



Pacific Rim Alliance presents the 13th Annual

Can Do MS Wine Maker Dinner
In memory of Jimmie Hevga

September 28, 2013, 5 PM

100% of proceeds to benefit Can Do MS

Can Do MS Wine Maker Dinner

10818 Viacha Dr., San Diego, CA

September 28, 2013, 5 PM

Jimmie Heuga's Legacy

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Jimmie Heuga

Focus on what you CAN DO

Jimmie Heuga grew up near Lake Tahoe, CA and started snow skiing at the age of two at Squaw Valley. He began competing when he was five years old and, at 15, he was the youngest man ever named to the U. S. Ski Team.



*1964 Slalom Olympic Winners
Billy Kidd (2), Pepi Stiegler (1),
Jimmie Heuga (3)*

In 1964 Heuga stunned the international skiing community when he took the bronze medal in slalom at the Winter Olympics in Innsbruck, Austria. Billy Kidd finished second, just a heartbeat ahead of Heuga and together they became the first American men to earn an Olympic medal for Alpine skiing. In 1967 Heuga finished third in point standings in the World Cup giant slalom and was the first American to win the prestigious Arlberg-Kandahar race in Garmisch, Germany.

Jimmie began noticing symptoms of what would later be diagnosed as Multiple Sclerosis (MS) in the spring of 1967, experiencing vision problems and numbness. After competing in the 1968 Olympics, he joined the professional racing circuit, still hindered by mysterious symptoms. In 1970 he finally received an official diagnosis of MS. He was only 26 and at the peak of his skiing career:

The conventional medical wisdom of the time advised people with MS to avoid any physical or emotional stress. This was difficult for an athlete of Jimmie's caliber and after six sedentary years, he rebelled. Developing his own program of exercise, nutrition and mental motivation, Jimmie found not only his physical health, but also his outlook on life greatly improved. His approach revolutionized the management of MS.

Inspired by his success, Jimmie founded The Heuga Center in 1984 to share his philosophy with others and to help them focus on what they "Can Do." For his inspiration and leadership in the field of MS, Heuga has received numerous honors from organizations including the National MS Society, the Texaco Star Award and the President's Council on Physical Fitness. In 2009, The Heuga Center changed its name to **Can Do MS**.

Jimmie passed away in Boulder, CO on Monday afternoon February 8, 2010, 46 years to the day he won his bronze Olympic medal. Jimmie is survived by his daughter Kelly and sons Wilder, Blaze and Winston. ♦



Can Do MS

Promoting Health & Creating Hope

The CAN DO MS is a non-profit organization dedicated to improving the lives of people with multiple sclerosis through educational and wellness programs and ongoing research. The organization offers several programs for those with MS including:



THE POWER TO BE MORE THAN YOUR MS
Formerly The Heuga Center for Multiple Sclerosis

CAN DO® Program — The flagship **CAN DO® Program** is an intensive educational program that teaches people with MS and their support partners how to take charge of their lives within the context of their MS. This five-day program goes well beyond traditional health and wellness programs by using a comprehensive spectrum of assessments, active-learning formats and goal setting to actively empower people with MS and their support partners to live their best lives.

A spouse/partner, family member or friend is required to attend the **CAN DO® Program** with a person with MS. Special sessions are devoted to this group of support partners, addressing their needs, goals, concerns and challenges.

TAKE CHARGE™ — New in 2013 the two-day **TAKE CHARGE™ Program** will incorporate MS education, experiential activities, interaction with a medical staff of MS experts and with participants and their support partners in a small group setting throughout a weekend. **TAKE CHARGE™** will provide participants and their support partners with an educational model that promotes learning and experience.

JUMPSTART® Program — Offered at no charge in communities across the country, the one-day **JUMPSTART® Program** provides participants with an interactive exploration of health, wellness and lifestyle empowerment approaches and topics. The topics range from cognitive and fatigue issues, to goal setting, nutrition, exercise, emotional well-being and includes programming specifically for support partners and their concerns.

Webinar Series – Can Do MS's new webinar series provides insight from more than one MS expert, so you can gain additional knowledge relating to Multiple Sclerosis. Interact with a team of Can Do MS consultants, ask questions and learn how to adopt healthy lifestyle behaviors, actively co-manage your MS and live your best life. This program is offered monthly and at no charge to participants. Past Webinars are available online at msscando.org. ♦

IRS 501(c)(3) Number 74-2337853
Can Do MS, 27 Main Street, Suite 303, Edwards, CO 81632
www.msscando.org • 970-926-1290 • 970-926-1295 F

Jimmie Heuga Center ENDOWMENT



JIMMIE HEUGA CENTER
ENDOWMENT

About the Endowment...

