

# *Society of Medical Friends of Wine*



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

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## **NEWSLETTER**

November 2025

### **A Message from your Editor**

Robert Blumberg, M.D.

It has been much too long since our last newsletter, and I want to apologize for that. I have had some visual issues that made using a computer difficult, but fortunately these are improving and I can return to keyboard and try and get us caught up.

This has been a successful and event-filled year for your Society, with more great events to come. We will look forward to our plans for the next couple of months and look back at where we have been, recalling some great wines and the opportunity to enhance our knowledge about the world of wine.

As most of you are probably aware, this has been a tumultuous year for the wine industry. Hardly a day goes by without some new article on the woes of the industry, declining wine consumption, and health concerns in the headlines. Stories about wine are now common front-page articles in the San Francisco Chronicle—which is actually a good thing since Ester Mobley, the Chronicle's wine editor is an excellent writer.

Vineyards are being pulled out, small vintners are struggling for existence, and unchallenged health claims are all too frequent. Declining sales are multifactorial. Health concerns play a role, but so do changing demographics and taste preferences. The role of over extracted high alcohol wines and Napa Cabernets often fetching well more than \$100 may well turn some people off as well. Wine has always been a cyclical business, but we have gotten used to increasing production, publicity, and sales, and today's downturn has caught many by surprise.

I suspect, like most economic cycles, we will see recovery at some point, but not before a lot of growers and producers and merchants have suffered. We need to do our job in promoting the appropriate and moderate use of wine, historically so important to culture and enhancement of dining pleasures.

As a group with medical background and interests, we need to acknowledge the role of wine in health and realize that for some individuals, wine intake is not wise, and that for all individuals the excessive use of wine is not wise. At the same time, as I have written in these pages before, the pleasures, relaxation, camaraderie, and memories associated with wine use have beneficial aspects on our lives and positive contributions that would be very hard, if not impossible, to quantify in a scientific study addressing only disease burden.



## Upcoming Events

### Cheese and Wine Event

Our fifteenth annual Cheese and Wine event featuring our friend and cheese expert Janet Fletcher is scheduled for Sunday December 7<sup>th</sup>. We have a new venue this year, the Richmond Golf Club, which should work perfectly given its light and airy room space and lovely views of San Francisco Bay.

Janet will provide us with a diversity of award-winning cheeses from around the world and we will sample wines that will give us the opportunity to see which pairings work the best.

England was traditionally a beer and spirits producing country, but with new vineyard techniques and climate warming, sparkling wine production has taken off and accrued considerable accolades. The French Champagne house Pommery has established a winery in Southern England, and we will start with one of their wines. I suspect this will be the first opportunity to taste such a wine for many of you.

Education is definitely part of our mission, and thus we have selected a wine from a very unusual grape, the Bourboulenc, for a white wine entry. This grape is grown in small amounts in the south of France, including the Rhone Valley, and is also produced in miniscule amount in California. We will have one from Acquiesce Winery, which we visited during our Lodi tour this past summer. Elizabeth Kass, who organized our trip, and I were very impressed by the wine and if you were not with us in Lodi you are in for a treat.

For complimentary red wines we will have two very different styles. A cool climate Pinot Noir from the Petaluma Gap AVA and a big, rich and mouth filling Cabernet from Calistoga. The latter is 10 years old and should show the benefits of aging.

And to finish, in the English tradition, no holiday occasion is complete without vintage Port, and we will have a wine that has been nicely maturing in the bottle for the past 40 years.

What a great way to start our holiday season.



## 87<sup>th</sup> Annual Dinner and 300<sup>th</sup> Quarterly Dinner

January 18<sup>th</sup> 2026  
Poggio Trattoria Sausalito

Certainly, a Society that has been around for 300 dinners has reason to celebrate, and we will do so on January 18<sup>th</sup>, with a return to Poggio Trattoria where we have had a number of delightful meals.

Again, keeping with our educational mission and with the heightened focus on wine and health issues, we are very pleased to announce that our guest speaker for the evening will be Marie Burns, PhD., a neurobiologist from the University of California at Davis.

In addition to her academic life, Dr. Burns is co-owner and wine maker at Bella Collina winery, located in the new Winters Highland A.V.A. Her vineyard features a number of unusual wine grape varieties, and was originally planted by Kent Roseblum, a creative East Bay vintner.

