

# GME Goes Out and About

*Members of the Resident and Fellow Affairs Committee recommend  
their favorite things to do outside UCSF.*

8th Edition



UCSF

# Welcome to UCSF!



*Welcome residents and fellows:*

*The Office of Graduate Medical Education is delighted to welcome you and your families to UCSF. We are here to assist you with settling into your residency / fellowship, and into your home in our beautiful City by the Bay.*

*Working hard at the medical center may seem most important, but we're here to show you that a well-balanced life is possible in a city with easy access to natural beauty and spirited venues. San Francisco is a city of diversity, intelligence, and creativity, but it cherishes its reputation as wacky and fun with the street fairs, hikes, runs, kayaking, sailing, galleries, book stores, and kitschy shops. The food is inspirational with artisanal sandwiches, wood-fired pizza, and locally grown produce, cheeses, olive oils, and wines of every variety.*

*Whether you have a day, an afternoon, or only an hour, there is always a stroll, a nearby place to linger over your jasmine tea, or a chance to learn for yourself that the iconic Golden Gate Bridge sways 27 feet in strong winds - and it's painted a color technically known as "international orange".*

*When you come out of the hospital, get some rest, but don't say "When I have time . . ." In San Francisco, there are totally urban fun and joyous outdoor attractions at your doorstep and it restores the spirit to explore and celebrate being **Out & About**.*

*Sharing that sentiment, the members of the GME Resident and Fellow Affairs Committee have put together this booklet to share their favorite activities with you. Some are well known; others would be hard to find. We hope you are inspired to sample these and make your own discoveries, regardless of whether it's the murals of Coit Tower or a cheese-making class that takes you **Out & About**.*

*With warm wishes,*

*Mary H. McGrath, MD MPH  
Director, Resident and Fellow Affairs  
UCSF Graduate Medical Education*

## Latin Dancing by the Bay

**Ob/Gyn Residents Erica Manriquez, Amaranta Craig, Peter Movilla, Gisela Villagomez, and Claudia Diaz**

San Francisco is a mecca of many things- in this particular case, of Latin music and dance. There are many subcultures and nuances to the Latin music world, but one theme is consistent – there is a magic that is difficult to fully define. It may partly be explained by the frequent lyrical nod to Latin American history, traditional instruments and legendary figures. Or perhaps it's the appreciation of rhythm as art and the ability of the human body to express joy through movement. Whatever the reason might be, if you are looking to let loose, a boost of energy or even just to feel more alive, let us recommend a few places to indulge in the spicy dance culture that is to be had in the city by the Bay.



Most of these venues provide a wide variety of Latin music, so it bears a quick lesson on the more popular genres. For many people, “salsa” is what comes to mind when thinking about Latin music, and indeed, this is a hugely popular style of dance in the US. While there is controversy regarding its country of origin, salsa has evolved greatly over the years under the influence of multiple Latin America countries. Even within the US, there is a different style danced in New York vs California for example. For CA purposes, we tend to dance “On1,” which essentially means a “step, step, pause...step, step, pause” pattern giving you 6 steps per 8 beats. But more on that during your first salsa escapade.

Merengue, a faster-paced percussive music originally from the Dominican Republic, is another popular dance style. It can sometimes be difficult to tell the difference between merengue and salsa music, but the important take home is that merengue tends to require less concentration. This is a one step per beat tempo, which may be less intimidating for the new dancer.

Lastly, bachata is another fan favorite. This sensual dance also from the Dominican is strikingly different than either salsa or merengue. It is the ultimate Latin “slow dance” and truly is an art to watch.

With that in mind, some of our favorites are below:

### **Cigar Bar**

A Mediterranean-inspired bar in Jackson Square that hosts a variety of live bands Thursday through Saturday. No cover before 10pm, a great place for beginners and a particularly great spot for merengue.

### **The Ramp**

A rather unassuming spot on Mission Bay that looks, for all intensive purposes, like a casual seafood restaurant from the outside. But don't be fooled! Live salsa (and occasionally samba) really change the atmosphere. Also a great place for beginners.

### **Pura Nightclub**

And lastly, if you'd like to up the ante, Pura Nightclub in SoMa is a prime destination for Latin dancing. This place is not for the faint of heart as it boasts 5 different dance floors in a space >10x the size of your average resident's apartment. Whether you're in the mood for a more traditional evening of merengue a la Tono Rosario or salsa a la Celia Cruz, or you'd like to change the pace up with some bachata or reggaeton, Pura has it all. Cover is steep but come alone or with a group. There are excellent dance partners and fun to be had. Enjoy!

*Photo (from left to right): Natsai Nyakudarika, Ono Nseyo, Amaranta Craig, Peter Movilla, Jensara Clay (Ob/Gyn Residents)*

# Out and About at Bay Area Museums

**Sadie McFarlane**

**Former Fellowship Coordinator, Gastroenterology**

It might come as a shock to some (not!) to learn that I didn't get my college degree in Fellowship Coordinating. I got a degree in Art History - way back when they'd hand out B.A.s in unusable subjects to any fool who asked - so to get some Art History action in my life, I became a docent at the Fine Arts Museums of San Francisco. If you enjoy museums as much as I do, the Bay Area is a wonderful place to live. Here are just a smattering of offerings, off the top of my head:

The FAMSF consist of the De Young ([deyoung.famsf.org](http://deyoung.famsf.org)) and Legion of Honor ([legionofhonor.famsf.org](http://legionofhonor.famsf.org)) Museums, both world-class and within easy walking distance of two major UCSF rotation sites! The De Young, in Golden Gate Park (you can see its rather oddly shaped tower poking up out of the trees from much of the Parnassus campus) has collections of Meso-American, African, Oceanic, as well as Early and Contemporary American Art, and the Legion of Honor handles European and Ancient Art. That odd tower at the De Young has an observation deck, and on a clear day it's well worth a trip to wave back at the Parnassus Campus and most of the rest of San Francisco. The Legion also has an amazing location and views of downtown and the Marin Headlands and Golden Gate Bridge - it's just to the east of the VAMC. If you're at either museum on a Sunday, you might catch one of my tours!



The Asian Art Museum ([www.asianart.org](http://www.asianart.org)) split off from the FAMSF a few years back, and now occupies what used to be the old main branch of the Public Library, across from City Hall. It's got a fantastic collection and the building (remodeled drastically after earthquake damage in 1989) is still gorgeous. And there's MOMA ([www.sfmoma.org](http://www.sfmoma.org)) - the Museum of Modern Art - down in SOMA, which is closed for remodeling until 2016, but staging shows all over.

As much as I love the art museums, perhaps my favorite museum in the Bay Area (please don't tell the FAMSF!) is the Oakland Museum of California ([museumca.org](http://museumca.org)), near downtown Oakland and Lake Merritt. There is a huge full story each of California art, natural history (very well presented after a recent remodel) and the gem of the collection, California History, with the most entertaining artifacts ever. Go there. Just do.

If you have kids, you're in luck - there are LOTS of great options! The California Academy of Sciences ([www.calacademy.org](http://www.calacademy.org)), across from the De Young in Golden Gate Park, is fantastic for all ages, from its incredible aquarium, planetarium, several story high rain-forest exhibit, and earthquake exhibit, to its green roof and cutting edge sustainable architecture. Likewise, the Exploratorium ([www.exploratorium.edu](http://www.exploratorium.edu)), which recently opened its new location at Pier 15, is the granddaddy of interactive science museums and an adventure for everyone with a functioning frontal cortex.

Up on the hill overlooking UC Berkeley is another fantastic science museum, the Lawrence Hall of Science ([www.lawrencehallofscience.org](http://www.lawrencehallofscience.org)), with most exhibits aimed at interesting younger folks, but still highly entertaining for all ages. Another oft-overlooked natural history gem is the CuriOdyssey ([curiodyssey.org](http://curiodyssey.org)) at Coyote Point in San Mateo, with lots of live animals, interactive exhibits, and the added fun of hiking trails and beaches (and don't miss the awesome play structure at the entrance to the park!)

Strictly for kids are the Children's Creativity Museum ([creativity.org](http://creativity.org)) at Moscone Center in SOMA (tons of interactive fun in various artistic media) the Bay Area Discovery Museum in Sausalito ([www.baykidsmuseum.org](http://www.baykidsmuseum.org)) (art, history, and a great outdoor play area), the Randall Museum ([www.randallmuseum.org](http://www.randallmuseum.org)) in San Francisco (animals, exhibitions, art classes for all ages) and MOCHA ([mocha.org](http://mocha.org)), the Museum of Children's Art, with a new space just opened in Oakland (tons of art supplies and a place to make a mess!)

And then there are all the specialty museums. San Francisco hosts the Contemporary Jewish Museum ([www.thecjm.org](http://www.thecjm.org)), the Walt Disney Family Museum ([www.waltdisney.org](http://www.waltdisney.org)), the Cartoon Art Museum ([cartoonart.org](http://cartoonart.org)), the Cable Car Museum ([www.cablecarmuseum.org](http://www.cablecarmuseum.org)), the Musée Mécanique ([www.museemecaniquesf.com](http://www.museemecaniquesf.com)) (oh, that's a fun one!), the Museum of the African Diaspora ([www.moadsf.org](http://www.moadsf.org)), the Mexican Museum ([www.mexicanmuseum.org](http://www.mexicanmuseum.org)) and the Museo ItaloAmericano ([museoitaloamericano.org](http://museoitaloamericano.org)) at Fort Mason, the Museum of Craft and Design ([www.sfmcd.org](http://www.sfmcd.org)), the Museum of Performance and Design ([www.mpdfsf.org](http://www.mpdfsf.org)) - and there's even a wonderful museum of unique changing exhibits at SFO ([www.flysfo.com/museum](http://www.flysfo.com/museum)). And I shouldn't leave out the floating museums - the SF Maritime National Historical Park (near the Maritime Museum at Aquatic Park) ([www.nps.gov/safr](http://www.nps.gov/safr)) has a square rigged sailing ship and a wonderful old ferry and several other boats to clamber about on, and just down the way at Fisherman's Wharf are the WWII Liberty Ship Jeremiah O'Brien ([www.ssjeremiahobrien.org](http://www.ssjeremiahobrien.org)) and the submarine USS Pampanito ([www.maritime.org/pamphone.htm](http://www.maritime.org/pamphone.htm)).

And that's not all - but it's all we have room for here. Plenty to see in the Bay Area!



# Golf in Northern California

**Patricia Cornett, MD**

**Professor of Medicine, Associate Chair for Education, SF Veterans' Affairs Medical Center  
Former Captain, United States Curtis Cup Team**

Here in San Francisco, we are fortunate to live in one of the premier golf areas of the world. As a native Northern Californian and as someone who has played a fair amount of golf, I wanted to share some of my recommendations on practicing and playing golf in the San Francisco area.

**Driving Ranges:** Before scheduling that dream round, one should make a few trips to the practice range. I personally like grass ranges; the only public grass range in SF is located at the Presidio Golf Course and even then, they limit access to grass depending on weather and day of the week. The other downside to this range is hitting downhill (better than uphill!) plus the often intense wind. Other choices for golf ranges down the Peninsula include San Bruno, Mariners Point and Burlingame. Each of these has artificial mats but you may also be able to pay extra to hit off grass. In Marin, Peacock Gap has a nice grass range with good balls. The other choice in Marin is McGinnis, located off of Smith Ranch Road.

**Lessons:** I often am asked about lessons; my answer varies according to level of player. As someone who has taken a lot of lessons in my life (including flying across the country to find the perfect instructor) I have plenty of opinions about teaching pros, swing theories, etc. Bottom line is I won't commit to an answer in this article but am happy to give advice in person!

**Golf Courses:** There are a number of ratings searchable on the internet for golf courses in Northern California. Below I list my recommendations by category.

**Best Courses for Beginners:** Mariners Point (a par three executive course); Lincoln Park (and what a view on #17!); McGinnis Park (a par three executive); Golden Gate Park; Flemming (a par three course located at Harding Park).

**Best Public Courses Within 30 miles of SF:** Harding Park—hard to beat if you are a City resident! Half Moon Bay- 2 courses to choose from, the Ocean (with better views and newer), the Old Course- both of these are somewhat pricey but fun to play; San Geronimo—I think this makes the 30 mile limit, located out on Sir Francis Drake towards Pt Reyes, this course is in generally good shape, is relatively inexpensive and often has nice weather when SF is fogged in.; Stanford Golf Course—Well, kind of public if you can know an alumnus. This course has a wonderful layout, in good shape and features great weather; Poppy Ridge- This is an NCGA course so if you are a member, you can play here for about \$50. There are 3 nines, all are very well maintained. This may be outside of 30 miles but worth the trip!



**Best Private Courses Within 30 miles** (Note, many faculty are members, you just have to identify them and then twist their arms!): Olympic Club- 2 full courses and an executive course. The Lake course is a top 10 course. San Francisco Club- A Tillinghast design, this is a top 50 course; Meadow Club- A McKenzie design and located in Marin, this is a very special place; Lake Merced CC- A wonderful layout with challenging holes.

**Best Long Weekend Trips for Golf:** Monterey- Nothing beats the Monterey Peninsula for golf. Public play choices include Pebble Beach, Spyglass, Spanish Bay (all quite pricey), Poppy Hills (another NCGA course and for NCGA members, moderately priced), Del Monte, Bayonet. One can also play at Pacific Grove Golf Links, the "poor man's Pebble Beach". Consider going over highway 17 on the way down or up and play Pasatiempo just outside of Santa Cruz (another McKenzie design). One tip would be to join the Dukes Club; membership gives you discounts to playing Del Monte, Spyglass and Spanish Bay. Bandon Dunes- Maybe this beats Monterey. They now have 4 incredible courses, with terrific accommodations. This trip is great for golf buddies, non-golfers would get bored much too easily. Consider booking off season to get better rates as one can sometimes luck out on the weather in March and November. Downside is that there is absolutely no easy way to

get there. I have as yet to leave home and get to the first tee in under 10 hours! Bring some money for the poker games in the Bunker Bar! Sierra Nevada- There are wonderful courses in the Lake Tahoe and Reno areas and non-golfers would have much to do for entertainment. Also, consider a day trip to Sacramento- courses there are cheaper to play and in the summertime, you can get out of the fog belt! My personal favorites are Teal Bend, Whitney Oaks, Turkey Creek. And if you are up in this area, you have to stop at Haggin Oaks; It has the most amazing golf store in Northern California. Don't miss the separate golf shoe store!

I hope you enjoy these courses and please, do feel free to send me an email or stop by my VA office for any questions!

# Brewery Crawl

**Nilay Sethi, MD, PhD**

**Recent Graduate, Internal Medicine Residency**

What is the most popular beverage after water and tea? What do you get when starch is saccharified and the resultant product undergoes fermentation? What do I need after a long clinic-day saturated with complex patients? The answer to all these and many other questions is beer. Once only a wide-eyed observer of its consumption as documented by numerous childhood photos, I have since adopted a different position on fermented saccharified sugar. Transcending the casual and often-time passive role of a consumer, I have now embraced the responsibility of an enthusiast. And what better way to celebrate my new function in society than to learn about the origin of these tasty brews by traveling to their respective birth sites. Here, you will find, and hopefully enjoy, the fruits of my elective investigation: a short description of my favorite breweries in northern California listed in order from incredibly enjoyable to unpredictably pleasant.

**Lagunitas Brewing Company:** Located less than an hour north of the city in Petaluma, Lagunitas stood out among the rest owing to its high marks in many domains not limited to great quality beer, a well-designed tour, and an exciting restaurant ambience occasionally augmented by live music. Patrons usually share benches in the communal outdoor seating, which offers a suitable setting for a collection of individuals united by an enthusiasm for beer and understandably inspires a sense of solidarity. The weekday tours are special. Self-identified participants are escorted to a spacious lounge resembling a hybrid between a bachelor pad and renovated frat house. Five free sample-size pours of Lagunitas' seasonal beers are distributed. During my visit, the dialogue began abruptly when a husky red-bearded tour guide demanded our attention from behind the bar. He initiated a unique narrative less focused on specific brewing details and production stats. Rather, he engaged the audience by describing the genesis of the brewery, which is notably emboldened by misadventures and imbued with character. (<http://lagunitas.com>)

**North Coast Brewing Company:** Born in 1988, North Coast is located along the Mendocino coast in Fort Bragg, home of the Glass Beach. Considering the ability to visit their museum, restaurant and/or gift shop, there are many ways to absorb the North Coast experience. I decided to visit their gift shop, which was adequately stocked with their brews. Among these beers, two Belgium-style ales caught my attention and taste buds. The farmhouse ale Le Merle, which means Blackbird, is a saison derived from brewing traditions of the Flanders region of Belgium. This straw-colored, hoppy ale carries a subtle tropical fruit aroma. The Good Food award-winning PranQster is a Belgium-style golden ale. True to its name, it displays a healthy golden color in addition to providing a robust fruity flavor. (<http://www.northcoastbrewing.com>)



**Redwood Curtain Brewing Company:** A little south of Redwood National Park in Humboldt County, Redwood Curtain is located in Arcata. It is a unique establishment akin to your favorite cafe except that it sells brews. Instead of ordering a venti coffee-to-go, one can fill a personalized growler with their favorite brew. Grab your favorite board game or word puzzle from their wide selection and challenge your friends to a game-filled afternoon. Come on the right night and you can test your knowledge in a trivia competition, take part in a cribbage tournament, or enjoy a musical performance. Among their large array of brews, my personal favorites include the Trippel and Imperial Gold Ale. They also served a collection of sour beers such as the Citra Pale Ale and Ipa Dry Hopped with Citra. (<http://www.redwoodcurtainbrewing.com>)

**Russian River Brewing Company:** A restaurant brewery, Russian River is located in the heart of downtown Santa Rosa. We were able to take a leisurely stroll down 4th street, passing by murals, fountains, courtyards and live performances while waiting for our number to be called. After being seated, my friends and I enjoyed a pizza lunch complemented by a flight of sample-size beers served in a unique wooden tray. Two flights were offered - hoppy California style ales and Belgian inspired ales. In addition to the popular Pliny the Elder, I particularly enjoyed the golden ale Sanctification and the darker red ale Salvation. Like Redwood Curtain, they also serve a large selection of sour brews as part of the Belgium cohort. (<http://russianriverbrewing.com>)

**Lost Coast Brewing Company:** Another restaurant brewery, Lost Coast is located in Eureka along Highway 101 just before it bends around Arcata Bay. The restaurant generates a stimulating atmosphere. In addition to the great brews and American-style food selection, it stocks arcade games and a pool table in the posterior aspect of the establishment. As for the brews, my favorite is their pale ale, which took home the gold at the Humboldt county fair in 2004. Another popular choice is Downtown Brown, which, not surprisingly, is a nut-brown ale carrying a mild crystal malt flavor uniquely integrated with a strong porter taste. (<http://www.lostcoast.com>)

**Local honorable mention:** 21st Amendment Brewery| Located in SOMA near downtown SF, this brewery is great for grabbing a quick one before heading to a Giants game as it is located walking distance from Pac Bell Park.

## Theater in the Bay

**Erin Morrow, MD**  
**Psychiatry Resident**

Before I was ever a resident at UCSF (first in ob-gyn, then in psychiatry), or the mother of two young boys (Luca, 3 years, and Leo, 15 months) I traveled the country performing in musicals. I first came to San Francisco many years ago with the National Tour of CATS, and have fond (and strange) memories of walking through the Tenderloin on my way to work at the historic Golden Gate Theater. San Francisco, of course, has a thriving performing arts scene, from National Touring companies of the latest Broadway shows, to exceptional semi-professional and professional regional theatre companies. If only there were more hours in the day, there are so many options for so much great theatre.

The best way to one-stop-shop for performing arts options in San Francisco, is [theatrebayarea.org](http://theatrebayarea.org). Some highlights of the professional theatre scene that are especially unique to San Francisco include ACT (American Conservatory Theatre) and the Berkley Repertory Theatre. These theatre companies are Broadway caliber and offer plays and musicals alike. If you actually want to see Broadway shows, there are, of course, National Touring companies that roll through San Francisco each month. Go to [shnsf.com](http://shnsf.com), which brings in the latest Broadway touring companies to the Curran, Orpheum, and Golden Gate Theaters.

These days I prefer to go a little bit off the grid, and a little bit less expensive, for the rare night out so I prefer the smaller, more local scene for shows and concerts. The New Conservatory Theatre Center, on Van Ness, just a few blocks south of City Hall, is a non-profit theatre company that produces high quality youth, and queer and allied theatre. I had the incredible experience of performing in their main stage production of "The Marvelous Wonderettes," a former off-Broadway bubble-gum montage of 50s and 60s hits. It was during the run of this super fun show that I learned about Feinstein's at The Nikko, which is a fairly new 140 seat nightclub in the lobby of The Nikko hotel, in Union Square, that brings in the best cabaret performers, including my personal favorite Tony Award winner, Sutton Foster.

If I didn't at least mention Martuni's, San Francisco's legendary after show piano bar, I would be doing you all a disservice. After you have seen a performance at one of the aforementioned venues, and have been sufficiently inspired to perform your own Broadway classic, you must mosey over to Martuni's on the corner of Market and Valencia and sing for a room full of rowdy theatre junkies, with live piano accompaniment. You may even get lucky and see some impromptu performances by cast members of local shows. My "Wonderettes" cast often sang at Martuni's during the run of our show, and I have seen some pretty impressive local talent, as well as members of Broadway National Touring companies stop by and belt out some tunes. Be careful of Martuni's martinis, however, I have been told they are quite strong.

As a resident with two small children, I have to admit that my wild theatre ways are mostly in the past now, but I am looking forward to taking my boys to local theatre when they are just a little bit older. Bay Area Children's Theatre is a non-profit that comes highly recommended that performs in SF at the Children's Creativity Museum on 4th Street. My family frequents the Bay Area Discovery Museum, in Sausalito, just past the GG Bridge, which is an indoor/outdoor space that my kids love. We go there several times a month to dig in the dirt, do art projects, and see live music. If you have kids, and have an afternoon to spare, you will probably see us there.





# Open Water Swimming in San Francisco Bay

**Tom Shimotake, MD**

**Associate Professor of Pediatrics, Director of Neonatal-Perinatal Medicine Fellowship**

Many people say the best way to approach a new experience is to let go of your inhibitions and dive right in. This is literally true for open water swimming in San Francisco Bay. Though you may get some funny looks from the uninitiated, those who have experienced it will tell you that swimming in San Francisco Bay is an exhilarating and unforgettable experience. You will see the Golden Gate Bridge and Alcatraz Island from a perspective that few tourists will ever have.

There is a certain mystique about swimming in San Francisco Bay that adds an extra level of excitement. In June of 1962 three inmates made the only “successful escape” from Alcatraz Federal Penitentiary. The FBI concluded the three most likely drowned “in the frigid waters” of San Francisco Bay. But generations of San Francisco Bay swimmers would probably have a different opinion about their chances. There has actually been a well-established community of open water swimmers in San Francisco for over a century. But there are a few things you might want to consider before jumping into the Bay for your first swim.

**Water temperatures:** The waters of San Francisco Bay can be chilly. The water temperature varies depending on the time of year, but is generally about 55-60F. The warmest temperatures are in late summer (Aug and Sept), when it is around 61-63F. The coldest temperatures are in the winter months (Jan and Feb) when it is around 52-53F.

**Wetsuits:** Though many people swim in the Bay regularly year round without a wetsuit, you may want to wear an extra layer of insulation until you are accustomed to it. Wetsuits can be rented from local sporting good stores, like Sports Basement (<http://www.sportsbasement.com/>) on a weekly or monthly basis. If you choose to continue swimming on a regular basis, you can usually find good deals on triathlon wetsuits for between \$100-200. Just be sure to get the right type of wetsuit for swimming, as opposed to surfing or diving. Swimmers in the Bay may choose to wear either a Farmer John style wetsuit (sleeveless style), or a full triathlon wetsuit. These differ from surfer or diver's wetsuits in some key ways. A wetsuit for swimming tends to be made of thinner neoprene (3mm) as opposed to a surfer wetsuit (4-5mm). Surfers spend a lot of time just sitting on their boards in the cold water, waiting for just the right wave but losing body heat. An open water swimmer, on the other hand, is constantly moving and generating body heat. This allows them to get away with using a thinner wetsuit. Swimmers are also reaching their arms above their heads with every stroke, which means triathlon wetsuits need to be more flexible around the shoulders. They are often made of thinner material around the shoulders, or specially cut to allow movement of the arms.



**Other accessories:** People may choose to add insulation or other accessories for their open water swim, such as the following items:

- Swim Cap - may be of thicker latex or even neoprene
- Goggles - regular swim goggles will do. (Treat them with a drop of anti-fogging solution before entering the water).
- Ear plugs - available in the swimming section of your local sports store. (Malleable wax to retain heat).
- Glide or Vaseline - applied to your neck and/or joint regions, this can prevent chaffing against your wetsuit.
- Booties or gloves - used more by surfers than swimmers in the Bay
- Fins, pull-paddles - Just make sure they float or you may lose them.

**Getting out there:** If you've never done an open water swim before, especially in San Francisco Bay, you should join another experienced swimmer or an organized club event. It is always a good idea to swim with a buddy. But this is especially true in San Francisco Bay, where the currents/counter currents can be quite significant depending on the direction of the tides. You can easily find yourself swimming in the same place for 30 minutes before you realize you are caught in a counter current. If that ever happens, start swimming perpendicular to the current towards shore. You can seek more advice about navigating the currents within the Bay from experienced swimmers.

**Who can help get me started?** Several organizations exist to support open water swimmers in San Francisco and those interested in trying open water swimming for the first time. Water World Swim (<https://waterworldswim.com/>) was started by Pedro Ordenes, an accomplished International open water swimmer, who wanted to help other swimmers make the transition from the pool to the open water. Water World Swim offers open water swimming clinics and events on an almost weekly basis throughout the year.

**Where to swim:** The most popular swimming area in San Francisco Bay is Aquatic Park, which is a picturesque protected cove in front of Ghiradelli Square, adjacent to the historic tall ships at Hyde Street Pier (<http://www.nps.gov/safr/learn/historyculture/historic-vessels.htm>). This is also where both the South End Club and The Dolphin Clubs are located.



## Bay Area Classical Music

***Tippi MacKenzie, MD, Associate Professor in Residence, Surgery  
Pediatric and Fetal Surgeon, Division of Pediatric Surgery***

San Francisco is a classical music lover's dream. There is something for every taste, with prices ranging from free to fancy. I grew up playing classical piano and singing so this list is a bit biased, but can hopefully be a good start. SF Gate and KDFC (the classical music station) both have listings for current concerts. Happy listening!



**Opera:** **SF Opera** is a wonderful way to enjoy great music and theater at the same time. They feature world-class artists each season as well as divas-in-training who sing some of the minor roles in the operas. Each season features some well-known, popular operas as well as music by modern composers. Check out their schedule at <http://sfopera.com/Home.aspx>. They have many options for half-season tickets that can save you about 15-30%. If you are new to opera, the best way to get a taste for it is the free simulcast in AT&T Park, where you can enjoy your garlic fries with great music. Bring a blanket! Also, many movie theaters such as Kabuki in Japantown and West Portal now also do simulcasts of operas either sung in SF or at the Met in New York- see <http://www.metoperafamily.org/metopera/liveinhd/LiveinHD.aspx> or the theater schedules. In the summer, they also put on **Opera in the Park**, which is always a fun afternoon of picnicking and listening. This year it is on Sept 8 <http://sfopera.com/Season-Tickets/Opera-in-the-Park.aspx>. If your taste runs more modern, check out **Opera Parallele at Yerba Bueno Center**. They are superb musicians not afraid to try new works and multidisciplinary art, <http://operaparallele.org/>.

**SF Symphony:** Something for everyone! In addition to standard symphony fare, they also have kid-friendly family concerts and a youth orchestra. You can find the schedule at <http://www.sfsymphony.org/>. They also have great discounts such as same-day rush tickets that are detailed here: <http://www.sfsymphony.org/Buy-Tickets/Discount-Tickets>. **Stern Grove Music Festival:** This is an incredible opportunity to hear a range of music options, all free. Sundays in the summer, June 16-Aug 18. Say hello to SF summer fog and remember to wear layers!

<http://www.sterngrove.org/home/2013-season/>. **Choral music:** There is a lot of excellent choral music in the area- The SF Bach Choir is an excellent option (<http://www.sfbach.org/>). In early December, multiple groups hold Messiah sing-alongs to help get you in the holiday spirit. For those of you with children, the SF Girls chorus is a wonderful opportunity to introduce kids age 7+ to classical music (they sing a Holiday concert at Davies symphony hall each year).

Other venues: There are several churches that have their own concert series. Check out: Old First Church- they usually have a lineup of talented musicians in a beautiful, intimate setting. <http://www.oldfirstconcerts.org/>  
Grace Cathedral is an incredible place to hear classical music, especially organ. <http://www.gracecathedral.org/visit/concerts-and-events/>



(\*\*continued from previous page: Open Water)

Anyone is free to swim the within the protected Aquatic Park area. You can enter the water anywhere along the beach. A line of permanent bouys run parallel to the shore and mark a quarter mile course. People may also choose to swim the perimeter of the harbor just inside the piers. There is nice shallow sandy access, and public showers are at either end of the beach (note: showers have been turned off recently due to the drought). Other areas people may choose to swim in the Bay include Crissy Field, and the waters near Tiburon in Marin County. Just be sure to check the tide charts to avoid getting caught in unpredictable currents.

**Events:** There are many different open water swimming events in San Francisco Bay hosted by different organizations throughout the year, though most occur during the summer months when temperatures are the warmest. Several different groups host "Escape from Alcatraz" swims from Alcatraz island to the beach at Aquatic Park. There is also a Tiburon Swim, from Tiburon to Angel Island, and a swim from one end of the Golden Gate Bridge to the other.

The event that is near and dear to us here at UCSF is the Annual San Francisco Bay Swim ([http://www.swimacrossamerica.org/site/PageServer?pagename=SF\\_Home](http://www.swimacrossamerica.org/site/PageServer?pagename=SF_Home)), sponsored by Swim Across America: Making Waves to Fight Cancer. This is a 1.5 mile swim that starts beneath the mid-span of the Golden Gate Bridge and goes to the beach area in front of the St. Francisco Yacht Club next to Crissy Field. The event is a fund raiser for Pediatric Cancer research at the UCSF Benioff Children's Hospitals in Oakland and San Francisco. The event caps at about 300 swimmers, but in 2014 was still able to raise about \$500,000 for Pediatric Cancer Research at UCSF. If you are interested in signing up for the event, you can contact me with questions or simply sign up online and join one of our teams (eg, UCSF Team Newborn or Team UCSF Survives). We host regular group training swims in preparation for the event, which is an exhilarating and moving experience you will never forget.



## Surfing in the Bay Area

**Gerald Cho, MD**

**Former Plastic Surgery Resident**

Surfing in the Bay Area provides one with perhaps the most varied experience in surfing possible. Sometimes all within the span of 10 minutes. The right swell, tide, and wind can align so sublimely that each wave offers you the ride of your life. You can also be caught in the worst situation in your life in the Red Triangle (a triangular area formed by Bodega Bay, the Farallon Islands, and Big Sur and “red” because of all the blood shed in the water from great white shark attacks) in what is essentially a seal costume (black wetsuit, booties, and hood). Although statistically speaking you are more likely to drown up here than be eaten by *Carcharodon carcharias*.

But with the right knowledge and respect, any surfer of any skill level can enjoy one of the most beautiful and stunning stretches of coast in the world.



For those that are experienced surfers, the coast is littered with an amazing array of set ups; beachbreaks, reefs, points, outer reefs, big wave hell man spots, waves under a world famous bridge painted International Orange. Along the spectacular Hwy-1 there are spots that offer unbelievable quality and solitude. Learning which spots break best on which swell, wind direction, and tide could take a lifetime to master. Actually scoring a spot at it's best can motivate you to spend the rest of your life in passionate scholarship.

If you are just starting or wish to learn, a surf spot in Santa Cruz called Cowell's is arguably one of the best beginner spots in the world. Along ice plant and bougainvillea lined cliffs you can catch long, gentle, and slow waves under the watchful eye of a surf instructor. There are dozens of surf schools nearby and wetsuits are so good nowadays that the cold is a non-factor.

For those that just like to watch surfing a 45 minute drive from The City offers spectators with one the Seven Natural Wonders of the Surfing World: Mavericks (aka Pillar Point). On big West or NW swells this reef break in Half Moon Bay produces world-class waves (wave faces up to 60-ft) with world's best big wave surfers putting themselves in unimaginable situations. Truly spectacular.



If you don't want to leave The City, Ocean Beach in the fall is magical. In the summer this beach is typically cold, gray and foggy, in the winter stormy and unruly, and a blown out and disorganized mess in the spring. But in the fall this wide and long beach is great for strolling, kite flying, lounging, bon-firing, picnicking, and if you are experienced enough, surfing. When it's on, Ocean Beach is one of the world's best beachbreaks. No question. Offering perfect A-frame barrels from 6-20 plus ft. On any day, regardless of the size of the waves, it's waters demand the upmost respect; with the amount of water moving in and out of the San Francisco Bay on a daily basis extremely strong currents are the rule rather than the exception.



## Art About Town

**Wenia Lee**

**Educational Coordinator, Department of Surgery**

While medicine cures the body, creativity heals the soul. The Bay Area is teeming with creative activities. If you are one of those who have ever said “I am not creative”, check out some of the following places and you may awaken the creative self that is waiting for its debut.



Being an observer is a great way to start. Hot Glass Cold Beer is a monthly event at **Public Glass** (1750 Armstrong Ave, SF). For a \$25 donation, you can select a hand-blown glass made by the students, staffs and faculty there. Enjoy the glass blowing and flameworking demonstrations by feature artists while sipping beer or wine with your one-of-a-kind glass. Public Glass is a nonprofit glass studio that offers blowing, casting, fusing and flameworking classes. One-day introductory workshops are scheduled on the weekends. Similar to Hot Glass Cold Beer, Bowlicious is an annual event at **Ruby's Clay Studio** (552A Noe St, SF). With a donation, you can select a clay bowl made by Ruby's artists and students to enjoy free ice-cream, tour the studio and social with the artists during the event. Visitors are welcomes to observe potters at work during business hours. You may even get a chance to witness Maria Wamsley, MD (Department of Medicine) getting her hands dirty! Across the bay, **The Crucible** (1260 7th St, Oakland) offers a variety of industrial art classes including blacksmithing, welding, woodworking and many more. During their Spring and Fall Open House, demonstrations are available in all classrooms. Don't be alarmed if you see fire flying around because fire dance performers wander around the facility during open houses!

If your finger is itching and is ready to get to work, here are a few of my favorites. The **Institute of Mosaic Art** (805 Allston Way, Berkeley) has everything you want to learn about contemporary mosaic. Classes are available in all skill levels. Most classes are weekend long but the addiction can be lifelong (talking from experience). There are also exhibitions all year round. If mosaic is too much of a commitment, Workshop (1798 McAllister St, SF) has something for everybody – screen printing, beer making, pickling, sewing etc. The majority of their workshops are few hours long. Besides weekends, they have evening workshops for those who are fortunate to have an 8-5 job. **SCRAP** (801 Toland St, SF) is a place that sparks your imaginations! It is a nonprofit reuse center. All materials are donations of reusable. It is a resource center for many teachers and artists. They have very affordable workshops on Saturday. The first part of the workshop often starts by students going out hunting for their own materials in the facility. Everything is possible at SCRAP! SCRAP's Art Show during the holiday seasons is one of the most inspiring exhibitions.

A couple of the museums in San Francisco have workshops that are free with museum admission. **Asian Art Museum** (200 Larkin St, SF) has workshops all year round including drawing, ikebana, Japanese tea. There are family activities and workshops for kids as well. **Museum of Craft and Design** (2569 Third St, SF) has an Etsy Meet & Make Craft Lab about once a month. The lab is taught by local artists and the projects are quick and easy. It's great for a night out with a small group of friends or with a date.

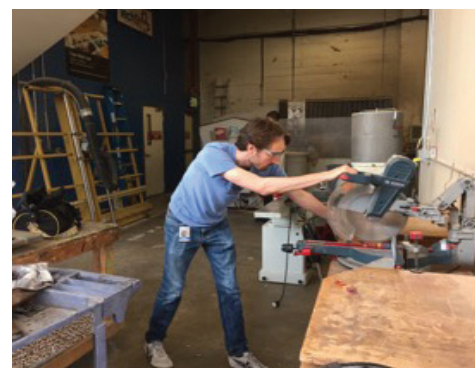
Creativity can happen at any time in our daily life. Even if you have no desire to “create” something, you can support the local artists by visiting them at craft fairs and open studio. Learn about their works and the stories behind them. They may inspire you to make small creative changes in your life. There are many shops and galleries in the Bay Area that features local artists. Just to name a few, **Foggy Notion** in Inner Richmond, **Park and Pond** in North Beach, **Studio Gallery** in Nob Hill and **City Art** in Mission. Some of these are run by artists.



## Tech Shop and Hands-on Workshops in the Bay

**Maxim Ritzenberg, MD**  
**Emergency Medicine Residency**

I'm not a huge TV medical drama buff, though I did start watching *The Knick* recently and made a disturbing revelation: I may have been born 100 years too late. As I watched the central character, a surgeon, forging steel into a newly-devised surgical tool and then using it on his patient the next morning, I thought to myself, "why can't I do that on my next shift?" For someone like myself with a background in the arts, the transition to being a physician has been difficult with respect to keeping myself creatively challenged on a daily basis. In order to continue to flex the creative part of my brain, I have gone searching for other hobbies and activities outside of the Emergency Department that allow me a creative outlet.



I've always been someone with a dozen different projects in the pipeline. As residents, time is a limiting factor when it comes to having interests, projects and pursuits outside of the hospital. However, another limitation for me has been project space. I know, I know, it is hard to believe that in San Francisco, a city famous for being an incredibly affordable city, where a square foot of floor space is basically growing on trees, that space would be an issue, but it is! For years I had been following the growth of TechShop, my new solution to the space issue. As a way to take back the half of our living room that I had usurped for my projects, my wife got me a membership to TechShop. TechShop takes the idea of a gym membership and translates it to the Do-It-Yourself (DIY) world, for those of us more interested in using a Drill Press than a Bench Press. With hundreds of thousands of dollars worth of equipment and plenty of table space for laying out your project, TechShop takes care of two limiting factors in any DIYer's life: project space and expensive equipment.

Founded in 2006 in Menlo Park, the spirit of TechShop is to make project completion and expensive tools accessible to anyone. Through their Safety and Basic Use classes, you are given the opportunity (and are required!) to learn the basics of each of the tools in the shop before using them. This gives you a great starting off point and confidence to work towards mastery of the tool. So far, I've been having adventures in the wood shop. Though I've done many construction projects in the past, they have always been limited to the tools that my friends or I own. Now, with my TechShop membership, I have access to tools I never imagined owning, nor would have space for. Once you have taken an SBU class, you're all set to use that tool anytime it's available. Though being a resident can be detrimental to your social life, our schedule can be advantageous to projects at TechShop, since they are open 24/7 (after a string of night shifts, who doesn't want to spend their next sleepless night working on carpentry instead of tossing and turning in bed?!?). I find the tools are most often available during the day and late at night. Once you are approved on equipment, you can sign up for times on the tool or sometimes just walk in and start working. So far, I've worked my way through the woodshop, perfecting my cuts and learning to measure twice and cut once. I'm starting to take on more ambitious projects as my confidence with the tools has increased. Next stop for me is their metal shop. During college, I did some welding and I look forward to throwing back on my welding helmet and re-learning! After metal, I plan to work my way upstairs and take on some electronics work, laser cutting and AutoCad, all of which is included in TechShop's array of state-of-the-art equipment and classes.

TechShop access is on a monthly basis, with membership costing \$150 and classes ranging from \$50 - \$100 each.  
<http://www.techshop.ws/>  
926 Howard Street, San Francisco, CA 94103, Phone: (415) 263-916, Email: [info.sf@techshop.com](mailto:info.sf@techshop.com)

Another workshop space I've come across is Workshop SF, closer to the Moffitt and Mt. Zion Campuses. Though they don't offer access to tools at all hours of the day, their philosophy is to offer classes which make home DIY more accessible. With classes ranging from sewing and screen-printing to cooking classes and cocktail-making,

Workshop SF teaches DIY skills for home-based projects, <http://www.workshopsf.org/>  
1798 McAllister Street @ Baker San Francisco, CA 94115, Email: [info@workshopsf.org](mailto:info@workshopsf.org), Phone: (415) 874-9186

My last set of recommendations is to where to get supplies. Though I'm famous for walking into Home Depot, blacking out and then re-emerging 8 hours later with a cart full of supplies, for the DIY crafts-person, Home Depot, Lowes and other large hardware stores are not generally your best bet. For woodworking supplies, I've become obsessed with MacBeath Hardwood. With several warehouses full of beautiful rough-cut wood, boxes of wood scraps and knowledgeable staff, it's become my go-to for wood. And it's a direct ride on MUNI from SFGH! My other favorite stores to get lost in are Blick and Flax, both on Market Street, and both stacked to the ceiling with craft and art supplies to inspire your creative side.

Blick: 979 Market St, Phone: (415) 348-8600, Flax: 1699 Market Street, Phone: 415-552-2355

## Baseball in the Bay Area

**Scott L. Hansen, MD**

**Residency Program Director, Plastic Surgery, Consultant Surgeon, San Francisco Giants**

If you happen to be a baseball fan, then the Bay Area is a great place to be. There are a number of options to enjoy baseball, some obvious, some not so obvious. I will begin with the obvious baseball club in the Bay Area- The San Francisco Giants.

The Giants have been on a run as of late with their 3rd victory in the World Series in 5 years. In 2000, after forty years, the Giants left the cold and windy Candlestick Park and moved downtown to the shoreline of China Basin. The park is currently named AT&T Park (originally named Pac Bell Park). The regular baseball season begins early in April and ends in September. There are 162 days in a season with roughly  $\frac{1}{2}$  of those games at home. While the games are generally sold out, tickets can be obtained from the SF Giants website ([sanfrancisco.giants.mlb.com/](http://sanfrancisco.giants.mlb.com/)) or from Stubhub. AT&T Park is widely accepted as one of the best baseball parks in the United States. Make sure you bring warm clothing for the evening games as the temperature drops significantly when the sun goes down. There are essentially no bad seats in AT&T Park. If tickets cannot be obtained, you can walk around the outside of the stadium and watch the game from the right outfield observation area for free.

Another option to watch SF Giants baseball is during Spring Training in the month of March. The spring training home of the Giants is Scottsdale, Arizona. The Giants play in the Cactus league along with 14 other major league baseball teams. This is great opportunity to see Giants baseball in a smaller, more intimate setting. Information about the Cactus League can be found at [www.cactusleague.com](http://www.cactusleague.com).

Across the bay, the American league Oakland Athletics are housed at O.Co Coliseum. While not gathering the attention that the SF Giants have had lately, the team has played well the past few years. Tickets to the A's game are easier to get and less expensive. The stadium is not as aesthetically pleasing (it is shared with the Oakland Raiders) but provides a good experience and is easily accessible by public transportation. The Oakland A's also play in the Cactus League and regularly play the SF Giants.

The SF Giants have a hand full of minor league affiliates in the area. If you are interested in seeing tomorrow's baseball stars today, then you can go to San Jose to see the San Jose Giants. The San Jose Giants are one of the minor League affiliates of the SF Giants where the likes of Buster Posey, Pablo Sandoval, Tim Lincecum and Madison Bumgarner once played to ready themselves for the big leagues. This is great experience, especially for those of you with kids, as there are many fan activities between innings that allow kids to get on the field. After certain games, kids are allowed to run around the bases. The tickets are easy to get and run about \$10-15. Information about the SJ Giants can be found at: [www.sjgiants.com](http://www.sjgiants.com).

The other minor league affiliate that is somewhat close to home is the Triple-A Sacramento River Cats. This is a new affiliation that just begun after the team left Fresno. The Triple-A team encompasses players that are just one level below the SF Giants and often-times move up to the big league team during the course of the year as injuries occur. The stadiums at the Triple-A level are larger and are closer to the Major league feel. Information about the Sacramento team can be found at: [www.milb.com](http://www.milb.com).

Lastly, if you still haven't had enough baseball, you can visit the University of San Francisco (USF). USF is a NCAA Division 1 baseball team that historically is very competitive and plays in the West Coast Conference. USF has produced many Major League Baseball players. The field is right on the campus of USF at the corner of Masonic and Golden Gate Avenue (Benedetti Diamond). Tickets are cheap and you can sit right up front and watch competitive college baseball. Information can be found at [www.usfdons.com](http://www.usfdons.com).





## Try a Triathlon

**Jason Pomerantz, MD**  
**Associate Professor of Plastic Surgery**



One of the lines in my offer letter for a faculty position at UCSF read “Additionally, you will have the Bay Area and San Francisco as an extensive playground at your leisure.” How true! For me, maintaining balance with a career dominated by time and energy spent at UCSF means being outdoors, using physical activity to connect with nature and to have fun, and sharing all of this with my family.

One of my first memories of coming to the Bay Area is the smell, a mix of fresh, clean ocean air with the scent of redwoods. What better stuff could one wish to breathe? In the city run up the stairs to Grand View Park on 14<sup>th</sup> Ave.— great if you can escape for an hour during your work day- . This place has an unbelievable view of the city and a direct in line breeze off the ocean.

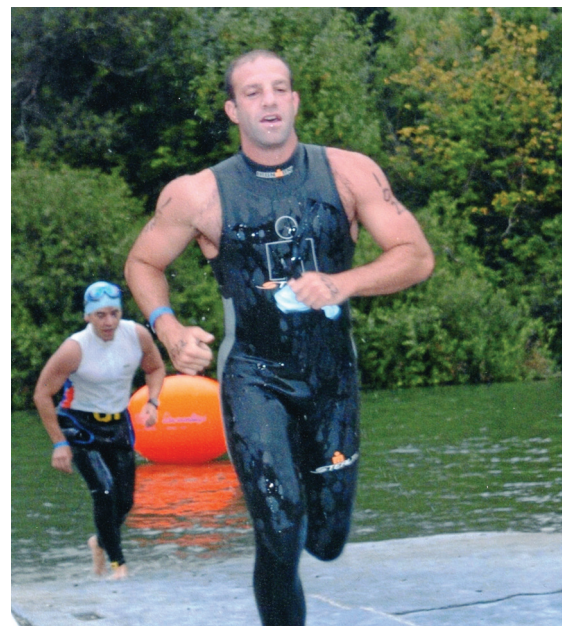
My mainstay is running. I love the simplicity. All you need is a little bit of time and, debatably, a pair of running shoes. There is no better way to connect with oneself and with our beautiful surroundings. My recommendation for those who are not already regulars is to try this not using gadgets, watches,

or goals. These all have their place, but for starters just go out and see what happens.

From Parnassus: 1) Golden Gate Park- Run down the hill and into the park; there is no wrong way- just explore. Down to Ocean beach and back is about 7 miles. There is an endless number of shorter routes through the many gardens, mini parks, and sanctuaries. 2) Presidio to Golden Gate Bridge- Take Stanyan or go through the Park to Arguello and into the Presidio, then over the Bridge-about 12 miles roundtrip.

If you like trails and hills there are plenty. Dipsea is a great way to get to know the area. In Mill Valley park on Throckmorton near Old Mill Park. Go through the Park and ask someone where the Dipsea stairs are. I like to pound the stairs but the Dipsea also makes for a great walk/hike. My wife and I love to do this with our kids- just be ready to carry them most of the way. The stairs lead to the trail- 7.5 miles of some of the most beautiful terrain in the area and perhaps the world. Have a beer and brunch in Stinson. Take the shuttle back to Mill Valley. Here is the link to the famous course (oldest trail race in the U.S.) [www.dipsea.org/course.html](http://www.dipsea.org/course.html).

Get in the water. Although formidable here, if done correctly it is safe and a treasure at your fingertips. If you haven't swam much since you were a kid, use the facilities and classes at UCSF to brush up. Then buy a wetsuit (Sports Basement or any surf shop). A 5mm suit will keep you warm. Practice swimming in the Bay at Aquatic Park. We like to drive to Santa Cruz for the day- Capitola has a great beach and protected cove. Once you feel the urge to venture out into the ocean, first be careful. But with a surfboard, boogie board, or paddle board enjoy the waves. Or, put it all together with biking (covered in a prior edition) dial up the intensity and train for a triathlon. There are many to choose from in the area. I like the vineman half. [www.vineman.com](http://www.vineman.com)





# Roller Skating and Roller Derbies in the Bay Area

**Virginia Schuler**

**Residency Manager, Department of Medicine**

In 1974, my brother and I came to live with our Aunt Cecilia in San Francisco from Nicaragua. I was 5 years old. The first thing Aunt Cecilia did when we arrived was to buy us each a pair of roller skates. My skates were black boots with metal wheels! (boy, have skates changed since then!) As I kid, my brother and I would spend hours each day roller-skating outside of our house. This continued all through high school and undergraduate school. Then, for no particular reason, I stopped roller-skating. During these non-roller-skating years I worked, went to graduate school, got married, and had 2 kids. Why I stopped roller-skating...I'll never know. Fortunately for me, my daughter was invited to a "roller skating birthday party" 3 years ago. The birthday girl's mom cautiously invited all the other moms to rent some skates if we felt up to it. I asked myself, "could I go back to skating after all these years?"...and I'm happy to report that "yes" I could. I have been roller-skating since this birthday party and have no intention of stopping!

Fortunately, there are several venues in San Francisco and in the Bay Area to skate. On Sundays, in Golden Gate Park, near 6th Avenue and Kennedy Drive (not far from Fulton St.) there is an outdoor space where skaters like to show off their dancing and skating moves to beats that are jammin' from a beat box in the center of the "rink". You will see every level of skating at this place, from putting on roller skates for the very first time to folks that were practically born with roller skates on! Anyone is welcome to join the skaters and folks are super friendly! If you do not have your own skates, you can rent skates from several places within a block or two of this space. Even if you decide not to throw some skates on, you will have a blast watching the skaters "dancing" to the music! Nearby is a slalom course where skaters zip down hill!

At 554 Fillmore Street (and Fell Street) is the "Church of 8 Wheels" (formerly Sacred Heart Church). This place is fairly new (I first heard about in March of this year). The building was formerly a church and the façade hasn't changed. However, once you step inside, you will see it is now an indoor roller rink. The stained glass pictures of saints are still there. The rink is a decent size and the music is jumpin'! It is open on Tuesday, Wednesday, Thursday, and Saturday nights, with each night having a different musical theme. I happened to have gone on a Wednesday night, which is "Disco Night"! You can rent skates at this place. ([www.skategoldengate.com/churchof8wheels.htm](http://www.skategoldengate.com/churchof8wheels.htm))

About 25 miles from San Francisco in Redwood City is the "Redwood City Roller Rink". This is the roller rink that I most frequent. It is a fairly large indoor rink. If you roller skated as a kid and went to a public roller rink, this place will bring back memories. I don't think it's changed since it was built and that is exactly why I love this place. Different nights and days have different musical themes and I have been to the majority of them. The music is fun and they will even play "Red Light – Green Light" on some days, which is very fun to participate in, as well as, to watch. You can rent skates at this rink. ([www.redwoodrollerrink.com/](http://www.redwoodrollerrink.com/))

If you are into Roller Derby, there are a couple of choices to choose from in San Francisco and Redwood City. The San Francisco Roller Derby team is called the "San Francisco Bay Bombers". This is a co-ed team that skates on a banked track. They play at Kezar Stadium (very near UCSF). A temporary track is built for the team to play in. This is truly fun to watch! The players like to "ham it up" against the other team and sometimes you can't tell when the skaters have truly fallen or pretended to fall! Nevertheless, it's quite the show and my kids love it! ([www.baybomber.com](http://www.baybomber.com))

The Redwood City Roller Rink (mentioned above) is also host to the "Peninsula Roller Girls" roller derby team. Unlike the San Francisco Bay Bombers, the Peninsula Roller Girls (PRG) is a women's only team and skate on a flat track. This team plays more like the roller derby you see on TV. These women are tough and play hard! I realized this as I saw the EMT (Emergency Medical Technician) walk in before the skating began with his emergency bag! In addition, all the women were wearing mouth guards...Yikes! I took my kids to see this team play and we all had a blast! ([www.peninsularollergirls.com](http://www.peninsularollergirls.com))

Both roller derby events are very family friendly! The kids (and the adults) are free to move and walk around during the derby. These are also lots of fun for a group of friends hanging out on a Friday or Saturday night.



