



May is a time of transition. Spring blooms into summer and for many of us that means vacation time. If you're looking for the perfect place to spend a long weekend, consider Napa Valley. This month's **TRAVEL** section is chockfull of wine tasting tips and not to miss wineries. Napa Valley is easy to get to—fly into San Francisco and drive a scenic 66 miles northeast. The vast open space, rolling hills and excellent wine tastings are worth the trip, at least once in your life.

This month's **DRINK** recipe is a takeaway from Napa Valley. It uses Mumm Cuvee, a Napa creation, to give just the right amount of sparkle to a bit of Limoncello. Try it when you have friends over for a Memorial Day cookout. They'll marvel at how refreshing a sparkling wine cocktail can be. If you would rather spend an intimate starry night dining al fresco with someone special, try our pan seared parmesan chicken recipe in the **FOOD** section. It's an easy way to perk up bland chicken breasts.

For Mother's Day, Jane Monzures, our **DIY** expert, shows us how to make breakfast in bed an even more special occasion. Think flowers on flowers!

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### MAY 2017

MAY 1

May Day World Lyme Day

MAY 4

National Day of Prayer

MAY 5

Cinco de Mayo

MAY 6

Kentucky Derby

MAY 14

Mother's Day

MAY 20

Armed Forces Day

MAY 24

National Brother Day

**MAY 25** 

Ascension

MAY 26

Ramadan (start)

MAY 28

National Burger Day

MAY 29

Memorial Day

**MAY 30** 

Shavuot

**MAY 31** 

World No Tobacco Day

OBSERVANCES

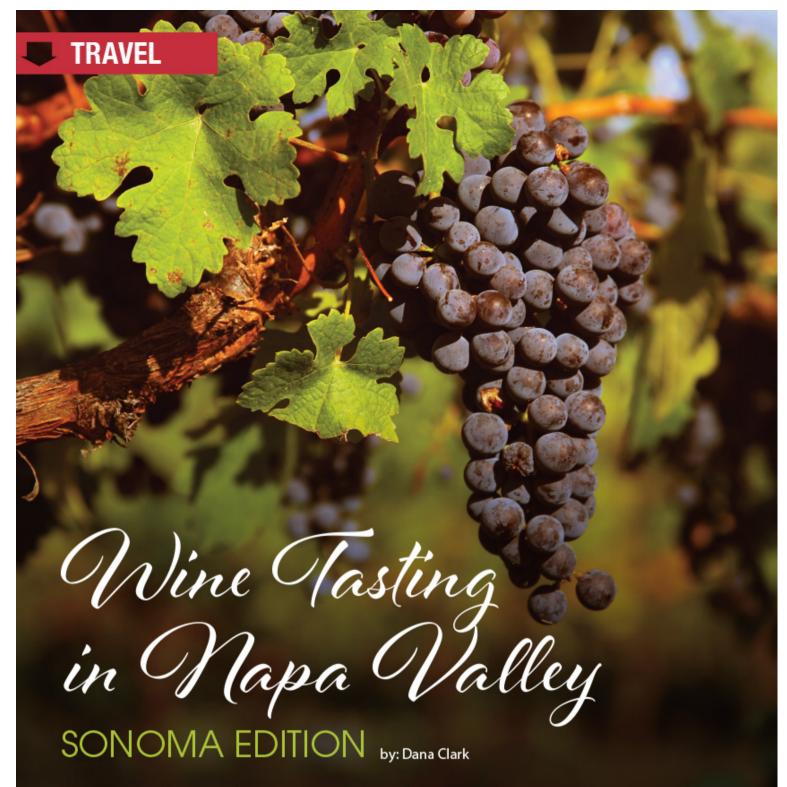
National Bike Month National Physical Fitness & Sports Lyme Disease Awareness Month

BIRTHSTONE

Emerald

**FLOWER** 

Lily of the Valley & Hawthorn



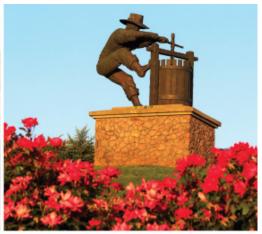
Rolling hills, azure skies, vibrant vineyards—nothing compares to California Wine Country. While it's possible to hit up both Napa and Sonoma in one trip, I'd head to Sonoma if I only had time for one region. Sonoma tends to be less crowded, less expensive and more relaxed.