The purpose of The Jimmie Heuga Center Endowment is to support Can Do MS's strategic activities and lifestyle empowerment programs, now and in perpetuity. The Endowment is a 501(c)(3) organization separate from Can Do MS.

The Jimmie Heuga Center Endowment was created in 1997 to ensure the longevity and financial stability of Can Do MS, formerly The Jimmie Heuga Center.

The Endowment was the inspiration of Waldon (Brock) and Evalyn Byers, long-time supporters of Can Do MS. The Endowment continues to grow under the leadership of the Endowment Board of Directors.

Make a Donation...

We hope you will join us in supporting Jimmie's legacy by donating to the Jimmie Heuga Center Endowment.

Donations can be made at www.jhce.org/ways-to-give.html. There are many ways to support the Endowment including making a donation through bequests, charitable gift annuities, trusts or life insurance. ◆

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340 S. Lemon Ave. #7579, Walnut, CA 91789
info@jhce.org • 888-506-0668 • 888-506-6850 F



In 1964, Billy Kidd & Jimmie Heuga were the first American men to medal in Olympic alpine skiing. — Sports Illustrated.



Billy Kidd, Jimmie Heuga and coach Bob Beattie celebrate the 40th anniversary of winning Olympic medals. — Steamboat.

Can DO: The Legacy of Jimmie Heuga

The Legacy...

Mike Marolt's latest film marks one of his passions; supporting lifestyle empowerment programs for people living with the chronic disease of multiple sclerosis (MS) by raising funds for the **Jimmie Heuga Center Endowment**.

This new film is a documentary on the life of Jimmie Heuga. "Can Do: The Legacy of Jimmie Heuga" tells how a world-class athlete conquered his fear of living with MS by pioneering a philosophy of care focused on exercise and nutrition.

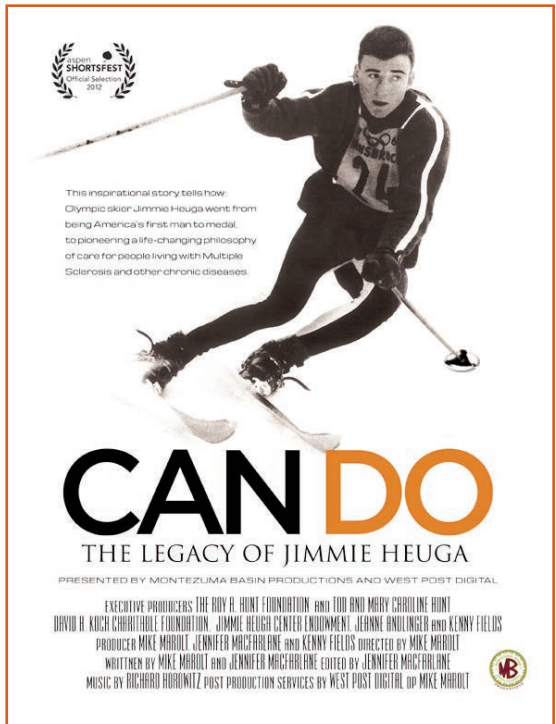
Olympic skier Jimmie Heuga will inspire you in this story of one man's battle to live with the debilitating effects of a chronic disease.

Through his own emotional and physical fight, Heuga pioneered a revolutionary philosophy of care for people living with multiple sclerosis.

Today, Jimmie's methodology of treating the whole person is widely used by MS care experts around the country.

This film is Mike's personal dedication to the man who taught him, by example, that each of us can make a difference.

Mike challenges every person to pick a fight, and be motivated by Jimmie's philosophy of living with what you "Can Do."



This amazing tribute shows first-hand the indomitable spirit of the man and those whose lives he transformed on his journey to save himself.

This documentary film is being submitted to various film festivals around the country. Pacific Rim hopes to host a fund raiser for the Endowment sometime during the Spring of 2014. ♦

Menu

Appetizers

Charles Heidsieck Brut Reserve Champagne

Cream Cheese topped with a Roasted Pineapple Habanera
Goat Cheese topped with Cherry Pomegranate Sauce
Jicama, Carrots, & Cauliflower with Vegetable Sour Cream Dip
Pita, Lavash and Milton Crackers

Starter

2012 SeaGlass Sauvignon Blanc

Grilled Chopped Chicken Salad with Grapes and Candied Pecans
served on a Wonton Wedge

Salad

2012 Liberty School Pinot Noir

Baby Spinach & Arugula tossed in a Chocolate Balsamic Vinaigrette and Roasted
Walnut Olive Oil, garnished with Candied Pecans, Kiwi, Mandarin Oranges and
topped with Crumbled Blue Cheese