## The Artisan Cheese Trail

**David Jablons, MD, FACS**

**Professor and Chief of Thoracic Surgery, Program Leader of Thoracic Oncology**

I'm about to let you in on one of the best kept secrets of the Bay Area – the artisan cheese-making movement. It was the Spanish priests who started making cheese from the milk of mission livestock in the early 1800s. Later European immigrants, mostly Italian and Swiss families, established dairies in the lush pastures and rolling coastal hills of coastal West Marin. In the mid nineteenth century, there were over one hundred individual family farms in West Marin and Sonoma with dairy operations flourishing during the Gold Rush. Initially they supplied butter (milk would spoil absent refrigeration) but in the early 20th century as the Bay Area developed and refrigeration became available, fresh milk could be supplied and the dairies thrived. With the advent of milk price regulation, however, and the emergence of industrial factory dairies in the Central Valley, local West Marin dairymen faded from the scene as they could not compete. Sadly, today the total number of family run dairies in West Marin is down to about fifteen!

The **Marin French Cheese Company** [www.marinfrenchcheese.com](http://www.marinfrenchcheese.com) located in rural West Marin was founded in 1865 by Jefferson Thompson and produces cheeses under the Rouge et Noir brand name. It is the oldest cheese manufacturer still in operation in the United States. In 1979, Laura Chenel became America's first commercial producer of goat cheese when she began producing chèvre in the West Sonoma town of Sebastopol. After several months of working to sell her product to local markets (with mixed success, due to American unfamiliarity with goat cheeses), she received her first major opportunity when Alice Waters of Chez Panisse placed a standing order for her cheese in 1980. This may have been the first American instance of goat cheese salad.



This brings us to pioneers Sue Conley and Peggy Smith who took a hippie trip to San Francisco after finishing their degrees at the University of Tennessee in 1976. Each established careers in San Francisco's most famous kitchens: Peggy spending 17 years at Chez Panisse, and Sue co-owning Bette's Oceanview Diner in Berkeley. By the early 1990's, Peggy and Sue were ready for a new challenge. They launched **Tomales Bay Foods** [www.cowgirlcreamery.com/](http://www.cowgirlcreamery.com/) pt-reyes-shop-creamery in Point Reyes, a marketing vehicle to help West Marin's farms and dairies get their delicious products into the hands of the Bay Area's finest chefs. Their first location, a renovated hay barn in downtown Point Reyes, makes a great first stop on your tour and also houses their original creamery (where they currently make Red Hawk) at the entrance to the building. Using milk from neighboring Straus Family Creamery, they began making delicious fresh cheeses. The creamery is called **Cowgirl Creamery** [www.cowgirlcreamery.com](http://www.cowgirlcreamery.com) and now has cheeses in over 500 markets. The Tomales Bay Food's building has a nice view into the creamery and all of the ingredients (wine, salumi, olives, bread, etc.) you will need, as well as great cheese, for a wonderful picnic.

After touring the Creamery, walk around Point Reyes Station, a small hamlet at the southern base of Tomales Bay and the gateway to the Point Reyes Seashore National Park. Visit Toby's Feed Barn [www.tobysfeedbarn.com](http://www.tobysfeedbarn.com) on the main drag –they have good espresso drinks in a small kiosk in the hay barn alley and tons of local fare, food, books and sweatshirts and the like inside. Two restaurants deserve special mention here: Osteria Stellina [www.osteriastellina.com](http://www.osteriastellina.com) is an authentic Italian and California cuisine mélange with outstanding locally produced meats, shellfish, pastas and cheese dishes. The Sir and Star at the Olema Inn [www.sirandstar.com](http://www.sirandstar.com) has received rave reviews. And then there is Saltwater [www.saltwateroysterdepot.com](http://www.saltwateroysterdepot.com), a great new restaurant, oyster bar, and local hang out just a few miles across the Bay in Inverness that's worth a detour.

*(Continued from previous page)*

But this is about the cheese. Head north out of Pt. Reyes for three miles and just past the **Tomales Bay Oyster Company** [www.tomalesbayoysters.com](http://www.tomalesbayoysters.com) is the Giacomini Dairy and home of the **Pt. Reyes Farmstead Cheese Company**. [www.pointreyescheese.com](http://www.pointreyescheese.com) The Giacomini family has been a pioneer in the conversion of dairying from bulk milk production to farmstead artisan cheese **production. They produce California's** only classic-style blue cheese, Original Blue, which has become a local classic and recently won a prestigious SOFI (Specialty Outstanding Food Innovation) award. They are open to the public infrequently but do rent out for events (at their beautiful facility called "The Fork") and have cooking classes so check their website.

After winding along the inordinately beautiful Route 1 headed north up thru Marshall, you will pass many amazing places to stop and have oysters: Hog Island Oyster Company Farm [www.hogislandoysters.com](http://www.hogislandoysters.com), Tony's Seafood, or stop for lunch and a to-die-for view at Nick's Cove and Cottages [www.nickscove.com](http://www.nickscove.com) (great place to stay as well). If you have been smart enough to sign up in advance, go visit Marcia Barinaga and sample her amazing aged sheep's milk cheeses and tour Barinaga Ranch [www.barinagaranch.com](http://www.barinagaranch.com) which runs along the top of the Marshall Ridge and has spectacular views of the Bay and Inverness on a clear day.

If at this point you have not totally become bloated on remarkable cheeses, wine and or beer and oysters, then take a break and rent a kayak for a surreal early morning paddle along the shore or a more strenuous ride in the afternoon against the winds and tide.

Continuing north after passing thru Walker Creek (my favorite part of the drive) you deadhead straight into the town of Tomales. At the outstanding Tomales Bakery on Hwy. 1, you can provision with great breads and scones, puff daddy's, cinnamon raisin wheels and the like and then head west on Dillon Beach Road for a mile and half and take your first right on Middle Road and come visit us at **Toluma Farms and Tomales Farmstead Creamery** [www.tolumafarms.com](http://www.tolumafarms.com). Our family purchased the farm over a decade ago. We have worked steadfastly to restore it, certify the land organic and repurpose the prior Jersey cow dairy into a goat and sheep dairy. Just this year we began making our very own farmstead goat and soon-to-be mixed milk (goat, sheep and eventually cow) soft ripened and aged cheeses. Sign up on line for our tours that are typically the first Sundays of the month.

Heading further north on Middle Road you come to the historic ranching town of Valley Ford where the local market sells many of the regions local cheeses and McClelland butter. [www.mcclellandsdairy.com](http://www.mcclellandsdairy.com) You can also drop in our friends Andrew and Curtis at **di Bufala Dairy** who make water buffalo milk cheese and amazing gelato. Continue north out of the town and take your first right to head to Occidental and Freestone. Sample delicious local grown Phelps Winery [www.josephphelps.com](http://www.josephphelps.com) chardonnay and pinot noir and stop at the Wild Flour Bread Bakery [www.wildflourbread.com](http://www.wildflourbread.com) for surreal breads and scones. No more than a couple of hundred yards up from the bakery is the new **Freestone Artisan Cheese** shop. [www.freestoneartisan.com](http://www.freestoneartisan.com) Stop in and talk to owner/cheese monger Omar (tell him I sent you) and sample and buy any of the locally produced artisan cheeses as well as many of the phenomenal artisan cheeses he imports from around the country.

At this point, you may be satiated but just in case you have more cheese tasting left in you I highly recommend on your way back detouring thru Nicasio to visit the **Nicasio Valley Cheese Company** [www.nicasiocheese.com](http://www.nicasiocheese.com) (open for cheese tastings, no need for appointment) and tasting their many delicious organic cows' milk fresh and aged cheeses.

Hopefully, this has given you a few ideas about a scenic and cheese-rich day out in the beauty of West Marin, probably the best-kept secret of the Bay Area. But if you still aren't satisfied or your interests are truly piqued then go online and check out the other farms and cheese operations along the trail that are open to the public. Among the 29 producers listed on the Sonoma Marin Cheese Trail map, Web site ([cheesetrail.org](http://cheesetrail.org)) and mobile app, 21 are open for regular or periodic tours and tastings, or for visits by appointment. Guided cheese tours are also popping up, including a five-hour jaunt that includes four creameries, tastings of 30 cheeses, and a picnic (\$152; [foodandfarmtours.com](http://foodandfarmtours.com)).



## Select Restaurants in San Francisco

**Harry Hollander, MD**

**Residency Program Director, Internal Medicine**

Having grown up in New York and still having a chance to visit that city fairly often, I think that San Francisco does not really compare in terms of the high end, big splurge restaurants. On the other hand, New York can't hold a candle to our city when it comes to great mid-range options that one can enjoy (at least occasionally) on a resident's or fellow's salary. In my opinion, this is our culinary sweet spot. I've picked out several restaurants that represent different neighborhoods and feature diverse styles of food. My suggestions have all been written up elsewhere and are no mystery to San Francisco diners or visitors to the city, yet it is still possible to have a deeply satisfying, interesting meal for less than \$45-50 per person at any of these places.