While group and private tours are available, I prefer exploring on my own. I love finding smaller wineries and trying things I might not be able to experience anywhere else. On my last trip to Sonoma, two wineries stood out—Iron Horse and Joseph Swan.

#### **IRON HORSE**

Creating sparkling wine is an art form at Iron Horse. For \$30, the Iron Horse tasting includes 5 wines and a tour of the production process. I learned there are several ways to get the fizz into sparkling wine. One way is simply injecting the wine with CO2, just like soda. This produces larger bubbles that quickly fizz out. Iron Horse eschews this process for the traditional method of fermentation. After the wine is bottled, yeast and a small amount of sugar is added. Next, they put a crown cap (beer bottle cap) on the wine and allow it to age in a cellar











horizontally (known as En Tirage) this allows the CO2 to build in the bottle. The residual yeast mixture (lees) is then removed.

To remove the lees, Iron Horse riddles the bottles by rotating them once a day. Each day, the bottle is tilted a bit until finally, it's upside down and the lees has settled in the neck of the bottle. Then comes the disgorging process. I got to watch this process during the tour.

To disgorge the wine, a small amount of liquid at the top of the bottle is frozen trapping the lees between the cap and the ice. The frozen liquid is pulled from the bottle by a machine, taking the lees with it. Right before inserting the cork, the liquid level is replenished by mixing in a small amount of the base wine and some sugar. This entire process happens rather quickly and very little pressure is released from the bottle between the time the crown cap is removed and the cork is inserted.

After completing the tour, I headed up to the terrace to enjoy some wine.

My favorite sparkling wine from Iron Horse was the 2008 Wedding Cuvee (\$38). It's 85% Pinot and 15% Chardonnay and goes through three years of En Tirage. It's dry with hints of strawberry and green apple. It possesses a crisp refreshing flavor with a slight earthiness.

My second favorite sparkling was the 2007 Brut X (\$50). It's 75% Pinot Noir and 25% Chardonnay and spends four years En Tirage. It's extremely dry and has a nice minerality to it. If you're looking to pair a wine with oysters, Brut X would be a great choice.

#### JOSEPH SWAN

Don't count on the GPS to get you to this one or you might find yourself driving in circles for hours! The physical address is on a different road than the driveway, making Joseph Swan a bit difficult to find. Yes, there are signs, but they are easy to miss—drive slowly!

The Joseph Swan tasting room is just a small bar in their barrel room. The room is cozy and the staff is very knowledgeable because they make the wine. You know you've found the real deal when the person pouring your wine has permanently stained hands from working with the grapes. Hit this spot during harvest season to see the giant vats of freshly picked grapes before they're pressed.

At Joseph Swan, you can taste about six wines for \$10. But if you buy a bottle, the tastings are free. The day we visited, Joseph Swan had their new releases open and we tasted the Trenton Station Vineyard Pinot Gris (\$22), the 2010 Cuvee de Trois Pinot Noir (\$29), the 2009 Great Oak Vineyard Pinot Noir (\$35), the 2007 Great Oak Vineyard Syrah (\$35) and the 2009 Matthew's Station Vineyard Tannat (\$28).

The Pinot Gris is aged in neutral oak and has a buttery, almost creamy quality to it. The Cuvee de Trois Pinot was peppery with soft tannins and had some sediment in it. The wine that I was most surprised by was the Syrah. It was earthy with just a little pepper and not as much fruit as I would expect from a California Syrah. All the wine here is stellar and Joseph Swan was well worth getting a little lost!

No matter where you head in Sonoma, you're bound to taste some great wine. Start planning your trip to get out there and explore. Happy wine tasting!