Soup

2010 Firestone Sauvignon Blanc

Carrot & Ginger Soup with a dollop of Minted Whipped Cream

First Entrée

2011 Carmen Gran Reserva Carmenère

Green Flash's Fried Calamari Strips with Cocktail & Tartar Sauce
Green Beans Almondine and Sweet Sour Jasmine Rice

Sorbet Trio

Mango, Pomegranate Blueberry, Raspberry Trio

Second Entrée

2010 Kenwood Jack London Zinfandel

Grilled Filet Mignon with a Black Raspberry Blackberry Wine Reduction Sauce
Garlic Roasted New Potatoes and Roasted Asparagus Spears

Dessert

2010 Terra d'Oro Amador Country Zinfandel

Decadent Chocolate Cake topped with Minted Whipped Cream
served with Raspberries and Blueberries

Solé Arte Sparkling Mineral Water

Charles Heidsieck Brut Reserve Champagne

Reims, France

www.CharlesHeidsieck.com



Wine Description...

Charles Heidsieck Brut Reserve has a lively, elegant style, with floral, vanilla and light toast notes. A lemon cake flavor emerges on the palate, and this is seamless and bright, with a chalky sensation on the long finish.

A golden champagne, with persistent effervescence and a nose that is both complex and delicious.

Awards...

Charles Heidsieck champagne is one of the most recognized by the profession. The awards belong to the cellar masters who, over the course of the past two decades, have been named Sparkling Winemaker of the Year thirteen times in the International Wine Challenge (IWC).

This iconic Brut Réserve cuvée was crowned Wine of the Year by the 2012 Bettane and Desseauve guide. In November 2012, in the Wine Spectator magazine, the Brut Réserve scored 93 points.

Technical Notes

- Varietal: A blend of Pinot Noir, Pinot Meunier and Chardonnay.
Appellation: A judicious selection from approximately 60 vineyards.
Blend: 40% reserve wines, many more than 10 years old.
Alcohol: 12%
Ageing: A maturation of more than 3 years in Gallo-Roman chalk cellars. Laid in 2008.
Bottled: 2012 ◆

Seaglass

2012 Sauvignon Blanc

Santa Barbara, California

www.seaglasswines.com/



Wine Description...

Our 2010 Sauvignon Blanc has pronounced aromas of lemon, lime, grapefruit and fresh cut grass. On the palate, this distinctive California Sauvignon Blanc is clean and crisp with gooseberry and tangerine notes and a slight trace of minerality. The acidity is mouthwatering and zingy and is followed by a lightly tart finish.

Vineyard Notes...

Our Sauvignon Blanc vineyard is nestled in Santa Barbara's rolling hills. The cool ocean air and abundant fog of Santa Barbara County allow Sauvignon Blanc grapes to ripen slowly and evenly while developing complex tropical flavors and crisp acidity.

Winemaker Notes...

Reductive style winemaking keeps the fresh, fruit-forward flavors of the grape intact during the winemaking process by keeping the juice void of oxygen exposure. 100% non-malolactic fermentation maintains the wine's delicate varietal flavors and crisp acidity.

SeaGlass Sauvignon Blanc is fermented in stainless steel tanks at cold temperatures to retain the grape's natural tropical flavors. The wine is bottled early and sealed with a Stelcap closure to preserve the wine's freshness.

Food Pairing...

SeaGlass Sauvignon Blanc is the perfect companion to oysters and light seafood pastas.

Technical Notes...

Varietal: 100% Sauvignon Blanc
Appellation: Santa Barbara County
Acidity/pH: 6.5 / 3.25
Alcohol: 13.70%
Residual Sugar: 0.22 g/100 ml (dry) ◆



Liberty School

2012 Pinot Noir

Central Coast, California

www.hopefamilywines.com/



Wine Description...

The 2012 Liberty School Pinot Noir exhibits a bright floral nose with aromas of fresh cut strawberries. Fruit-forward flavors of cherry and strawberry strike a wonderful chord with the clean minerality and balanced notes of spice and crushed herb. With soft and integrated tannins, this medium-bodied wine finishes with a beautiful, long and silky mouthfeel.

Harvest Notes...

The 2012 growing season in California's Central Coast was a welcome surprise after two years of moderate harvests. Growers harvested a record crop across the state, not only from a quantity standpoint, but quality as well. Though rainfall wasn't overly abundant, the vines seemed to flourish and produced a bountiful crop. With no major frost events, a long growing season helped a wonderful fruit set. The lute September and early October harvest for Pinot Noir was flawless.

