

FOCUS ON WINE



RAY & ELEANOR HEALD

Wine auction celebrates harvest

Harvest time signals what's new on the wine scene. El Nino has delayed the harvest in California. We're not about to forecast this vintage until we taste it in the bottle. It's senseless to do otherwise.

But harvest in our area means the premier wine event, the Detroit International Wine Auction, one of the top charitable wine auctions in the country, now celebrating its 17th vintage! We'll forecast this one 6 p.m. Saturday, Oct. 24, at the General Motors Building in Detroit. All the wine's in the bottle and divided into auction lots. It spells phenomenal success for the benefactor: the art, design, music and dance programs of the Center for Creative Studies. Tickets for the

WINE PICKS

Pick of the pack: Autumn brings on a taste for antipasti and there's none better than 1995 Gallo Sonoma Fiel Ranch Zinfandel \$16.

Early this summer we recommended some Rose wines because they are so refreshing when chilled. There's still some autumn picnic time left and here's an excellent latecomer to the scene: 1991 Beringer Rose de Saigone \$16, a blend of Pinot Noir and Syrah with the aromas and flavors of cranberry and strawberry. Great chilled with roast chicken or turkey.

At a recent wine tasting, a wine retailer was very upfront. "There's a lot of bad merlot on the market," he said. We echo his sentiments and recommend the following that are pretty darn good: 1990 Alexander Valley Vineyard Merlot \$18; 1990 Murphy-Goodie Merlot Murphy Ranches \$18; 1990 Fetzer Barrel Select Merlot \$14 and always in our top three no matter what vintage, 1995 Matanzas Creek Merlot \$45.

Best buys at \$10 and under: 1997 Fontana Candida Pinot Grigio and Francetti, both \$8; 1997 Amelini Chardonnay \$8; and 1996 Marcelina Chardonnay, Napa Valley \$9.

CORK BOARD

Tasting of Merchant of Vino-Whole Food Market Top One Hundred Wines, 7 p.m. Friday, Oct. 31, at Southfield Manor (25625 Telegraph Road, north of 10 Mile Road, Southfield). The cost is \$25 per person in advance or \$30 at the door. Tasting benefits "Think Twice," a not-for-profit organization dedicated to rebuilding Detroit one block at a time through volunteerism and fund-raising. Attendees can vote on their favorite wines to establish the Top Ten People's Choice Awards. To charge tickets by phone, call (248) 433-3000, (248) 700-0900. Tickets can also be purchased at any Merchant of Vino-Whole Food location.

erty in 1943 for \$75,000. Peter (now called Peter Sr.), well-equipped with an enology degree from the University of California, undertook a series of frisks that propelled Charles Krug winery to the head of the curve. Krug was among the first to vintage date varietals. Cold fermentation experiments gave rise to fruity white wines and a winery reputation. Red wines were aged in small French oak barrels, a revolutionary technique in the 1960s.

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LOOKING AHEAD

What to watch for in Taste next week:

- 2 Unique
- Main Dish Miracle

SISTERS BREAK BREAD

BY KELLY WYGONIK
STAFF WRITER

Kristina Dickey cried the first time she read "Breaking Bread - A Family History Preserved by Seven Sisters," written by her mom, Pam Dickey of Canton, and six aunts - Karla Rossi, Tina Marie Rossi, Lisa Ann Rossi, Nute, Therese Louise Rossi Benish, Patty Ann Rossi Jordan and Tanya Lynn Rossi.

"It's so good," she said about the book, which also includes favorite family recipes, including Kristina's "Tadpole in a Hole" recipe. "There was so much history. I learned about relatives I never knew existed."

Pam and her sisters started talking about the project on Oct. 15, 1988, at Therese's wedding. "Mam did a lot of the cooking, and while we were sitting there eating we said 'we've got to save these recipes,'" remembers Pam. Shortly after the wedding, the sisters began collecting family

favorite recipes.

Polish on her mother's side, Italian on her father's, Pam and her sisters grew up in a family where good food was synonymous with good times. Soon the project evolved into a cookbook and family history complete with photos of weddings, anniversaries, birthdays, graduations, parties, Christmas, Easter and other celebrations.

"We all wrote something, and all participated," said Pam about the book that was printed in July. In the introduction, the sisters explain, "This collection of memories and recipes is presented from our viewpoint; that is, the seven Rossi sisters. However, we have tried to be as inclusive as possible."

"This book is not only a gift to our parents but to our extended families, including all the generations to come. We hope it will become an irreplaceable treasure as it connects us all."



Seven sisters:

Pam Rossi Dickey, Tina Marie Rossi, Lisa Ann Rossi, Nute, Therese Louise Rossi Benish, (bottom row left to right) Patty Ann Rossi Jordan, Karla Rossi and Tanya Lynn Rossi.

Their story isn't unlike many other metro Detroiters whose families left Europe for America and arrived at Ellis Island with little money, but lots of ambition.

Pam's mother, Celia Siembor Rossi, is the daughter of Katarzyna Zyla Siembor and Jozef Siembor who grew up in

Poland in neighboring villages. Katarzyna arrived in the United States in 1911. Jozef in 1906.

On April 16, 1955, Celia married Herman Rossi, the son of Ernesto Rossi and Flora Cairo Rossi, whose parents immigrated

Please see SISTERS, B2



STAFF PHOTO BY PAUL HICKMAN

Working together: Celia Siembor Rossi watches as her granddaughters and daughter make Katarzyna's Rice Bread. The recipe was passed down to Celia by her mother, Katarzyna Zyla Siembor. Pictured (left to right) are Celia Siembor Rossi, Kristina Dickey, Pam Rossi Dickey, and Alyssa Dickey.

Stewart Francke gets ready for the battle of his life

SENSIBLE
LIVING



BEVERLY
PRICE

blood cell count at 100,000 (normal is 500,000), and his spleen was enlarged. A bone marrow biopsy concluded that Stewart had chronic myelogenous leukemia.

The resident at Beaumont referred Stewart to the Karmanos Cancer Center where he is scheduled to have a bone marrow transplant on Monday, Oct. 19. Stewart's sister, Kit Reese of Bloomfield Hills, is a genetic bone marrow match which will increase the success rate of this procedure.

Only 3 million people in the United States are part of the National Bone Marrow Registry. If a male Caucasian went into this pool, there would be a 75 percent chance of finding a match. If you are an African American, your chance of finding a

match decreases to 45 percent while Asians have even less of a chance of finding a match. The statistics are similar for women - it's race that makes the difference.

After the procedure, Stewart will be in the Protective Isolation Unit at Harper Hospital in Detroit for six weeks. Dr. Karanes oversees the bone marrow transplant unit at Harper. I remember doing a rotation in the FEU during my dietetic internship at Harper Hospital in the early 1980s. We had to gown up, scrub up, keep on our mask at all times, and sterilize all food and equipment that went to patients in this unit. The chances of survival today after this procedure are so much higher than they were 15 years ago. When Stewart comes home, he will have to take special precautions as well. His wife, 4-year-old daughter and 2-year-old son will have to be very careful not to bring germs around him for at least 100 days since he will be immunosuppressed. Stewart will be homebound unless he needs to go out to his physician. In this case, he will have to wear a mask.

Stewart's diet

Because we cook for Stewart in our Healthy Chef program, we were concerned about the foods that we would be preparing for him. Restrictions include foods that can carry fungus such as fresh fruits (unless the peels are thick) and vegetables, nothing that may contain salmonella such as eggs or chick-

en, and no foods with live cultures such as yogurt. Some individuals with this condition change to a macrobiotic diet, an alternative route which is an enormous lifestyle change.

Although the Franceses are not quite ready for a complete vegetarian diet, they have incorporated many meatless meals into their lifestyle.

Stewart wants to be as strong as possible before the procedure. Already, he has gained back 10 pounds of the 20 that he originally lost. He is mentally and emotionally prepared and has a wonderful outlook.

Stewart isn't the only one suffering from this disease. Anyone can go through a blood test to be entered in the national bone marrow registry and may get a call in the future if they are a match. If you would like more information, call 1 (800) MARROW2 or visit the website at www.afm.com.

If you would like to make a donation to the Stewart Francke Leukemia Foundation to assist with patients and their families, write to P.O. Box 715, Bloomfield Hills, MI 48303.

Beverly Price is a registered dietitian and exercise physiologist. She operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. She is the co-author of "Nutrition Secrets for Optimal Health," Tall Tree Publishing Company. Visit her website at www.nutritionsecrets.com.