# PAN SEARED PARMESAN Chicken & Prosciutto

2 ounces parmesan cheese

2 skinless, boneless chicken breasts

Freshly ground black pepper

1 lemon

4 slices of prosciutto

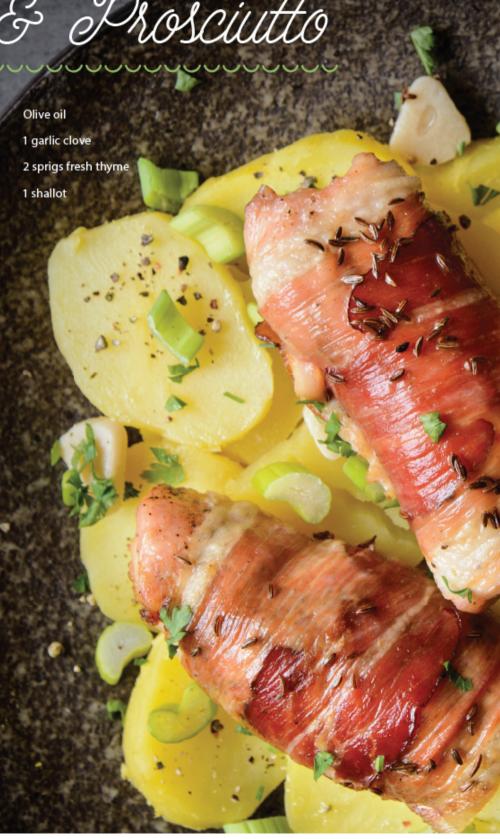
#### DIRECTIONS

First, grate the parmesan cheese and pick the leaves off the thyme stalks. Set aside. Lay your chicken breasts between two sheets of plastic wrap. Pound flat. Season chicken breasts with freshly ground black pepper, lemon zest and thyme leaves. Do not add salt. The parmesan and prosciutto add all the saltiness you need. Cover each chicken breast with a mound of grated parmesan. Then, cover the parmesan with two slices of prosciutto. Cover with plastic wrap and pound again. Prosciutto should adhere to the chicken. Roll so the prosciutto encases the chicken.

Heat a cast iron skillet over medium heat. Add a drizzle of olive oil. Sautee crushed garlic and chopped shallots. Turn the roll so each side browns. Tent loosely with foil so chicken cooks through. Prosciutto should crisp.

Garnish with thyme, lemon zest and more parmesan.

**ENJOY!** 





**TY'S TIPS** 

PENNINGTON

INTERIOR DESIGN STAR

# SPRING CHECKLIST FOR HOMEOWNERS

Spring is in full bloom and it's time to step outside and give your home a thorough inspection. Hunt for clues. Check for damage. Call in the pros if you see anything suspicious. Minor cracks can turn into a \$5,000 repair if water seeps in and causes mold. Here are three areas of the home every homeowner should watch.

Contributed by:

Nick Van Heest, based on tips from the Ty Pennington Design Team





From wind and rain to snow and ice, your roof is locked in an epic struggle against the elements. While it's essential to monitor your roof's condition, there's no need to risk your neck on a wobbly ladder. You can spot most roof-related concerns with a pair of binoculars and an inquisitive eye. How do you know when your roof is on the cusp of surrender? Check for these clues:

- · Cracked or broken shingles
- Warped, raised or blistering shingles
- Damaged sealant around the skylight or chimney

Don't skimp on roof repairs. Without proper protection, leaks run rampant and lead to rot and mold triggering structural damage and even health problems for you and your family.

#### THE DECK

It's time to dust off the grill and gird yourself with an apron and tongs! But first, make sure your deck is safe for all your hungry guests.

- Look for warped, loose or splintered boards.
- Look under the deck for dry rot.
   Soft, spongy wood should be treated or replaced.
- Test the handrails. Exposure to the elements can cause posts and railings to deteriorate. Make sure those joints are safe and sturdy!

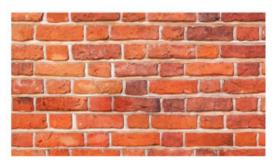
Be sure to wash, seal and treat your deck every other year to keep it happy and healthy for many years to come.

