

PRESIDENT'S COMMENTS

Hello All,

Hope everyone is enjoying the summer, and looking forward to fall.

Special thanks to Steve, and Patti Hipple for pulling off the August event on short notice. The event was at HUB(Helping U Barbecue), and the club members that went not only learned BBQ technique, but what equipment may work best for your household. The people at HUB did an excellent job with the education, and the smoked meats turned out great. What a great place to go for all your BBQ needs. Needless to say I left with multiple bottles of BBQ sauce.

I would like to welcome Mike and Rhonda Wilke to our board. With the departure of both Todd Lemke and Jill Panzer, the board voted unanimously to bring the Wilke's on board. I can tell you that both Mike and Rhonda will work tirelessly to bring great events to the club.

Finally, if you see Todd Lemke, or Jill Panzer don't hesitate to thank them for all they did to help our club to grow to what it is today. Thanks Todd, and Jill.

Hope to see you at an event soon. Cheers,

Toe Goldstein



IT DOESN'T MATTER IF THE GLASS IS HALF EMPTY OR HALF FULL. THERE'S **CLEARLY ROOM FOR MORE WINE."**

Cover Photo: Photo by Wayne Markus. The Barcos do Tejo (Boats on the Tagus) by Carlos Botelho (1888 - 1982) depicts the hustle and bustle of the Tejo River. You can see the arrival of boats with merchandise, men carrying salt to land, as well as "varinas"—women who sold fish, carrying them in baskets on their heads and calling out to customers—all but a distant memory now." Circa 1950. In the Four Seasons Hotel, Lisbon.

EDITOR'S

ur August outing was a change of pace. Steve Hipple has been bitten hard by the Barbeque Bug. Like wine, there is a lot to know to make great BBQ. Steve thought we, as a club, would enjoy learning about what goes into preparing and cooking top quality BBQ. So he arranged a dinner at Helping U Barbeque. A major component of the business is selling BBQ equipment, but they also teach classes and sell rubs.

There have been a few complaints about events selling out lately. One of the hallmarks of the Council Bluffs Branch is purposefully staying small so we

can attend smaller venues. That is why we only accept new members at the beginning of the year, depending on how many have dropped out. Everyone has the same chance to attend when the invitation goes out on Constant Contact. Typically, those who are voicing concern have waited until the 11th hour. But you could try a new and original plan: sign up right away. Don't procrastinate.

Paso Robles is one of my favorite wine areas. Mary and I just got back from our visit in mid-September. A lot has happened since 2007 when we first explored the area. Visiting Paso is a little bit of a time warp. It is so rural, with drop dead gorgeous scenery in the foothills of the Santa Lucia Mountains, but without the crowds of people that descend on Napa and Sonoma from San Francisco and Sacramento. Most importantly, the wines are gorgeous if you pick the right producer. Since our November event will have the Paso Robles theme, I thought a little primer on the area would be in order.

Our Douro Festival series continues with the wrap up of the Pre-Cruise exploration of Lisbon. Connie and Gary Martin describe their tour of the city, including some

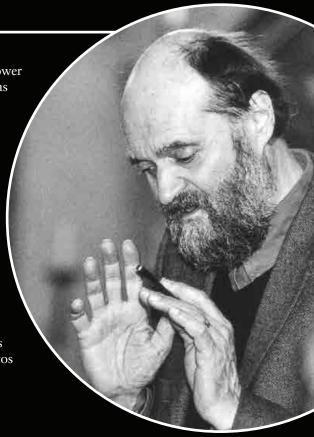
famous sites. That includes the Monastery of Jerónimos, the Belém Tower and the National Coach Museum, among other attractions. Lisbon has a colorful history. It was a Roman colony beginning in 219 BC. After the fall of Rome, it was ruled by the Visigoths. In 714 AD the Islamic Moors captured Lisbon and it remained in their possession until 1147. In the 15th and 16th centuries, Portugal flourished in the Age of Discovery, and gathered considerable wealth importing spices from the Orient and establishing colonies. For example, the island of Madeira was discovered and claimed by the Portuguese in 1419. There was a devastating earthquake in 1755 and most of the city had to be rebuilt. The Marquis of Pombal took the opportunity to make many improvements in the financial and commercial districts that exist today. Take a look at the article which describes the city tour and the dinner that night at one of the best restaurants in Lisbon. Wayne Markus will pick up the rest of the Douro Festival after this installment.