Winemaker Notes...

After the Pinot Noir was harvested and crushed, it was fermented in stainless tanks for 12 days. Gentle pump-overs enhanced color and tannin extraction. After fermentation, the wine was transferred to oak barrels (80% French, 20% American) and aged for six months. The wine was racked once during barrel-aging and cross-flow filtered prior to bottling in April 2013.

Technical Notes...

Varietal: Pinot Noir
Appellation: Central Coast
Acidity/pH: 6.9 / 3.77
Alcohol: 13.50%
Ageing: 80% French, 20% American for six months
Production: 39,895 cases
Bottled: April 2013 ◆


HOPEFAMILYWINES
SINCE 1978

Firestone
2010 Sauvignon Blanc
Santa Ynez Valley, California
www.firestonewine.com/



Wine Description...

The Santa Ynez Valley is a great locale for Sauvignon Blanc. The weather is warm enough to endow the wine with ripe flavors, yet cool enough to ensure zingy acids. The 2010 boasts aromas of passion fruit, Meyer lemon, lime zest and pineapple. It is crisp, intense and refreshing. This is a bold, fine-edged wine that pairs well with most seafood or fowl.

Vineyard Notes...

400 acres of historic vineyards lie roughly 30 miles from the cold Pacific Ocean creating a moderate, arid climate and extremely long growing season. In recent years we have developed proprietary viticulture protocols that take full advantage of the complex soils and many exposures on their estate. Their unique growing conditions and intense farming techniques yield wines that are concentrated, elegant and firmly structured.

Production Notes...

The fruit was harvested during the early morning hours and pressed quickly and gently to preserve the bright, citrus aromatics and vivid flavors. Fermentation and aging was completed in stainless steel tanks at cold temperatures to guarantee vibrancy and freshness. Released October 2011.

Technical Notes...

Varietal:	100% Sauvignon Blanc
Appellation:	Santa Ynez Valley
Acidity / pH:	7 / 3.35
Alcohol:	13.9%
Ageing:	8 Months 100% Stainless Steel
Fermentation:	100% Stainless Steel
Bottling Date:	August 2011 ♦

Carmen Gran Reserva

2011 Carmenère

Apalta, Colchagua Valley, Chile

tfewines.com/



Wine Description...

The Gran Reserva Carmenère is a dense and concentrated wine with an intense dark purple color. The nose is rich and very honest to the variety showing ripe berries, sweet spices, tobacco and earthy aromas. Soft touches of spicy anise and paprika add complexity. The palate is generous, with supple texture and sweet tannins that are smooth and concentrated. Small percentages of Carignan and Tempranillo had been included to refresh the mouthfeel and to increase its vibrancy. The wine has persistency and great length.

Winemaker Notes...

The grapes were handpicked from the vineyards in the hills of Apalta, in the Colchagua Valley and carefully selected before crushing. A period of cold maceration (39°-41°F) for 7 days was used to ensure maximum retention of primary fruit flavors and color extraction.

Alcoholic fermentation was carried out in stainless steel tanks at 82°-84°F. The total maceration period was 40 days. The wine was aged in French oak barrels for 10 months. After bottling, the wine aged in the cellar for an additional 2 months prior to its release.

Food Pairing...

Grilled meats and dishes with a little spice.

Technical Notes...

Varietal:	Carmenère, Carignan and Tempranillo
Appellation:	Apalta, Colchagua Valley, Chile
Acidity/pH:	5.44 / 3.52
Alcohol:	14.3%
Residual Sugar:	2.40 g/l
Ageing Potential:	6 to 7 years ◆



Kerwood Jack London

2010 Zinfandel

Sonoma Valley, California

www.kenwoodvineyards.com/



Wine Description...

Bold fruity aromas of raspberry and fig combine with spicy notes of vanillin and white pepper. Delicate well structured tannins provide a rich mouth feel and an excellent finish.

Jack London Vineyard...

Located on Sonoma Mountain, the influence of this vineyard's red volcanic soil combines with the fruity characteristics of the grapes to produce an excellent, very distinctive Zinfandel. The flavors from these vineyards exude bold fruity aromas of raspberry and fig combined with spicy notes of vanillin and white pepper. The delicate well-structured tannins provide a rich mouth feel and an excellent finish.

Winemaker Notes...

The 2010 vintage at the Jack London Ranch was characterized by a light crop but outstanding flavor and body. In mid September the Zinfandel located at the highest and warmest part of the vineyard was ready and we began picking. Over the course of the following three weeks as the fruit slowly ripened, they picked their way down to the lowest part of the vineyard. The grapes were fermented in stainless steel, and then aged in 60% French and 40% American oak barrels for just over a year and a half.

