

Pacific Rim Alliance presents the 11th Annual
Can Do MS Wine Maker Dinner

In memory of Jimmie Hevqa
October 1, 2011, 5 PM



100% of the proceeds donated to Can Do MS



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Can Do MS Wine Maker Dinner

10818 Viacha Dr., San Diego, CA

October 1, 2011, 5 PM

Can Do MS

- ◆ About Can Do MS1
- ◆ About Jimmie Heuga2

Menu 3

Wine Maker Notes

- ◆ **Piper Heidsieck**
Brut Champagne (Non-Vintage)
Reims, France 4
- ◆ **Terra d'Oro**
2008 Sangiovese
Amador County, California 5
- ◆ **Terra d'Oro**
2007 Barbera
Amador County, California 6
- ◆ **Valley of the Moon**
2008 Cuvée de la Luna Cabernet Sauvignon
Sonoma County, California 7
- ◆ **Cakebread Cellars**
2009 Sauvignon Blanc
Napa Valley, California 8
- ◆ **Kenwood Jack London**
2008 Zinfandel
Sonoma Valley, California 9
- ◆ **Kenwood Jack London**
2008 Cabernet Sauvignon
Sonoma Valley, California 10
- ◆ **Solé Arte Mineral Sparkling Water** 11

Past Dinner Highlights12

Mary & Gene's Gazpacho Recipe13

Ahi Tataki Crisp14

Thank You 15

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. The 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.

Spouses, family members or friends are encouraged 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.

CAN DO 2® Program — Currently, CAN DO MS is in the process of redesigning the CAN DO 2 programs to help even more people discover what is possible with MS. Please continue to check back on the web site to learn about the Can Do 2 program improvements.

JUMPSTART® Program — JUMPSTART is an educational and interactive program in which you and your support partner will learn the knowledge, skills and tools to adopt healthy lifestyle behaviors and actively co-manage your MS. Each JUMPSTART program is customized and covers topics ranging from how to deal with cognitive and fatigue issues to goal-setting, nutrition, exercise and maintaining emotional well-being.

Webinar Series – Can Do MS's new webinar series is an informative and accessible program for people with MS and their support partners to see beyond their MS by gaining the knowledge and tools to adopt healthy lifestyle behaviors, actively co-manage their MS and live their best lives. This program is offered monthly and at no charge to participants.

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

www.mscondo.org • (970) 926-1290 • (970) 926-1295 FAX ◆

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.

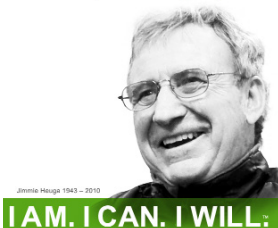
Jimie began noticing symptoms of what would later be diagnosed as Multiple Sclerosis (MS) in the spring of 1967, experiencing vision problems and numbness. After competing in the 1968 Olympics, he joined the professional racing circuit, still hindered by mysterious symptoms. In 1970 he finally received 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**.

Jimie 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 sons Wilder, Blaze and Winston. ♦

Remember | Celebrate | Empower



Menu

Appetizers

Piper Heidsieck Brut Reserve Champagne

Artichoke Jalapeno Dip & Onion Dip with Milton Crackers
Mediterranean Tapenade, Antipasto Tray of Cheeses & Olives

Starter

2008 Terra d'Oro Sangiovese

Thinly sliced seared Ahi on a Crispy Wonton topped with Ahi, diced Cucumber, toasted Sesame Seeds and Scallions in an Orange Soy Sauce topped with a Spicy Lime Mayo

Salad

2007 Terra d'Oro Barbera

Arugula and Organic Spring Mix of Greens with sliced Figs, Candied Pecans, wedge of Gouda tossed with a Champagne Dressing

Soup

2008 Valley of the Moon Cuvée de la Luna Cabernet Sauvignon

Mary and Gene's Famous Gazpacho
Fresh Tomatoes, Cucumbers, Garlic, Onions, Green Peppers

First Entrée

2009 Cakebread Sauvignon Blanc

Grilled Tiger Prawn Kabob with grilled white Peaches, Mango, Papaya Relish
Roasted Baby Bok Choy and Rice Pilaf

Sorbet Trio

Mango, Peach, Zesty Lemon

Second Entrée

2008 Kenwood Jack London Zinfandel

Roasted Pork Tenderloin with a Jack Daniels and Cuarenta Y Tres Cherry Glaze
Russet Mashed Potatoes with Goat Cheese & