



Pacific Rim Alliance presents the 15<sup>th</sup> Annual

# Can Do MS Wine Maker Dinner

In memory of Jimmie Hevga

**October 3, 2015, 5 PM**

**100% of proceeds to benefit Can Do MS**

# Can Do MS Wine Maker Dinner

10818 Viacha Dr., San Diego, CA

October 3, 2014, 5 PM

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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. ♦



**I AM. I CAN. I WILL.**

## 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:



**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.

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

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 [mscando.org](http://mscando.org). ♦

**IRS 501(c)(3) Number 74-2337853**

**Can Do MS, 27 Main Street, Suite 303, Edwards, CO 81632**

**[www.mscando.org](http://www.mscando.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](http://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. ◆

IRS 501(c)(3) Number 84-1436524  
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.

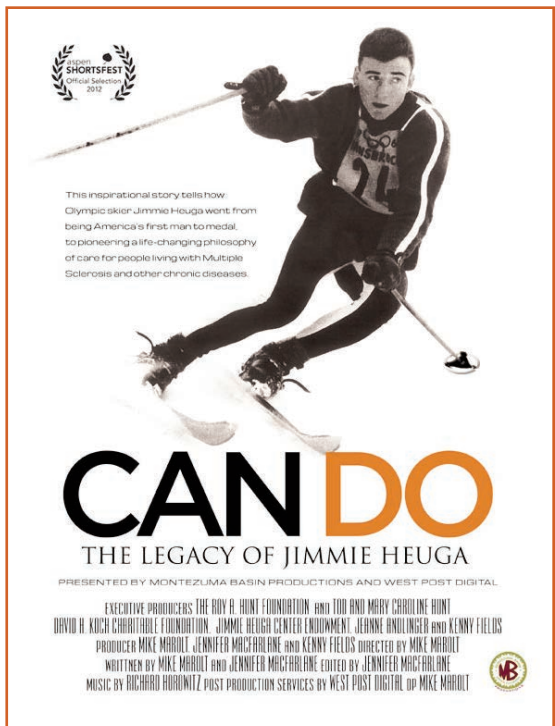
Olympic skier Jimmie Heuga will inspire you in this story of one man's battle to live with the debilitating effects of a chronic disease.

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 soon. ♦

# Menu

## Appetizers

### Taittinger Brut La Francaise

Cream Cheese topped with a Roasted Pineapple Habanera  
Creamy Artichoke & Jalapeño Dip  
Jacami, Pumpkin Tortilla Chips and Milton Crackers



## Starter

### 2013 Chalk Hill Chardonnay

Roasted Beet & Mozzarella Caprese  
Micro Greens, Sicilian Lemon Vinegar, Blood Orange Infused Oil

## Salad

### 2013 Isabel Mondavi Chardonnay

Grilled Smokey Romaine, Chopped Roma Tomatoes,  
Haas Avocados, Scallions, Bacon, with Blue Cheese Vinaigrette

## Soup

### 2012 Firestone Syrah

Mary & Gene's Signature Gazpacho  
Topped with Cilantro and sliced Avocado

## First Entrée

### 2013 Kenwood Russian River Valley Pinot Noir

### 2013 Lincourt Lindsay's Vineyard Pinot Noir

Baked Salmon, Yogurt & Lime Zest, Asian Slaw of Red Cabbage &  
Broccoli Matchsticks, Cilantro, Roasted Cauliflower

## Sorbet Trio

Blood Orange, Mango, Raspberry Trio

## Second Entrée

### 2007 Campo Viejo Gran Reserva Rioja

Grilled Herb Seasoned Pork Tenderloin with Raisin Date Chutney  
Oven Roasted Fingerling Potatoes in Olive Oil & Thyme  
Steamed Broccoli Mini Crowns tossed in Garlic Butter

## Dessert

### 2011 Kenwood Jack London Cabernet Sauvignon

Chocolate Chip Fudge Brownie, Vanilla Ice Cream, Carmel on Whipped Cream

## Solé Arte Sparkling Mineral Water

Taittinger  
**Brut La Française Champagne**  
Reims, France  
[www.taittinger.com](http://www.taittinger.com)



### Wine Description...

Taittinger Brut La Française is a blend of Chardonnay, Pinot Noir and Pinot Meunier wines from at least 35 villages. The high proportion of Chardonnay (40%) is unique among fine nonvintage Champagnes.

The presses are located in the vineyard for immediate pressing of the fruit after the manual harvest, and the resulting must is cold fermented under temperature-controlled conditions. After resting until the end of winter, the wine is blended, and then the final cuvée undergoes a second fermentation in the bottle in Taittinger's cool cellars.

The aging of Brut La Française on the lees for almost 4 years more than doubles the legal minimum of 15 months. This extra time in the cellars allows the wine to reach the peak of aromatic maturity, and the result is a delicately balanced Champagne, known for its consistently excellent quality.

### Tasting Notes...

This wine has a subtle, pale gold color with fine, persistent bubbles. It is delicate, with aromas of peach, white flowers, vanilla pod, and brioche on the nose and flavors of fresh fruit and honey on the palate.

Excellent as an aperitif or with foods such as seafood and white meat.

### Technical Notes...

- 40% Chardonnay
- 35% Pinot Noir
- 25% Pinot Meunier ◆





Chalk Hill  
2013 Chardonnay  
Sonoma Coast, California  
[www.ChalkHill.com](http://www.ChalkHill.com)



### Wine Description...

This 2013 Sonoma Coast Chardonnay is light golden in color and displays expressive fruit aromas of yellow apple, lemon curd and a nice minerality. The bouquet is further complexed by toasted bread, marzipan, and crème brulee with an oak finish. This Chardonnay is quite elegant with its mineral style, akin to a White Burgundy on steroids! Fruit forward and a rich textural body make this complex wine a real crowd pleaser.

### Vineyard Notes...

This 2013 Sonoma Coast Chardonnay comes from extraordinary vineyards throughout Sonoma County consisting primarily of Foley Family estate vineyards. Our Sonoma Coast Chardonnay features fruit from some of the best sites in Carneros, Chalk Hill, lower Sonoma Valley and the Alexander Valley.

### Winemaker Notes...

2013 was our first, more normal vintage (temperature wise) in a long time! It was a mild winter with adequate rainfall. Spring was normal with a good set in mid- to late May. June and July were mild to warm; with August being cool and foggy.

### Technical Notes...

Varietal:	Chardonnay
Appellation:	Sonoma Coast
Harvest Date:	September 18 - October 16, 2013
Sugar	23.6° Average Brix at harvest
Acid / pH:	5.6 g/L / 3.57
Aging:	9 months in Hungarian, French and American oak, 32% new
Fermentation:	100% Malolactic fermentation with regular batonnage
Alcohol:	14.70% ♦



FOLEY FAMILY WINES

Isabel Mondavi  
2013 Chardonnay  
Carneros, California  
[www.imwines.com](http://www.imwines.com)



### Wine Description...

The Isabel Mondavi Chardonnay is lucid, pale gold in color with aromas of pear, apple, vanilla and honey. It's medium-bodied with lively acidity, plenty of sunny California fruit and subtle toasty notes. It pairs well with roast pork chops, seared scallops or as an aperitif with aged Gruyère cheese.

### Vineyard Notes...

The southernmost Carneros district of Napa Valley is also the coolest part of the valley, where rolling hills ascend from San Pablo Bay, an extension of San Francisco Bay. Foggy mornings and cool midday temperatures make Carneros an ideal area for growing Chardonnay and Pinot Noir.

### Winemaker Notes...

A warm, dry spring in 2013 brought early bud break, helped with canopy vigor and berry size, and created ideal conditions for flowering and fruit set under sunny skies. With the exception of one heat spike in late June to early July, temperatures were consistently in the zone for optimal vine activity, resulting in notably healthy vines as fruit went through veraison and throughout ripening.

The wine displays a light golden hue in the glass with delicate aromas of pear, apple, vanilla, and honey. In the mouth, the wine is medium-bodied and nicely balanced, with acidity and a toasty mid-palate in harmony with fresh fruit flavors. The wine finishes gracefully and invites you back for more.

### Technical Notes...

Varietal:	100% Barrel-Fermented Chardonnay
Appellation:	Carneros
Acidity / pH:	6.5 g/L / 3.57
Alcohol:	13.9% ◆

ISABEL MONDAVI

# Firestone 2012 Syrah

Santa Ynez Valley, California

[www.firestonewine.com](http://www.firestonewine.com)



## Wine Description...

This dark ruby 2012 Syrah boasts lively aromas of blackberry, cassis and black cherry with hints of smoky nutmeg and toasted coconut. Luxurious tannins and a rich mouthfeel round out the concentrated flavors of black cherry, black currant, allspice, toasted coconut and dried olives for a bold finish. Pair this with grilled steak for a hearty meal.

## Vineyard Notes...

Founded in 1972, Firestone was the first major estate winery to sink roots in the Santa Ynez Valley. The winery's proximity to the Pacific Ocean, a mere 26 miles to the west, ensures a relatively mild and arid climate throughout the year. The moderate weather and complex, rocky soils make this a perfect setting for our 325 acres of Bordeaux, Rhone and Burgundian varieties.