If you want to examine the photos of an event before it comes out in the Gazette, go to our web site at IWFS.org, and click on The Bluffs Food & Wine Gazette & Photos. And yes, you can download photos from the site.

Skoal!



WHEN ASKED WHICH MUSICAL INSTRUMENT WAS THE MOST AMAZING, ESTONIAN COMPOSER ARVO PÄRT REPLIED: "THE HUMAN HEART, WHEN IT IS IN TUNE."





EVENT REPORT: HUB (HELPINGUBARBEQUE)

Story & Photos by Tom Murnan

hate to brag, but we have so much fun in the IWFS Branch, and we try so many different things. Look no farther than our outing to HelpingUBarbeque. This is a goldmine for those serious about BBQ. They sell only top of the line smokers and grilles, fuel (peach, sugar maple, mesquite, oak, pecan, etc.), charcoal and pellets, sauces, injections, rubs and tools. They also hold classes, cater, and enter competitions. They have won a raft-load of medals. When our previously assigned producer dropped out, The Hipples and Goldsteins conceived of going to the HUB. They had an event organized in three days. Steve Hipple has been bitten by the BBQ bug hard, and has been using the HUB as a resource to improve his smoking skills. BBQ is like wine. There is a lot to know, and a lifetime challenge to get good at it. We had a limit of 40 people, but ended up with a waiting list. We had 9 guests.

Before our lecture by co-owner Ron Rauert, our starting grub was laid out. Pulled Pork Sliders provided enough stuffing and bread to slow down the rate of alcohol intake into the system while sitting at the lecture. The pork was oh, so tender and tasty. The BBQ Shrimp was quite nice: smoky, with a sweet glaze with red pepper flakes. Stuffed Mushrooms were scantily salted. Stuffed with smoked hamburger and cheese, they made for a savory mouthful. Finally, the Bacon Wrapped Jalapeno Peppers were not at all fiery-spicy, and the peppers were cooked al dente, stuffed with a slightly sweet cream cheese mixture and drizzled with BBQ sauce. We had two wines to quaff. A Susana Balbo Signature Rose Valle de Uco Argentina 2017 and a Strub "Flacenhal" Nierstiner Hipping Riesling Spatlese Rheinhessen 2016. I tended to enjoy the Riesling a bit more with the food as it seemed to go with all four appetizers.



We all then sat down to learn something from Ron Rauert. Most people in the USA grille, calling it BBQ. But true BBQ is smoked meat or fish. Usually, the heat source is removed from the meat, unlike grilling which the heat source is close to the object being grilled. Think of the smoke as another flavor component, just like a rub and sauce. Your goal is to balance out all these components. You do not want component one to dominate. The smoke is affected by the kind of wood you use. Ron's favorite is pecan, but it really is a matter of personal preference. Ron brought in 4 smokers to discuss.



The Horizon Off Set Smoker sells for \$2,250.00 and is a very large unit. The chef would build a fire off to the side, and the heat travels to cook the food. There is a grease pot to catch the drippings. It needs wood every 45 minutes, so you cannot walk away for long and leave it unattended.



The Gateway Drum Smoker (\$799.00) is like the microwave of BBQ smoking because it is so hot. It looks rather like the old oil drums. The firebox (where you put the fuel) is at the bottom, directly beneath the food, although at a bit of a distance. Your grease sits at the bottom. At 300° it can cook ribs in 2½ to 3 hours and chicken in 2 hours. Comes in 30 or 50 gallon sizes.



The Portable Kitchen sells for \$799.00 is made of cast aluminum and a stainless steel grille, and is a simple grille, not a smoker. Temperature is controlled by air flow (as it is on all smokers and grilles). There are air vents at the top and bottom. Because of the cast aluminum, it known for its durability.









































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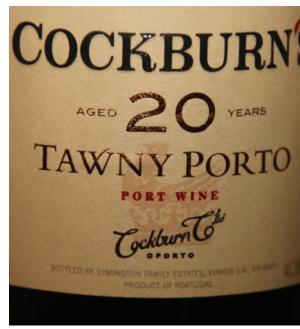












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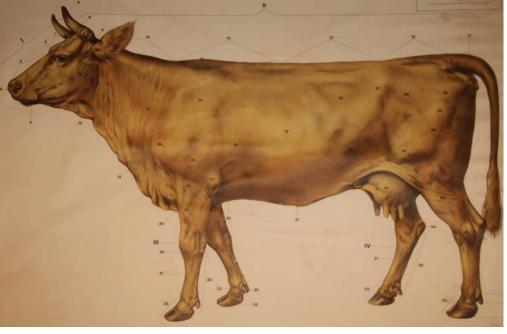








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EVENT REPORT continued



∢ Pitts & Spits (\$1,750.00) is an easy smoker for those who don't want to learn about how to control fire. It uses wood pellets. Made in Houston, TX, it is very heavy duty. You have to clean the ash out, but it is convenient as the pellets can be fed automatically and you don't have to constantly watch it or add fuel.

Members asked Ron a lot of questions about BBQ and the session lasted 40 minutes. We next moved on to Salad with Reversed Seared Duck Breast. What is reversed duck breast you might ask? Well, the duck was cooked "low and slow" at first. Specifically, it was cooked sous vide, in pouches and a water bath, to get it at just the most tender point of cooking, then placed on a Portable Kitchen grille to quickly finish it. Slightly pink, it was perfectly finished and sat atop a mixed greens salad with walnuts, parmesan shavings and a wine friendly, very slightly sweet vinaigrette. Duck always goes with Pinot Noir, and we tasted a Storm Vrede Hemel-En-Aarde Valley, South Africa 2015. The wine had cherry and plum notes with a little black pepper and earthiness. A good match to the duck and salad.

Our Main Course was Smoked Beef Brisket and Saint Louis Style Pork Ribs with Blues Hog Smoky Mountain Sauce served with HUB's signature Cheese Potatoes & Garlic Green Beans. Two slices of brisket and two rib bones provided more than enough meat for me, and we got to compare beef to pork. The cheese potatoes were interesting. I asked what kinds of cheese were in the potatoes, but that is a proprietary secret. More than one kind, I assure you. Both cuts of meat were quite tender.

So what exactly is Saint Louis style pork ribs? I had to look it up. St. Louis-style barbecue refers to spare ribs associated with the St. Louis area. These are usually grilled rather than slow-cooked over indirect heat with smoke which is typically associated with the term barbecue in the United States. St. Louis-style spare ribs are cut in a particular way with the sternum bone, cartilage and rib tips removed so that a wellformed, rectangular-shaped rack is created for presentation. St. Louis style ribs are often a class entry in barbecue competitions. The ribs are often heavily sauced. St. Louis is said to consume more barbecue sauce per capita than any other city in the nation. St. Louis-style barbecue sauce is described by author Steven Raichlen as a "very sweet, slightly acidic, sticky, tomato-based barbecue sauce usually made without liquid smoke." en.wikipedia.org/ wiki/St. Louis-style barbecue

I like a lot of BBQ sauce on my ribs, and found the Blues Hog Smokey Mountain Sauce sweet and a touch acidic. I bought a jar before I left. The ribs were fall-off-the-bone-tender, while the brisket was moist. It sat in consommé and covered with aluminum foil after being cooked. We had two wines to compare for this course. The Casarena Jamillas Vineyard S.V. Perdriel Malbec Mendoza, Argentia 2011 was the more austere of the wine pairing. It was dry and structured while the Hartford Family Old Vine Russian River Zinfandel Sonoma 2016 was rich, round, very fruity and well balanced. It was so rich that to me it was on the edge of tasting like raisins (i.e., almost over-ripe) but still tannic due to its young age. Hartford is in the Jackson Family Wines portfolio. To me the clear winner was the Zinfandel, with its ripe, roundy fruit, which matched the sauce and richness of the ribs much better than the dry, Bordeaux-like Merlot.

Dessert found us with Caramel Apple Tartlet with Vanilla Bean Cream. Tasting just like a homemade apple pie only much smaller, the tartlet was individual sized and quite tasty. The 20 Year Old Cockburn's Tawny Porto was the perfect accompaniment to the "apple pie." The oxidized flavors of the tawny styled port fit just right with the apple and cinnamon flavors. The cream was really an ice cream, and quite noticeably vanilla-like.

Many thanks to Steve Hipple for coming up with our BBQ theme, as well as his able assistant Patti, who chose the wine, as well as Joe and Jill Goldstein, who all organized this event on very short notice. Thanks to Ron Rauert who got up at 3:00 a.m. to start the smoker for the brisket, to his partner John Meyer, and the serving staff. This was a very educational event.