We will feature some of her wines to expose you to the unusual varieties, and we have asked Dr. Burns to share her academic and scientific knowledge with us in her address. Among its health effects, alcohol has many implications, mostly negative, for its actions on the nervous system. How can a renowned neurobiologist reconcile her knowledge with her appreciation of wine? Come to learn with us. And from our cellar be prepared to enjoy an outstanding 40-year-old Opus One, the celebrated Cabernet partnership between Robert Mondavi and Baron Philippe Rothschild.

Great food. Great wine. And great academia. What more could you want?



## Events of the Past Year

### The French Club

By Robert Blumbeg, M.D.

When I talk about the pleasure, civility, relaxation, and camaraderie associated with drinking wine, no event epitomizes it better than our annual foray to the French Club. The room is elegant, the food outstanding, and the service impeccable. At each place setting are literally a dozen glasses, and opening, decanting, and pouring of wine is handled as well as I have ever seen.

This year's menu featured herb crusted halibut, better than any version of halibut I have ever had, and Wagyu steak.

One element of this dinner that makes it special and unique, is the concept of "bring a bottle, share a bottle", which our members and guests have embraced. This year's selection of wines was amazing, including bottles of the following:

Chateaux La Pointe and Petrus from Pomerol. Chateaux Pontet Canet, Latour, Lafite, Talbot from the Medoc, luscious sweet wines from Chateaux d'Yquem, and Coutet.

Burgundies from Chassagne Montrachet, Puligny Montrachet, Batard Montrachet, and Clos de la Roche. Great Chateuneuf du Pape, including Beaucastel.

And we were fortunate to have as our guest, Dr. Laura Catena, who spoke to us about wine and health and brought a bottle of Adriana Vineyard Malbec from her family winery Catena Zapata.



I encourage you to access the Society's web site for a full gallery of pictures of attendees and wine. <https://www.medicalfriendsofwine.org/2025-Photos.php>



## Lodi AVA Wine Education Tour

By Elizabeth Kass, MD

Society members participated in the Lodi AVA Wine Education Tour on Saturday May 3, which proved to be a breezy, cool day with a high around 70 degrees. As described on the Lodi Wine website, “The Lodi American Viticultural Area (AVA) was officially recognized in February of 1986. Perfectly situated 90 miles east of the San Francisco Bay, the Lodi AVA is one of the largest in California at approximately 550,000 acres, more than 100,000 of which are planted to premium winegrapes. The Federal Register document acknowledging the approval of the Lodi AVA describes the region as ‘an inland area that is comprised mainly of alluvial fan, flood plain lands, and lower and higher terrace lands’ with a narrower range in temperature than areas directly to the north and south due to ‘its location opposite the wind gap leading inland from the Golden Gate.’ In 2006, Lodi was sub-divided into seven smaller appellations based on subtle to drastic differences in soil types, climate, and topography, which do affect the characteristics of grapes and, ultimately, wines being produced from these areas. Lodi’s seven nested appellations include: Alta Mesa, Borden Ranch, Clements Hills, Cosumnes River, Jahant, Mokelumne River, and Sloughhouse.” Here’s a link to more information: <https://www.lodiwine.com/About/Place/Viticultural-Area>

We began our tour in the morning at Acquiesce Winery & Vineyards, 22353 N Tretheway Rd, Acampo, CA, located in the Mokelumne River sub-AVA and 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 is an award winning nearly 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, first planted in 2008. Cultivated varietals include Picpoul Blanc, Grenache Blanc, Clairette Blanche, Bourboulenc, Viognier and Roussanne.

We were greeted by owner and founding winemaker Sue Tipton, named the 2022 Best Woman Winemaker at the International Women’s Wine Competition. Christina Lopez, current winemaker, also welcomed us and took us on a vineyard tour. Christina described sustainable farming techniques and how soil microbiology is enhanced by allowing plants to grow between grapevine rows. We



learned that grazing sheep are employed in managing vegetation in the estate vineyards, an approach which improves soil health and fertility and leads to resilient vines.



Picpoul (or Piquepoul) is an ancient white-wine grape variety grown in southern France. In the late 1800s in Europe, it was extensively infested by phylloxera. However, Picpoul grows well in sandy soils like that found on the east side of the Lodi AVA and in which phylloxera doesn't thrive. The name Piquepoul means "stings the lip", a nod to the grape's high acidity.



Christina Lopez discussing pruning, which is critical for achieving the desired amount of fruit and maintaining vineyard health. Acquiesce follows the traditional French Dezeimeris/Poussard pruning method, which preserves the vine's sap flow network.