# THE WALLS & FOUNDATION

Inspect your home's entire perimeter for trouble spots. Pay close attention to the areas around the foundation and gutter downspouts. Spring rains can trigger water damage which can lead to mold problems and expensive repairs which can put a dent in your home's resale







value if left untreated. Check your home for:

- Cracking or separating stucco.
- Wood rot and loose or damaged boards.
- Deteriorated brick and mortar.
- Loose or damaged siding.
- · Blistering or bubbling paint.

Seal cracks and imperfections. If you can slide a nickel into a crack in your foundation, call a pro immediately. Look out for low spots near the foundation that might pool water in a downpour.

You may be tempted to skip an outdoor home inspection and keep your focus on the interior. Don't! Regular outdoor checkups can increase your home value and keep your family safe. Plus, you might just catch structural damage red-handed!



So you bought a house. Congratulations! Now, before you get comfortable, we have some advice. While most people focus on the packing, de-cluttering and donating aspects of the move, we want you to focus on the first 24 hours after the closing. Drawing from 10 years of experience as a Realtor (in my past life) I learned a few tricks to help you cope with the stress of moving. Whether you're relocating to a new construction house or a condo with a view, the process can be overwhelming—even if you hire help! My first and most important piece of advice is to make sure all utilities are switched to your

name by closing day. Once keys are in hand, do these 5 things immediately:

# Be Strategic

If you don't give them direction, movers will pile all your neatly labeled boxes in the middle of your living room. Don't let them do that! As movers enter with boxes, play traffic cop. Check the labels then direct traffic to the specified room. Color-coding the boxes makes this super easy! You may not feel comfortable barking orders, but this will make your life easier long after the



movers are on to their next job. Once every room is stocked with appropriate boxes, unpacking will be a breeze. You'll be amazed at how fast a room comes together when everything is within reach.

# 2 Change the Locks

Yes, you just got the keys to your new pad, but you need to take those keys and toss them in the trash! When houses are listed for sale, countless people are granted access. The contractor who refinished the hardwood floors may have a spare set of keys, the neighbor across the street might have a duplicate in case of an emergency and any number of buyer agents might have forgotten to return their keys after an unsuccessful showing. The truth is, the person who gave you those keys no longer needs access to your house. Change the locks. You don't want to get caught in your bathrobe on a random Saturday morning because the former owner's long-lost love decides to come back! Be safe. Secure your home.

# **3** Get Connected

While the electricity and gas may be working, you probably don't want to go too long without internet access. Schedule your internet installation



appointment for closing day. You've already taken the day off work to attend the closing, so use this time to schedule that 2 to 4-hour window many service providers require. The installer can run lines while you unpack your essentials—coffee pot, coffee beans and coffee mugs.

# 4 Make Your Bed

Don't balk. A freshly made bed will be a welcome sight after a long day spent unpacking, arranging, lifting and breaking down boxes. Ask the movers to assemble your bed frame while you unpack your sheets. Hopefully, you preplanned this and put together a backpack with essentials like sheets, toothbrushes and did I mention coffee?!

# 5 Wipe It Down

Even if you're moving into a new construction home, wipe every door handle and solid surface with a disinfectant like Lysol. This is your chance to create a clean slate in your new place. Between the workers who shuffled in and out and all the Realtors and open house visitors, you want to remove any trace of lingering germs. #NoColdsHere!



our mom does a lot for the family all year round so this Mother's Day, let's make her feel like the Queen she is, at least for the day. To make the perfect breakfast-in-bed place setting for one, I offer the easiest, more colorful do-it-yourself instructions. For this design, please don't ask mom to help you iron. Dad! Here's your cue!

#### WHAT YOU'LL NEED:

- An old tablecloth or remnant fabric
- Iron-on transfer sheets
- An iron
- Pinking sheers
- A computer
- A printer
- Ceramic mug
- Chalkboard paint
- Painter's tape
- · Paint brush
- Chalk

#### **TABLE RUNNER**

First, iron an old tablecloth or fabric remnant so it's crisp and wrinkle free. Choose a bright fabric to remind you of Mom's beaming love!

2 For the table runner, cut the fabric into a rectangle shape (you can measure so it fits over a serving tray), then, using your Pinking shears, trim the fabric. The Pinking shears will create a zig-zag pattern to prevent the fabric from fraying, no sewing necessary!

**3** Next, read the directions on the iron-on transfer sheets. They make transfer sheets for light and dark fabrics so be sure to use the proper transfer sheet for your fabric. Note the directions on the transfer sheets are different for light and dark fabrics.

4 Create an image or a love note on your computer. Print it on the transfer paper. Trim it as needed, and set it on your prepped fabric.

**5** Carefully iron the transfer sheet design onto the fabric. When it cools, peel off the backing to see your design. Now you have a homemade tablerunner personalized for mom!

#### **COFFEE MUG**

For the coffee mug, you want to show mom how much you care. With this design, your love note will brighten her every morning no coffee necessary! Let's get started.

1 Use the painter's tape to cover areas of the mug you don't want to paint.

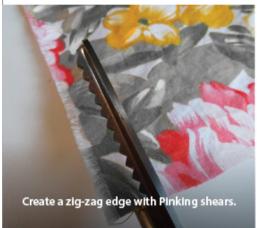
2 Now, shake up your chalkboard paint and ready your brush. Remember, you can paint all over the tape and still achieve a neat look. Paint the mug using short strokes for even coverage.

3 Let it sit until dry. Apply another coat. Once dry, write!

Add a small vase of flowers to the table and mom's favorite foods and you're done.

Happy Mother's Day!

# + PROTIPS









# Mélodies Des Fleurs

KISS FROM A ROSE

Seal

ROSES

Mary J. Blige

**BED OF ROSES** 

Bon Jovi

ROSES FROM

MY FRIENDS Ben Harper

A ROSE BY ANY NAME

Blondie

MONARCHY OF ROSES

Red Hot Chili Peppers

**BLUE ROSES** 

Flyleaf

**DESERT ROSE** 

Sting

**EVERY ROSE HAS** 

**ITS THORN** 

Poison

FOR THE ROSES

Joni Mitchell

**BRAMBLE ROSE** 

Don Henley feat. Mick Jagger

**BREAD AND ROSES** 

Judy Collins

**BLACK ROSES RED** 

Alana Grace

THE BLACKEST LILY

Corinne Bailey Rae

**BLUE ORCHID** 

The White Stripes

BUTTERCUP

Lucinda Williams

A GOOD YEAR FOR THE ROSES

George Jones

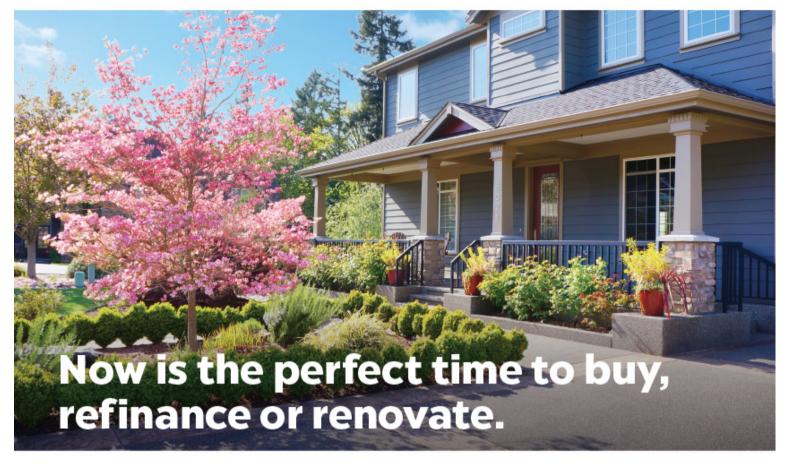
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FORGET ME NOTS

Patrice Rushen







## 5 reasons to "Spring" for a new or improved home in 2017:

- Home values are on the rise.
- Homeowners enjoy more tax benefits.
- Renovation loans suit your unique vision.
- Flexible lending lets you put less money down.
- Low, low rates mean lower monthly payments.

## Contact the Guaranteed Rate Loan Officer on the back of this magazine to buy, refinance or renovate your home today.





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