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THE INTERNATIONAL WINE AND & FOOD SOCIETY IWFS AMERICAS, INC. 2019 PRE-CRUISE LISBON TOUR PART 2 JUNE 8-9, 2019

Story by Connie and Gary Martin & Photos by Wayne Markus

ith the coming of June 2019, IWFS is traveling once again...this time to Lisbon, Portugal and then on to the Douro River Cruise. Our culinary adventure begins with a three day experience of the best of Lisbon. Built on seven hills and with 3 million people in the metropolitan area, Lisbon is the second oldest capital city in Europe. It was ruled by the Romans, Germans and Arabs before Portuguese crusaders finally conquered it back. Today, Lisbon is the economic, political and cultural center of Portugal.

The second day in Lisbon dawned a bright and sunny day, characteristic of Lisbon as the "sunniest capital in Europe." This would be a day for pre-cruise attendees to choose from a variety of cultural and educational sites in Lisbon.



Belém Tower

The Belém Tower has served as both a fortification and ceremonial gateway to Lisbon. Made from limestone and built in the early 1500s, Belém Tower sits on a small island near the bank of the Tagus river. A prominent example of Portuguese Manueline style architecture, Belém Tower is seen as a symbol of Europe's Age of Discoveries. Belém Tower along with the Jerónimos Monastery was identi-

fied as a UNESCO World Heritage Site in 1983. The monastery and its fabulous church were built from money made from a tax on the spice trade.



Jerónimos Monastery

The Rossio Square is the popular name of the King Pedro IV Square in the city of Lisbon. It has been one of the important squares in Lisbon since the Middle Ages and has seen popular revolts, celebrations, bullfights and executions. The Queen Maria II National Theater sits next to the square offers a variety of cultural events. With a variety of shops and restaurants, Rossio Square is a preferred meeting place for Lisbon natives and tourists alike.

Standing on the southern bank of Tagus river overlooking the whole city of Lisbon, the Sanctuary of Christ the King is a Catholic monument and shrine dedicated to the Sacred Heart of Jesus Christ. This giant cement statue with arms open wide was inspired by the Christ the Redeemer statue in Rio de Janeiro, Brazil. Inaugurated in 1959 as an expression of gratitude and thanksgiving because the Portuguese were spared the effects of World War II.

On the north bank of the Tagus river stands the Age of Discoveries monument which was built in honor of Henry the Navigator who was instrumental in the success of the Portuguese exploration during the 15th century. The monument was originally built as a temporary structure for the 1940 World Exhibition celebrating the achievements of explorers during the Age of Discovery and the creation of Portugal's empire. The 171 foot tall monument, shaped like a ship's prow, stands at the marina in Belém, was a starting point for many Portuguese explorers including Vasco da Gama embarking in his voyage to India in 1497 and Christopher Columbus' 1493 voyage to the America's.



Age of Discoveries Monument

The National Coach Museum has the largest collection of royal carriages in the world and is one of Lisbon's most visited institutions. The museum is housed in the Royal Riding Hall of Belém, the former home of the Portuguese School of Equestrian Art. The museum was created in 1905 by Queen Amélia to house an extensive collection of carriages belonging to the Portuguese royal family and nobility.











Restaurante & WineBar





¶ The collection gives a full picture of the development
of carriages from the late 16th through the 19th centuries, with carriages made in Italy, Portugal, France, Spain,
Austria and England. Among its rarest items is a late 16th/
early 17th-century travelling coach used by King Philip
II of Portugal (Philip III of Spain) to come from Spain to
Portugal in 1619.