The medicine residents will laugh when they see my first choice, since I have joined many of them there for dinners and recommended it to most everyone else. Nopa (560 Divisadero) is the restaurant that spurred a renaissance in this part of the Western Addition when it opened 6 years ago. What's not to like about it except the decibel level? Great buzz, unpretentious service, a friendly community table, wonderful wine and cocktail lists, and above all, well priced, locally sourced, simple food. You'll always find staples on the menu such as little gem lettuce salad, oven roasted chicken, vegetable tagine, an award winning burger, and a killer pork chop. What keeps everything fresh and exciting is the subtle seasonal tweaking that they do. The food is direct, honest, and copious. It took us a while to realize that it is a mistake for everyone to order a starter and a main dish here.

Go with a group, share, order judiciously, and you will dine extremely well for a fraction of what you would pay at many other restaurants. Many people also know about the 2 Mexican restaurants run by Nopa's owners. Both branches of Nopalito

(Broderick between Oak and Fell, and 9th Avenue just south of the park) subscribe to the same philosophy as the mother restaurant of serving sparkingly fresh, mostly organic local products, but I've found that people who are used to traditional Mexican food have had mixed reactions to Nopalito. You'll just have to try it and decide for yourself.



Since it's crab season, I can't resist mentioning Thanh Long in the outer Sunset (Judah and 46th). Honestly, this is a rather ordinary Vietnamese restaurant except for 2 extraordinary dishes-the roast crab and the garlic noodles. Most nights of the week during the season (mid-November through April or so), you can book a table, don plastic bibs, and be part of the most diverse dining crowd in the city, happily devouring huge platters of these delicacies. The crabs are expensive, but they are huge; one for every 2 people will suffice and keep the bill down. The noodles are cheap (and serve as a vehicle for a boatload of butter and garlic, the so called "secret sauce"), so fill up on those.

With so many Italian restaurants from which to choose, how can I select just one for these pages? I decided to eliminate a bunch of great pizza choices (such as Gialina, Una Pizza Napoletana, Delfina, for example) and pick a place that is both geographically and gastronomically off the beaten path. La Ciccia in outer Noe Valley (30th and Church) is run by a passionate couple dedicated to serving Sardinian food as you would find it on this Mediterranean island. I can't think of another restaurant in the Bay area that is as evocative of dining in Italy. This is seafood driven cuisine. While it may not be for everyone, the octopus in a fabulous spicy tomato sauce is a dish that I dream about between visits to this restaurant. Pastas are a model of simplicity and are perfectly cooked. The warmth and hospitality are remarkable. The only problem is getting a reservation! Book early through OpenTable to avoid disappointment.

Finally, when she asked me to write this piece, Mary McGrath begged me to mention one of her favorites in the Castro, Contigo (at 24<sup>th</sup> and Castro). Great, I thought-here's something upon which an internist and surgeon can agree. Mary is particularly fond of the Barcelona style hot chocolate, but there are many other treats on the menu before you get to this wicked cupful of dessert. Contigo specializes in tapas and other small(ish) plates. Anchovy montaditos and oxtail hamburguesas make great starting bites. The cana de cabra warm goat cheese salad is delicious, and the albondigas are a tasty version of a classic comfort food making its way onto all sorts of menus these days-meatballs. The only expensive thing on the menu is the otherworldly Iberico Spanish ham, which may actually be worth it if you've never tried it. Wash all of this down with a wonderful array of sherries and interesting Spanish wines by the glass, and even if it won't replace your memories of Madrid tapas bars, you will be in for an enjoyable evening of grazing and sipping.

I hope that you get a chance to try out some of these reasonable jewels! If you do, please let me know what you thought. Cheers!

# Windsurfing in the San Francisco Bay Area

**Juan Vargas, MD**

**Clinical Professor of OBGYN and Radiology**

I learned how to windsurf thanks to residency training at UCSF. Thirteen years ago, my family and I moved to the Bay Area in order to start OBGYN residency (my second since the first one in my native Chile did not count) at UCSF. We settled in Alameda, a small island town across the Oakland bay, given that for a family of five and a dog the cost of living in San Francisco was outside of our possibilities. Soon after our arrival I saw a big sign posted four blocks away from our rental unit "windsurfing lessons." Until then I had windsurfed only a few times in the early eighties in Vichuquen, a small lake near the coast in the south of Chile. I said to myself that this was a grand chance I would never have again in my life and made a point of learning this elusive sport. Residency of course put a damper on my plans until I started my first night float rotation in early May. It turned out that I was unable to sleep during the day time, and after trying countless strategies suggested by well-intentioned peers and friends, and realizing that nothing would help, I decide to try windsurfing instead of tossing and turning in bed all day.

It turns out that the San Francisco Bay is world renowned for its strong, consistent winds, essential requirements for the sport of windsurfing. In fact, Hood River, Oregon (population of 7,000), Maui's north shore, and the San Francisco Bay are the only places in the 50 states where you can practice this sport with any regularity. Learning how to windsurf is difficult and somewhat of a slow process. But for those who stick to it, the rewards are immense. Just talk to any windsurfer about windsurfing and notice the grin on their faces; I have not seen this type of reaction among any other sport enthusiasts. The good news is that the sport of windsurfing has become so much better, fun, exciting, and easier to learn than when it was first introduced in the late 70's due to dramatic technological advances. It is ironic that windsurfing was so popular in the U.S. in the mid 80's and early 90's and now is only practiced by relatively few people when is SO much better than in its early days.



If you want to learn how to windsurf in the Bay you have several options depending on where you live and your wallet. If you live or work in the East Bay, the Cal Sailing Club in the Berkeley Marina is without question the best option. For a mere \$65 dollars membership you have unlimited use of top notch windsurfing equipment suitable for all levels. If you stick to it, you'll rapidly graduate to more advanced equipment so it doesn't make sense generally to buy entry level type of equipment (and certainly does not make sense to buy advance equipment that you'll grow into it because you won't). You'll also find free lessons and a spirited crew that will keep you motivated and help you along the way to increase the slope of your learning curve. Alameda has a windsurfing school run by BoardSports ([www.boardsportsschool.com](http://www.boardsportsschool.com)) and it might be a good option for the early stages of your windsurfing progression (Alameda is not in the wind path during most of the windy season so you'll soon need to venture out to windier places). On the Peninsula you have a great venue in Coyote Point, also run by BoardSports. Coyote Point enjoys many days of excellent wind quality and safe shore conducive to progression at all levels. There are also private instructors that can accelerate the process quite a bit. Equipment is typically included in all beginner packages.

San Francisco has several groups of dedicated, highly competitive teams of formula and slalom course racing that regularly sail, train, and compete in local and national events. There is even a junior racing and freestyle teams for kids 17 and under, that are run by volunteer sailors. These are well run non-profit organizations that are free of charge for participants ([www.teamberkeleywindsurf.com](http://www.teamberkeleywindsurf.com)).

If you are a windsurfer and new to the Bay, well my friend, you hit the jackpot. There are amazing sailing venues for all abilities and taste. If you are into freestyle (think of air and spinning moves while hydroplaning, similar to skate or snowboarding but on the water), then head to Candlestick (five minute drive from SFGH parking lot) or Haskins. Swell rider? Then hit 3<sup>rd</sup> Avenue on an ebb tide or Treasure Island and you are in for a treat. Crissy Field can have it all on the right day, steep port ramps for big air, huge tanker ramps for insane air, flat water on a flood tide for speed or freestyle, smooth large swell, and even wave sailing down the line at the South Tower (please watch out for the surfers!). Crissy (ten minute drive from UCSF Medical Center) is absolutely gorgeous and has great facilities but it is an advance to expert only site due to the strong currents, heavy boat traffic, and rapidly shifting wind conditions. Do sail there with a friend who is familiar with Crissy before you embark on your own. During the summer when the Bay is blanketed by a thick layer of fog, head to Sherman Island (45 minute drive from SF) and enjoy the sun and 90 degree weather, strong steady wind and nicely shaped starboard ramps. Finally, we have world class wave sailing within one hour away at Wadell Creek, Davenport and Tubamancha, that offer many great days of good wind and waves in the spring and fall.

Windsurfing is an amazing sport that requires a bit of patience but once you have surpassed the initial awkward stage and you are in the harness and locked on your footstraps, you are in for an unforgettable experience. The San Francisco Bay is probably one of the best places on earth to go windsurfing, with an unmatched number of windy days, and astonishing beauty. What are you waiting for?

## Resident & Fellow Affairs Committee

The Resident and Fellow Affairs Committee is a part of the Office of Graduate Medical Education. Its charge is to provide support and resources for the professional and personal development of the residents and clinical fellows at UCSF. These include strategies for addressing the psychological and physical well-being of residents and fellows; programming for advancing professional development; development of mentor and colleague relationships; and targeting and resolving housestaff employment issues at UCSF.

The Committee welcomes new members and if you have an interest in any of these areas, please contact us individually or at 476-4919 in the GME office.

The Resident & Fellows Affairs website:  
<http://www.medschool.ucsf.edu/gme/residents/RFA/RFA.html>



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