Sue then took us to the production facility, where she described the winemaking process. After being hand-picked in the early morning, the grapes are hand-sorted by Sue and Christina before whole cluster pressing, a technique typically used in producing high-end white wines since it leads to a more delicate and less tannic wine. The juice is then fermented cool in volume adjustable stainless-steel tanks. The wine then undergoes sur lie aging in the tanks before bottling.



Sue Tipton in production facility





Manual Grape Sorter



Whole Cluster Press

We next enjoyed an elevated tasting of Acquiesce wines paired with small bites:

<b>2023 Bourboulenc</b> <i>Handmade Cheddar and Herb Biscuits with Butter</i>  <b>Wine Enthusiast 93 pts</b> Notes of briny cantaloupe, beeswax, white roses, ginger, and honeyed kumquat. We are the first in the U.S. to plant this unique variety!  \$37 / \$29.60 Wine Club	<b>2023 Clairette</b> <i>English Cucumber, Cream Cheese, Brioche Sprinkles</i>  <b>Wine Enthusiast 91 pts</b> The 2 <sup>nd</sup> most planted white variety in Châteauneuf-du-Pape. Prized for retaining freshness and minerality in hot, dry climates.  \$37 / \$29.60 Wine Club	<b>2023 Roussanne</b> <i>Egg Salad with Saffron Aioli, Celery &amp; Scallions</i>  <b>New Release!</b> This juicy wine has flavors of peaches, apricots, and cream. The finish is mineral, with almond, pear, floral, and honey notes. . . just yummy!  \$41 / \$32.80 Wine Club	<b>2021 Sparkling Rosé</b> <i>New Potato, Crème Fraîche, Bacon &amp; Chives</i>  <b>GOLD Medal</b> Ripe strawberry and Bing cherries lift from the glass. The palate has watermelon agua fresca and fresh raspberry guided by a fine-tuned mousse finish.  \$55 / \$44.00 Wine Club
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Description of the wines:

**2023 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. 2023 was cool

and wet, providing optimal growing conditions. The vintage was rated 93 points by Wine Enthusiast. The wine is described on the Acquiesce website as “briny cantaloupe, beeswax, white roses, ginger, and honeyed kumquat with laser focused acidity and a subtle chalky finish.”

2023 Clairette Blanche – Notes from the Acquiesce website: “Rare in the wine world, this single varietal Clairette Blanche is savory yet bright packed with citrus from start to finish. Nose of salted lemon, candied tangerine, dried violet rounding out with fig and ripe melon. The palate is textural and focused with stone fruit and almond.”

2023 Roussanne – Notes from the Acquiesce website: “Roussanne is the most difficult variety we grow, but well worth it as this wine has the most diverse characteristics of all of our varietals. The mouth is juicy yet restrained, with flavors of apricots and cream. The finish is mineral, with almond, pear, floral, and honey notes. It stands up to rich shellfish, salmon, spicy foods and garlic stir-fries. A must with foie gras!”

2021 Sparkling Rosé – The wine was awarded gold medals at both the 2024 American Fine Wine Rosé Competition and 2024 San Francisco Chronicle Wine Competition. Notes from the Acquiesce website: “A sparkling spin on our flagship Grenache Rosé, notes of ripe strawberry, Bing cherries, and blossom lift from the glass. The palate follows with watermelon agua fresca and fresh raspberry guided by a fine-tuned mousse to a lengthy finish.”



After leaving Acquiesce, we traveled to Bokisch Vineyards, 18921 Atkins Rd, Lodi, CA. We had a tasting in a private gazebo overlooking the vineyards in the rolling terrain of the Clements Hills section of Lodi. While at Bokisch, we enjoyed a boxed lunch from Bon Appetit, 1012 West Lodi Ave., Lodi, CA. Started in 2005 by a husband and wife originally from France, the restaurant is a favorite spot for lunch in Lodi.

Founded by Markus and Liz Bokisch, the winery produces Spanish varietals; its flagship wines are Albariño and Tempranillo and Bokisch also excels in producing Garnacha and Graciano. Before cofounding Bokisch Vineyards, Markus worked in the renowned Cava-producing town of Sant Sadurní d'Anoia, Spain. In celebration of its 25th vintage, Bokisch Vineyards is producing its first Cava this year using the three Catalan varietals traditionally used in making the sparkling wine: Xarel-lo, Macabeo, and Parellada. As some may recall, society members had previously had the opportunity to taste a sparkling wine made with 90% Xarel-lo/10% Chardonnay during our dinner at Piperade on September 18, 2021: 2015 Can Mayol Loxarel "Refugi" Reserva Brut Nature Classic Penedes.