## Winemaker Notes...

The 2012 growing season was more by-the-book than we have experienced in recent years. A mild winter with modest rainfall was followed by a warm, sunny California summer. The weather afforded our vines the opportunity to grow without the stress of an extreme environment. The end result is a line up of some of the most varietally sound, delectable wines we have ever produced.

## Technical Notes...

Varietal:	92% Syrah, 82% Grenache
Appellation:	Santa Ynez Valley
Acidity / pH:	6.6 g/L / 2.68
Alcohol:	14.3%
Ageing:	22 months in French, Hungarian and American oak, 35% new
Case Production:	2,708 cases
Bottling Date:	June 26, 2014 ♦



**FOLEY FAMILY WINE!**

Kenwood

## 2013 Pinot Noir

Lindsay's Vineyard, Sta Rita Hills, California

[www.kenwoodvineyards.com](http://www.kenwoodvineyards.com)



### Wine Description...

Bright fruit flavors of red currant, plum and ripe cherry join aromatic notes of clove and vanilla. Rich body with delicate well-integrated tannins lead to a smooth and elegant finish.

### Winemaker Notes...

The Pinot Noir used to craft this delicious wine was sourced from Sonoma County's renowned Russian River Valley viticultural appellation. The Russian River empties into the Pacific Ocean and serves as a channel for the cool ocean fog to move inland from the coast. The soil combined with the ocean's cooling influence creates ideal conditions for growing Pinot Noir.

Similar in many respects to the previous vintage, the 2013 vintage provided lush ripe fruit with rich color and body. Picked at the peak of flavor in late September and early October, ten percent of the harvest underwent whole-berry fermentation in stainless steel tanks to preserve the fruity flavors of the grape. The wine was then aged in newer French oak barrels for 10 months. This vintage of our Pinot Noir offers a delicious array of berry fruit flavors combined with rich body and smooth tannins, creating an exceptionally enjoyable wine.

### Tasting Notes...

This refreshing, fruity Pinot Noir is wonderfully versatile and pairs well with a wide variety of foods, including pork, chicken, lamb and grilled wild salmon.

### Technical Notes...

Varietal:	98% Pinot Noir, 2% Syrah
Appellation:	Russian River Valley
Acidity / pH:	5.8 g/L / 3.66
Aged:	10 months in 1 to 3 year old French oak barrels
Alcohol:	13.5% ♦

**KENWOOD**  
V I N E Y A R D S

Lincourt

## 2013 Pinot Noir

Lindsay's Vineyard, Sta Rita Hills, California

<http://www.lincourtwinest.com>



### Sustainability...

At Lincourt, they believe that a vibrant, living environment has a positive effect on the health of the vines and the character and quality of the wines.

To ensure the vitality of their land and the authenticity of their wines, they use sustainable methods in all of their farming, winemaking and business practices.

### Winemaker Notes...

2013 was a prolific vintage, abundant in quality and quantity of fruit. It was a dry season that had mild rainfall during the beginning of spring. Only few incidents of frost and an early bud break set the stage for ideal conditions with an extended growing season to achieve optimal vine balance and fruit ripeness.

The weather was consistently warm with no major heat spikes, which helped prevent disease pressure.

### Tasting Notes...

2013 Lindsay's Pinot Noir displays enchanting aromas of earthy cedar, bright boysenberry fruit and black pepper. The moderate tannins are wrapped around a combination of dark plum and cran-raspberry flavors that finish into lingering notes of sweet tobacco leaf and black pepper.

### Technical Notes...

Varietal: Pinot Noir  
Vineyard: Lindsay's Vineyard  
Appellation: 100% Sta. Rita Hills  
Aging: 11 months in French Oak,  
25% new  
Acidity/pH: 7.0 / 3.47  
Alcohol: 14.5% ♦



FOLEY FAMILY WINES

Campo Viejo

2007 Rioja

Logrono, Spain

[www.campoviejo.com](http://www.campoviejo.com)



### Wine Description...

Indigenous to Rioja, Tempranillo is the region's signature grape. It's name comes from the word "Temprano", meaning 'early' in Spanish, because it ripens before the Garnacha grape with which it is usually associated.

### Winemaker Notes...

- Fermented in stainless steel vats at a controlled temperature of around 28°C.
- Maceration with skins for approximately 20 days.
- Aged for 24 months in French oak barrels (80%) and American casks (20%).
- Thirty-six months rounding off in the bottle cellar

### Tasting Notes...

- Ruby red with a gold-tinged rim. Deep, vibrant colour.
- Complex nose. It retains the ripe red-berry fruit aromas of blackberries, blueberries, and black plums extraordinarily well. Gradually it opens up to reveal smoky, toasted wood nuances, with spices and hints of minerals and tobacco.
- Smooth mouth-feel, with sweet, polished tannins.
- A long elegant, perfumed finish with final hints of coffee with chocolate.
- Pair with red meat, game, grilled foods and strong cheese. Serve at 61-63°F.

