh, vibrant, grassy, and mineral-infused when young. It is a perfect foil for shellfish and goat cheese. Why would you want to age it and risk losing this character? On the other hand, a white Bordeaux, also from Sauvignon Blanc, from a prestigious chateau in the Pessac-Léognan area might be a bit clumsy and dull when young, but with time can become a multilayered and exciting wine worthy of lengthy contemplation while sipping. Same grapes, different regions and climates, different wine making styles, different results.

What are the secrets to a white wine's aging? An expert on wine-making technology would undoubtedly have some good opinions and ideas. At my level, much remains a mystery.

Clearly in some wines (i.e. Sauternes, Moscatel de Setubal) a combination of sweetness and alcohol helps. In others a combination of sweetness and acidity appears to be the answer (Germany and Vouvray). In dry wines like white Burgundy and California Chardonnay, I have to think that balance over power, especially a good balance of acidity, is helpful.

The provenance of the grapes clearly plays a role, with cooler climates favoring the development of grapes that will lead to age worthy whites. Wine-making technique must play a role, although the fact that the same vintner might produce both long-lived wines and shorter-lived ones demonstrates how challenging it can be to tell from the label what a wine's durability will be.

We should not forget the role of sulfur dioxide. Sulfur dioxide is a preservative, an anti-oxidant to help protect wine from spoiling and premature aging. It can be added before fermentation to deter wild yeasts and bacteria, and is commonly added at bottling and therefore noticeable in the young wines of some producers known for making long lived whites. Today there is a "natural wine" movement resulting in attempts to minimize sulfur, and this also may play a role in why some wines, such as white Burgundies, do not always age as well as they perhaps used to.

So, lots of questions. Some, but fewer answers. In any case, you don't have to necessarily rush out and build a white wine cellar if you don't have one. But if you pass on the opportunity of occasionally drinking a fine old bottle of white, you are missing out on a part of the complex, fascinating and enjoyable world of wine.

## **TASTING NOTES FROM THE GRANDS CRU CLASSE DE ST. EMILION TASTING NOVEMBER 6, 2019**

**By Jim Gallagher, Ph.D.**

Editor's note: Jim has a tremendous experience in wine tasting and shares with us his thoughts on wines he tasted at a recent tasting in San Francisco. We welcome tasting notes and comments that any of our members would like to share with our readers.



Vineyards and the village of St. Emilion

My overall impression of the 2016 vintage of St. Emilion wines is favorable. As is usually the case, selection from among the Chateaux is key in terms to how individuals with different palates will enjoy the wines. In general, at this point, the wines showed less density and less layers of flavor than I would like to see in young Bordeaux. Most however are quite accessible and relatively ready for consumption. Several wines did show a considerable degree of backwardness, i.e., not ready at this point and for me unlikely to ever be attractive. Not surprising, the wines most highly regarded by the Parker critics, were among my least favorite. The basic point of my dissension with the critics is their tolerance for heavy tannins and related astringency. I have little (or none) and the critics are judging or estimating the ultimate state the wine will achieve. I was not interested in such wines when I was thirty, and fifty years later I find them considerably more repugnant. But again, palates do differ, and some of our readers may prefer wines that I personally do not care for.

Parker numbers where available are within parenthesis next to the Chateau name. For the most part, these were scores based on barrel samples or shortly after bottling.

#### **2016 Chateau Bellefont-Belcier (93+)**

Dark red with deep purple edge; bouquet of cherry, hints of blackberry and mild sandalwood; medium-light body, huge overwhelming tannins that are beyond my tolerance; endless bitterness in the aftertaste. (Not recommended).

**2016 Chauvin (92)**

Dark red, purple edge; bouquet of black cherry, hints of Santa Rosa Plum and light toast; medium body and enormous astringency and chewy chalk with a finish riddled with bitterness. (Highly not recommended).

**2016 Chateau Clos des Jacobins (88-90)**

Very dark red, purple edge; bouquet of light cherry with hints of blackberry couched in a moderate toast background; medium body, superb fruit, balanced; excellent finish: rich, long, lush aftertaste, far more robust in the mouth than suggested by the bouquet. 10 years potential (highly recommended) .

**2016 Chateau Dassault (93)**

Dark red, purple edge; bouquet of blackberry, earth, hints of herbal fragrance, some spice & toast; medium light body, good fruit, balanced; very good finish, rich, long aftertaste, drinkability should rise in 4-10 years. (recommended).

**2016 Chateau Faurie de Souchard (93+)**

Dark red, purple edge; modest bouquet of light cherry, raspberry with hints of chocolate overtones; medium light body, huge tannins—finish is dominated by harsh tannins—stringent! (not recommended).

**2016 Chateau Fonplégade (96+)**

Editor's note: Jim did not have a tasting note for this wine, but since I too was at the tasting, he asked me to insert my notes.

Medium dark garnet. Spicy oak in the nose with some fruit. Palate sensation is balanced in terms of body, acidity, and tannins, but overall flavors are undistinguished. (not recommended)

**2016 Chateau Fonroque (95)**

Dark red, purple edge; bouquet of cherry, blueberry light truffle and toast; medium light body, excellent fruit, balanced; excellent finish: rich, long lush aftertaste, 3-7 years (highly recommended).

**2016 Chateau Grand Corbin (89-91)**

Dark red, purple edge; bouquet of cherry, light earth and hints of spice framed within a toasty envelope; medium body, excellent fruit, balanced, and an excellent finish: rich, long, luscious aftertaste, 3-8 years, (highly recommended).

**2016 Chateau Grand Corbin-Despaigne (93)**

Dark red, purple edge; strikingly forward bouquet of dark berries, spice, truffles, light raspberry, and toast; excellent fruit, balanced with prominent tannins; excellent finish: rich, long, lush aftertaste, robust style, 5-10 years (recommended).

**2016 Chateau Grand Pontet (94+)**

Dark red, purple edge; bouquet dark berries (blue & black) with some cherry & toast; medium body, excellent fruit, balanced; excellent finish: long and lush aftertaste, 4-8 years (recommended).

**2016 Chateau Jean Faure (91-93)**

Dark red, purple edge; a courtly bouquet of rose petals, cherry blossoms and toast; medium light body bathed in heavy tannic wash of astringency followed by a seemingly endless bitter aftertaste. (not recommended).

**2016 Chateau La Tour Figeac (91)**

Dark red, purple edge, bouquet of rich cherry, raspberry and toast; medium body, superb fruit, good acid/tannin balance; excellent finish: rich, long, lush aftertaste, better in 5-9 years; (highly recommended).

**2016 Le Prieuré, St. Emilion. (89-91)**

Dark red, purple edge; a modestly attractive bouquet of an array of dark berries (black, blue, and cherry) and light toast; medium light body, superb fruit, balanced; excellent finish: rich, long, lush aftertaste, 5-7 years (highly recommended).

**2016 Chateau Ripeau (91)**

Dark red, purple edge; bouquet mostly imaginative, some would say closed, but intense focus found hints of cherry within a slightly charred barrel room; medium light body, excellent fruit, balanced; excellent finish: long lush aftertaste (recommended).

**2016 Chateau Yon Figeac (87-89)**

Medium dark red, purple edge; bouquet of rose petals, cherry, raspberry, and light toast; medium light body, excellent fruit, balanced; very good finish, long, lush although slightly thinning aftertaste. (recommended).

**UPCOMING SMFOW EVENTS**

Annual Dinner at Hotel Nikko, San Francisco, January 19, 2020

Dinner at Piperade Restaurant, San Francisco, March 14, 2020

Dinner at Piatti Restaurant, Mill Valley-Joint Dinner with Chaine des Rotisseurs, May 2020

Wine Tour of the Lodi District-Iberian Peninsula grapes transplanted to California  
Tour exciting new wineries and experience the rebirth of an historic wine region  
June 6, 2020

Dinner at French Club, San Francisco, September 2020

Cheese and Wine Tasting, Mill Valley Community Center, November 7,2020

Annual Dinner at Mark Hopkins Hotel, San Francisco, January 17, 2021

Please mark your calendars. More information will be forthcoming for each event as the date approaches.

## **HAPPY HOLIDAYS**

At this time on behalf of the Officers and Board of the Society of Medical Friends of Wine, we would like to wish all of our members and friends a very happy and healthy Holiday Season. As we prepare to give Thanks later this month, look forward to the brightness and ceremony of the December holidays, and welcome in the New Year in January, we wish you happiness, good health, good food, good wine, and good camaraderie.

Thank you for your support of our Society and for attending our events. You, your guests, and friends are most welcome to join us in the coming year, and we look forward to seeing you. And please remember that as an educational 501 (c)3 organization, your dues and donations, monetary and wine, are eligible for tax deductions and will help us continue our mission.