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<b>Tasting Menu</b> \$20   Waived with a bottle purchase Complimentary for all Wine Club Members	
Sparkling Rosado 2023 ● Pomegranate - Raspberry - Almond blossom Aging: 5 months in Stainless Steel	Bottle   Wine Club \$38.00   \$32.40
Albarino 2023 - Terra Alta ● Green Apple - Honeysuckle - Citrus Aging: 5 months in Stainless Steel	\$26.00   \$20.80
Rosado 2022 - Terra Alta ● Watermelon - Raspberry - Strawberry Aging: 5 months in Neutral French Oak	\$26.00   \$20.80
Tempranillo 2021 - Liberty Oaks Bing Cherry - Plum - Cedar Aging: 20 months in Neutral French Oak	\$37.00   \$29.60
Tizona - Petit Verdot 2021 Dark Plum - Blackberry - Blueberry Aging: 18 months in Neutral French Oak	\$39.00   \$31.20
<b>Spring Wine Club Release</b> For Bokisch Wine Club Members Only Four Complimentary Tastings for Clásico Members Six Complimentary Tastings for Reserva Members	
	Bottle   Wine Club
"Lo Xalet" Sparkling Cava 2023 Almond - Brioche - Pear Aging: 9 months on the lees	\$60.00   \$48.00
Albarino 2024 - Terra Alta ● Green Apple - Lemon lime - Starfruit Aging: 3 months in Stainless steel	\$26.00   \$20.80
Garnacha Blanca 2024 White Peach - Apricot - Honeydew Aging: 3 months in Stainless steel	\$29.00   \$23.20
Rosado 2024 - Terra Alta ● Strawberry - Raspberry - Rose Petals Aging: 3 months in Neutral French Oak	\$26.00   \$20.80
Wine Club Members receive 20% off on all wines!	
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We tasted the wines listed above with the exception that the Lo Xalet, usually reserved for wine club members, was specially substituted for Sparkling Rosado 2023. We also tasted 2020 Graciano.

The 2023 Terra Alta Albariño won Double Gold at the San Francisco Chronicle Wine Competition. Liz Bokisch commented on their website, “Albariño is the ultimate foodie wine! I fell in love with Albarino when Markus and I moved to Spain in 1994. Its delicious citrusy and fresh flavors make it a perfect wine to end the day or kick off an evening dinner with friends. It’s my “go to” for pairing with chicken, fish and seafood. I’m so excited to see the success of Albarino in California and proud to have been given a double gold!” At the same competition, the Bokisch Tempranillo won gold and Markus reflected, "Tempranillo has been a staple at nearly every family gathering and celebration I can remember from my childhood! My passion for crafting award-winning Spanish varietal wines here in California is deeply inspired by my family in Spain and their tradition of enjoying wine alongside food. Earning a Gold medal affirms that we’re on the right track! Savor our flagship Liberty Oaks Tempranillo at a casual BBQ with friends, or let it age into a stunning Gran Reserva for your next special occasion!"



Justin, our highly knowledgeable host and Lodi High graduate (like Robert Mondavi!), fielded the many thoughtful questions posed by our group.



Our final stop of the day was at the Lodi Wine & Visitor Center, 2545 W Turner Rd, Lodi, CA. We met with Paul Marsh, Visitor Center Manager and Certified Sommelier, who provided information concerning Lodi, its winemaking history, and the wines we tasted.







## LODI WINE CALIFORNIA

May 3 – May 11

**TASTING OF FOUR LODI WINES IS \$12 PER PERSON**  
**EACH ADDITIONAL WINE IS \$3 PER POUR**

Tasting fee (\$12) is waived with a purchase of two bottles.

*Lodi Wine Club members receive one complimentary tasting of 5 wines for themselves  
and up to two guests per visit plus member pricing on wines by the glass or bottle.*

### WHITE & ROSÉ WINES

	GLASS	BOTTLE
MARKUS GRUNER VELTLINER   Riversong Vineyard, Mokelumne River AVA, 2024 <i>green apple, meyer lemon, and elderflower</i>	11.50	25
KLINKER BRICK GRENACHE BLANC   Estate Vineyard, Mokelumne River AVA, 2024 <i>Lemon curd, jasmine, and key lime</i>	9.00	20
LORENZA ROSÉ   Mokelumne River AVA, 2022 <i>grapefruit, nectarine, and heirlooms</i>	11.50	26

### RED WINES

HERITAGE OAK GRENACHE   Estate Vineyard, Mokelumne River AVA, 2021 <i>black currant, dried fig, and clove</i>	13.50	30
BIRICHINO CARIGNAN   Mule Plane Vineyard, Mokelumne River AVA, 2022 <i>red currant, raspberry compote, and baking spice</i>	11.50	28
M2 RESILIENT RED   Lodi AVA, 2021 <i>pomegranate grilled plum, and dried herb</i>	13.50	32
KLINKER BRICK OLD VINE ZINFANDEL   Marissa Vineyard, Mokelumne AVA, 2022 <i>ripe strawberry, crème de cassis, and cinnamon</i>	13.50	30
JEREMY WINE CO. SYRAH   Estate Vineyard, Clements Hills AVA, 2021 <i>blackberry, wild blueberry, and forest floor</i>	11.50	28

We tasted wines listed on the above menu. Especially interesting was comparing the “east side” Klinker Brick Marisa Vineyard Old Vine Zinfandel (OVZ) to the “west side” OVZ from M2 (not on menu.) The dividing line between vineyards on the west and east sides of Lodi is either State Route 99 or the railroad tracks owned by

the Union Pacific Railroad that run north-south through the town. On the west side, the soil is sandy but with a rich mixture of dark, organic loam; on the east side, the soil is practically like soft, white beach sand. The differences in terroir result in larger grape clusters on the west side as compared to the east side clusters. The west side wines are often jammy, with earthy flavors and are typically fuller bodied than the east side OVZs, which tend to be zestier with black or red cherry fruit qualities. Regardless of the side of the freeway/tracks on which the grapes are grown, Old Vine Zinfandels from Lodi are all interesting and delectable in their own way; not unexpectedly, some of our group favored the taste of the Klinker Brick and others preferred the M2.

A few members opted to spend the night in Lodi after the conclusion of the wine education tour. As it happened, doing so gave them the opportunity to check out the semiannual Lodi Street Faire on Sunday, May 4. During the event, the streets in downtown Lodi are closed to vehicular traffic and there are multiple booths with crafts, antiques and food offerings: [Lodi Street Faire - Lodi Chamber of Commerce](#) .

Our May 3 tour was the third time that the society visited wineries in Lodi; the other tours of the area were held on October 6, 1963 and October 10, 2009, which was hosted by past-president Jack Gilliland. We also held a virtual tour of the Lodi AVA in 2020 since the COVID-19 pandemic caused us to pivot from a planned in-person tour to a Zoom meeting with four local winemakers. Hopefully, we'll have the opportunity to visit Lodi again in the future as its winemaking scene continues to evolve.





**The American Heart Association (AHA) released a scientific statement in *Circulation* about alcohol use and cardiovascular disease (CVD).**

N.B. Your editor and Dr. Dan Bikle, our medical and scientific advisor, wish to present to our membership balanced and reviewed information on the health aspects of wine. We felt this recent statement by the American Heart Association, as summarized below, was consistent with our goals.

Previous research about the relationship between alcohol consumption and CVD has been conflicting. For example, although heavy alcohol use is the leading preventable cause of chronic health outcomes, consuming no more than 1 or 2 drinks per day has been reported to have a cardioprotective effect. However, data from newer studies have challenged that hypothesis.

Most adults (85%) in the United States (US) report consuming alcohol at some point in their lives.

Abstinence and reducing alcohol intake may lower the risk for certain cardiovascular conditions such as hypertension.

One standard drink in the US is defined as 14 grams of alcohol, or 12 ounces of regular beer, 5 ounces of wine, 1.5 ounces of 80-proof liquor, and 1 ounce of 100-proof liquor.

Unlike other substances, alcohol acts as both a stimulant as blood alcohol concentration increases and a sedative as it decreases. Alcohol can affect the absorption and metabolism of certain drugs, including cardiovascular (CV) medications by affecting vascular tone, blood flow, cardiac output, and blood pressure (BP). The effects of alcohol reach multiple organs and affect overall physiology and drug interactions.

After consuming 3 alcoholic beverages, BP decreases for up to 12 hours and increases at 12 to 24 hours. Studies found that individuals who drank fewer than 2 drinks per day did not have different BP levels than those who did not drink alcohol whereas those who drank 3 drinks or more per day had higher BP.



Individuals who drank 6 drinks or more per day had significant reductions in BP after reducing their alcohol intake by half. For myocardial infarction (MI), observational studies have reported that individuals who consume alcohol within the recommended levels had lower risk for incident MI.

Consuming more than 4 drinks per day is an established risk factor for all types of stroke. More data are needed to better understand the effects of moderate alcohol consumption on stroke risk.

Alcohol use has been associated with atrial fibrillation risk, but some data are conflicting. No evidence supports the relationship between alcohol consumption and supraventricular tachycardia, ventricular arrhythmias, or bradycardias. With long-term, excessive alcohol consumption, individuals can develop dilated left ventricle (LV), reduced LV wall thickness, reduced LV wall mass, and heart failure with reduced LV ejection fraction.

The statement authors concluded, “The overwhelming evidence demonstrates that heavy (generally >2 drinks/d) and binge alcohol consumption is harmful to cardiovascular health. Abstinence and reducing alcohol intake may lower the risk for certain cardiovascular conditions such as hypertension. Uncertainty remains about the true cardiovascular risk of drinking lightly such as 1 to 2 drinks/d. Multiple unknowns persist, providing opportunities for important research into the effects of this commonly consumed substance.”



## **Member Update on Annotated Bylaws of the Corporation**

By Elizabeth Kass, MD

At the time that the Society of Medical Friends of Wine became a California Nonprofit Public Benefit Corporation in 2016, bylaws for the organization were prepared and filed with the state. Subsequently, annotations reflecting current and additional permissible practices have been recommended to and approved by the board of directors on the following dates:

11/07/2018 – Associate members (persons without a healthcare background) deemed by the board of directors (BOD) to have achieved extraordinary and/or substantial contributions to the society were authorized to serve on the BOD. These members were to comprise no more than 25% of the composition of the board.

03/07/2024 – In the wake of the COVID-19 pandemic, electronic voting was approved for use. In addition, members were authorized to participate in meetings both in-person or through the use of conference telephone, electronic video screen communication, or similar communications equipment, so long as all members participating in such meetings could hear one another.

Members of the BOD serve three-year terms. It was approved that at the completion of the term, any director may be re-elected to serve an additional three-year term. Directors may serve two or more three-year terms.

It was agreed that officers of the society shall minimally consist of president, secretary, and treasurer. Members who are not healthcare professionals may be chosen to serve as officers. The term served by officers is generally one year but may be extended by the BOD.

03/06/2025 – The society's Bylaws Subcommittee, which consisted of Susan Schwartz, Dan Bikle, Maynard Johnston and Chair Elizabeth Kass, recommended the bylaws be annotated with the intention of having:

- equitable membership categories for all members regardless of their career status.
- a BOD that continues to be able to further the society's mission.

Toward those goals, the BOD approved the following annotations to the bylaws:

- The Associate membership category was eliminated.
- Both healthcare professionals and non-healthcare affiliated individuals with an interest in the goals of the corporation qualify for Active membership and its privileges, including voting rights.
- Emeritus membership category includes those who have been Active members for 10 years or more and are retired (from any career, not only healthcare professions.)
- The Board of Directors shall be comprised of a majority of individuals with medical expertise derived from healthcare professions. As defined in the bylaws, such people would include any person duly licensed as a physician or surgeon, doctor of dental surgery, or doctor of medical dentistry. They would also include non-physician healthcare professionals, including veterinarians, pharmacists, certified nurse midwives, certified nurse anesthetists, registered nurses, medical PhDs, nurse practitioners, psychologists, physician assistants, and other qualified allied healthcare professionals.

As the practices of the Society of Medical Friends of Wine continue to evolve, it is anticipated that there may be further annotations to the bylaws in the future. The membership will be kept informed of these annotations.

Any member interested in taking on a volunteer role within the society would be encouraged to get involved! Serving on a committee or in a leadership role is a wonderful way to contribute your skills, build connections, and help strengthen our organization. Members who would like to learn more about current opportunities or explore ways to serve are invited to contact our president, Maynard Johnston, for details at [societyofmedicalfriendsofwine@gmail.com](mailto:societyofmedicalfriendsofwine@gmail.com).