### Technical Notes...

Varietal: 85% Tempranillo, 10% Graciano, 5% Mazuelo  
Appellation: Rioja, Spain  
Acidity/pH: 6.1 / 3.64  
Alcohol: 13.5%  
Aging: Aged for 24 months in French oak barrels (80%) and American casks (20%) ◆



## Kerwood Jack London

### 2011 Cabernet Sauvignon

Sonoma Mountain, California

[www.kenwoodvineyards.com](http://www.kenwoodvineyards.com)



### Wine Description...

Fruity aromas of dried cherries and black raspberries combine with aromatic notes of thyme, sage and a touch of mint vanilla. The wine has a rich, full-bodied mouthfeel with 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 vintage of 2011 had mild growing conditions and the Jack London Vineyard produced a light crop load. The fruit was harvested over the course of several weeks in late September/early October as each vineyard block attained its maximum flavor and ripeness. After fermentation, the young wine was pressed and settled before being placed in barrels for aging. The resulting wine has rich mouthfeel, as well as powerful aromatics and fruit flavors. The wine is drinkable now, but should continue to develop for an additional five years.

### Technical Notes...

- Varietal: 91% Cabernet Sauvignon, 9% Merlot  
Appellation: Sonoma Mountain  
Vineyard: Historic Jack London Vineyard located on the west side of Sonoma Valley on Sonoma Mountain.  
Acidity/pH: 6.1 / 3.64  
Alcohol: 14.5%  
Aging: 25 months in 70% French oak and 30% American oak barrels ◆



# Solé Arte Mineral Sparkling water

Lombardy, Italy

[www.solewater.com](http://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 CO<sub>2</sub> (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

Kobrand Wines & Spirits	<b>Chris Himmelberg</b> , Taittinger
Folio Wine	<b>Ashley Arroyo</b> , Isabel Mondavi
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Foley Family	<b>Justin Sternberg</b> , Chalk Hill, Lincourt, Firestone
Solé Arte Water	<b>Eric Finn</b> , Solé Water
Dinner Program	A Cat's Meowz Graphic Deizgnz, San Diego
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Hosts	Gene Fulkerson & Catherine Ohl
Chefs	Mary Trimmins, Executive Chef Gene Fulkerson, Sous Chef



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- Book your lodging with Big White
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  - Big White can assist you
- Send \$75 USD for the PARTY FUND to
  - Pacific Rim Alliance, Attn: Gene Fulkerson  
10818 Viacha Dr., San Diego, CA 92124

### Trip Includes—

- One **FREE** lift ticket for every night booked
- Per person based on two per room
- VIP card for in-resort discounts

### \$75 Party Pack Includes—

- One group dinner
- Apres ski parties
- Tubing night
- and more

### About White Crystal Inn (hotel room)—

- Nightly room rate is \$161 CAD + tax for TWO (dbl occ)
  - That's about **\$77 USD\* pppn (includes tax)**
- Ski-in / Ski-out located in the Village Center
- 2 Queen Beds, mini-fridge, coffee maker
- On-site Sante Bar & Grill
- Hot tub & lockers

### About Stonebridge Lodge (2 bedroom condo)—

- Nightly room rate is \$450 CAD + tax for FOUR (2/room)
  - That's about **\$108 USD\* pppn (includes tax)**
- Ski-in / Ski-out located in the Village Center
- 2 Bedrooms + 2 Baths— 1 Queen and 2 Queen Beds
- Full Kitchen & Fireplace
- Private Hot Tub & Locker

### Need a roommate? Need condo mates? Need HELP?

- Contact Gene at **858-467-9469** or [gene@pacificrimalliance.org](http://gene@pacificrimalliance.org)



### About Big White—

- 25 feet annual dry powder.
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  - Around \$450 with stop in Vancouver
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- **Air Canada**
  - From \$450 from LAX with stop in Calgary

### Air Options from San Diego—

- **Alaska**
  - From \$486 with stop in Seattle, WA

Save the date...

**October 1, 2015, 5 PM**  
2016 Wine Maker Dinner for MS





*Big White Ski Resort*  
**Donated White Wine Logo Glass**  
Kelowna, BC, Canada  
**[www.bigwhite.com](http://www.bigwhite.com)**

Join us in Big White April 1–10, 2016  
See back inside cover



[acatmeowz.com](http://acatmeowz.com)

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