The obvious highlight of the day was dinner at Restaurant Feitoria, Michelin star restaurant located in the Hotel Altis Belém on the River Tagus waterfront. Entering Feitoria, one of the first features that you notice is a wine cellar stretching across the entire width of the restaurant protected with a glass and golden metallic mesh demonstrating the importance wines have at Feitoria. Chef Rodrigues designed our experience at Feitoria as an introduction to the various wine regions of Portugal and highlighting the local seafood and produce. The starter course was a Bluefin tuna with caviar, daikon and smoked broth was paired with a 2016 Lés-a-Lés Arinto Bucelas (subtle salinity and minerality). Next, a grilled squid paired with a 2016 Conciso Dao (crisp flavors with pine and resin). The first course offered regional Algarve scarlett shrimp in apricot anise broth paired with 2016 Casa do Capitao Mor Reserva Vinhos Verde (citrus notes with an elegant finish). Entrees included fresh grouper with cockles, burnt samphire carolino rice paired with a 2017 Herdade Papa Leite C51 Alenteja (very subtle, strongly honey and mineral aromas) and Arouquesa beef with potato, seasonal mushrooms, truffles and egg paired with a 2015 Casa Cadaval Trincadeira Preta Tejo (intense, spicy with notes of black pepper). Our evening concluded with a traditional dessert of Pastel de Nata paired with a 2013 Horacio Simoes Bastardo Palmela (dark red fruits, raisins, tea leaves with a high alcohol level). Of particular note for the evening was the expertise of the staff and the willingness of staff to share their enthusiasm for fine wines and good food. Restaurant Feitoria was the perfect way to spend our final evening in Lisbon.















PASO ROBLES WINES:









THEY JUST KEEP GETTING BETTER & BETTER PART1

Story & Photos by Tom Murnan









n November 10th, our Branch event will feature a Paso Robles theme at Le Bouillon. I thought it would help if you had a bit of information about this AVA before the event.

My first introduction to Paso Robles was in 2007. Mary and I had followed the UNO Women's Soccer team to California when my daughter was on the team. Once the team headed back to Omaha, we stayed in Santa Barbara. Paso Robles was just a short distance away. It was like going to Napa Valley in the early 1970s. Laid back and informal, they still had places with free tasting rooms. There were about 100 wineries at the time. Today they number about 250 bonded wineries. But gone are the free tastings, unless you are an existing good customer and part of the winery's "Club." You might be comped, but not always.

In case you don't know where in California Paso Robles is, it is half way between Los Angeles and San Francisco on Highway 101, and about one-half hour from the Pacific Ocean. It is about a 45 minutes drive from San Simeon (Hearst's Castle). Paso Robles is Spanish for "Pass of the Oaks." The area receives more than a million visitors a year. Wine history goes back to 1797 when the Spanish introduced grapes to the area. The first commercial winery began in 1882 when Andrew York, a settler from Indiana, established Ascension Winery (now Epoch Winery). Zinfandel and Muscatel were some of the first commercial grape varietals. Today, 25 different varieties are grown. Zinfandel is big, as are Rhone varietals like Mouvedre, Grenache and Syrah. But Cabernet Sauvignon, Merlot, and Italian varietals such as Barbara, Sangiovese, and Nebbiolo have had success as well. Here are two of the powerhouse wineries. Grenache and Syrah. But Cabernet Sauvignon, Merlot, and Italian varietals such as Barbara, Sangiovese, and Nebbiolo have had success as well. Here are two of the powerhouse wineries.



Downtown Paso Robles' Carnegie Library and Park

TABLAS CREEK

One of the very top wineries in the Paso Robles is Tablas Creek. Tablas Creek was established in 1989 and has specialized in Rhône varietals for 30 years. This is because two families came together to invest in this winery. The Hass family of Vineyards Brands established a business relationship with the Perrin family of Château Beaucastel in 1967 when they began importing the Châteauneuf-du-Pape (CduP) wine to the USA. The Paso Robles area has many characteristics to the southern Rhône, but even so, it took four years to find just the right terroir for a winery. In 1990 they imported vine cuttings from France. This was a lengthy process because the cuttings, according to USDA regulations, have to be quarantined for 3 years to ensure that the vines are virus-free. Planting began in 1994. Today the estate has 115 acres. The first vintage was in 1997. Total production ranges from 25,000 to 30,000 cases. Like at Beaucastel, the vines are head trained and dry farmed. Head trained means the vines are not supported by wire trellises. Rather, each vine is trimmed like a small bush.

The top wines, which also receive the most accolades, include Esprit de Tablas (formerly Esprit de Beaucastel), both red and white. It is the American version of regular bottlings of Château Beaucastel. In CduP, Beaucastel uses all 13 of the 19 legally permitted grape varietials. But the Tablas bottlings are more heavily invested in Mouvedre than the French bottlings. Another top of the line red is only available in selected, extraordinary vintages: Panoplie. Inspired by Beaucastel's Hommage à Jacques Perrin, their most prestigious wine, this is a limited production, wine club member only



Cleaning the Tanks at Tablas Creek

bottling. In 2016, only 760 cases were produced. (Panoplie means a complete or magnificent covering or array.) We are having a comparison of Esprit and Panopolie on November 10th at our Le Bouillon event. I hope to see you there!

White wines are also available. The Esprit de Tablas Blanc is made of high percentages of Rousanne (minerality, richness, honey and spice), but also Grenache Blanc (green apple and bright acidity) and Picpoul (tropical notes and acidity). Picpoul means "lip stinger" in French for its noticeable acidity. The whites are all impressive and worth a try. The day we were there, on 9-16-2019, Syrah was being harvested, the first harvest for the season. It was about two weeks late due to a cooler growing season this year.

Secondary labels include Cotes de Tablas, and Patelin de Tablas, their most economical line. Patelin means Neighbor in French.



First Day of the Syrah Harvest at Tablas Creek 9-16-2019

TURLEY WINE CELLARS

Larry Turley was raised in the South on a farm, but got a medical degree and worked in an emergency room. He is the brother of Helen Turley, well known wine consultant.











Turley Tasting Room, Paso Robles, CA

◀ He got the wine bug when he met John Williams, the soon to be winemaker for Spring Mountain. In 1981, the two decided to start their own winery, Frog's Leap. But Larry wanted to explore his favorite grapes more: **Zinfandel** and **Petite Syrah**. He sold out to Williams and started Turley Wine Cellars in 1993 in **Paso Robles**. He purchased and leased 50 different vineyards, preferring old vines. A few vineyards hail from the 19th century. In 2012, Turley started a branch winery in the Sierra Nevada foothills, in Amador County. I first visited Turley in 2007, at the Paso Robles winery. I was so impressed I asked to be on the wine club list. Then I was informed that this would take three years. Sure enough, in three years I got in. They are one of my favorite Zinfandel producers. Vineyard sites are from all over California and include Paso Robles, Napa Valley, Amador County, Sonoma, Howell Mountain, Lodi, Contra Costa County, Mendocino Ridge, Atlas Peak, and Alexander Valley (Sonoma). They make 47 different wines from over 50 vineyards, the vast majority being Zinfandel and Petite Syrah Recently, Turley has offered some Cabernet Sauvignon in addition to the usual Zin and Petite. I like my Zins rich, round, ripe and full bodied. I don't like them tasting lean and dry, like a Cab. If you are the same, then Turley is your provider.

In 2000, Larry Turley purchased the Pesenti vineyard, where the Turley Winery currently sits. Pesenti has had quite a history and was one of the earliest vineyards in the Paso Robles AVA. Frank Pesenti purchased the land



Just memories of the past, now: old Pesenti Vineyard purchased by Turley in 2000.

in 1919. It was mostly covered with oak trees, and selling charcoal was big back then. In 1922, he used the profits to plant a Zinfandel vineyard, using a team of horses.

The winery was bonded in 1934. Interestingly, Frank planted the various blocks of the vineyard in aspect-oriented blocks that captured as much sunlight as possible. This was a very progressive thing to do at the time. It makes for perfectly balanced Zinfandel grapes. The vineyard is only 8 miles from the Pacific Ocean, and gets a Mediterranean climate of hot days and cool nights. The vines are head trained and raised organically.



UPCOMING COUNCIL BLUFFS BRANCH EVENTS Mark Your Calendars!

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OLD VS. NEW WINE
Thrasher Corporate Office

Thrasher Corporate Office
John Benker Catering
Producers: Dave & Tabitha Thrasher

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LE BOUILLON
Page Part

Paso Robles Wines
Rising California Wine Star
Producers: Tom & Mary Murnan

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PRESIDENT'S EVENT

Fleming's Prime Steakhouse Producers: Joe & Jill Goldstein



HOSTING AN EVENT?

Let us know when, where and a little bit about what's going on! We would love to include YOUR event on the calendar! **Email details to: iwfs.councilbluffs@yahoo.com**



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The mission of the Council Bluffs Branch of the International Wine and Food Society is to develop a profound understanding and appreciation of both wine and the culinary arts and to enjoy this experience in the camaraderie of friends. Our task is to educate our membership about wine and to develop the skill of matching wine with food. We strive to drink high quality wines and to experience an eclectic array of foods prepared by the area's top chefs.

The International Wine & Food Society of London, England

COUNCIL BLUFFS, IOWA BRANCH - EXECUTIVE COMMITTEE

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Treasurer/Membership: Diane Forristall
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