Technical Notes...

- Varietal: 94% Zinfandel, 6% Syrah
- Appellation: Sonoma Valley
- Vineyard: Historic Jack London Vineyard located on the west side of Sonoma Valley on Sonoma Mountain.
- Acidity/pH: 6.5 / 3.65
- Alcohol: 14.5%
- Aging: 20 months in 60% French & 40% American oak barrels
- Bottled: May 2012 ♦



Terra d'Oro
2010 Zinfandel

Amador County, California

www.terradorowinery.com/



Wine Description...

Terra d'Oro Amador Zinfandel exhibits the classic Sierra Foothills Zinfandel characteristics that are unique to this region. This savory zinfandel displays vibrant aromas of spicy clove, allspice, mocha, dark cherry and hints of vanilla. Flavors of juicy blackberries and plums, white pepper and cinnamon excite the senses with a round mouthfeel of well integrated tannins on the finish.

Winemaker Notes...

At Terra d'Oro, the Zinfandel vineyards are carefully handpicked and brought to the winery for processing. Cold soaking for up to three days allows water to break down the cell walls of the grape skins, extracting flavors, color, and aromas. The fermentors are drained and returned three times, resulting in more extraction than merely pumping over the tanks. After gentle tank pressing, the wine is aged in a combination of Hungarian, French and American oak for 15 months resulting in sweet butterscotch and caramel notes with hints of exotic spice.

Food Pairing...

This wine is rich and powerful, but incredibly well-balanced and pairs well with a multitude of dishes. Terra d'Oro Amador Zinfandel is the perfect complement to chile-glazed flank steak or harissa pork roast.

Technical Notes...

- Varietal: 94% Zinfandel, 4% Petite Sirah, 2% Teroldego
- Appellation: Amador County
- Acidity/pH: 5.9 / 3.68
- Alcohol: 14.5%
- Production: 9,815 cases
- Release: May 2012 ◆



Green Flash
Donated Calamari
Pacific Beach, California

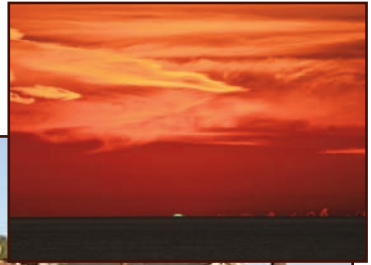


www.greenflashrestaurant.com

Ocean Front Patio Dining...

Originally established in 1965 as Armando's Snack Bar Café, the restaurant was renamed "The Green Flash" in 1990 by the Gemora family. The idea for the name came after many years of enjoying Oceanfront sunsets and witnessing the natural phenomenon known as the "Green Flash."

Experience your own "Green Flash" while dining on our patio or relaxing in our bar. Remember, if you don't see one this time, you will always have another chance on your next visit. ◆



Big White Ski Resort
Donated White Wine Logo Glass
Kelowna, BC, Canada
www.bigwhite.com

Big White celebrates its 50th year!

Solé Arte Mineral Sparkling water

Lombardy, Italy

www.solewater.com



About Solé Water...

A premium Italian bottled mineral water, Solé water flows from the same pure and pristine Alpine source today as it has done for centuries. A family run operation in Lombardy, Italy, ensures that each bottle produced is as pure as its beginnings.

With its low sodium content and slightly sweet taste, Solé is as close to nature as mineral water can get. Available in a choice of both sparkling and still and in a broad range of sizes and styles, including the contemporary Arte range, Solé is the number one choice for the discerning restaurateur wanting a premium water to complement the dining experience.

The Family Ethos...

The source of Solé, located at the heart of the village of Nuvolento in Lombardy, is a family operated business with a long-standing awareness of environmental and social concerns.

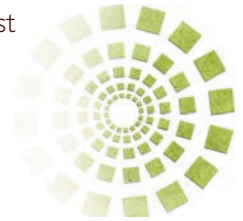
Naturalness has historically been a core part of Fonte Solé's ethos – the natural mineral water they bottle flows directly from the Source into the bottling production line with only the addition of CO₂ (itself harvested from a natural process) to create the renowned delicate taste.

The Source of Life...

Around the year 1000, the population of Nuvolento was ravaged by plague. At the time the area was under the control of Benedictine monks and they built their monastery near a water source. After the epidemic was over, the monks noticed that the only people surviving the plague were those with access to the water from the source near the monastery. They then decided to name that part of the country "Sum". The existing convent on the site of the old monastery and the road named "Antica Fonte", "Ancient Way of the Source" gives credence to this legend. ♦

Special Thanks to Our Sponsors

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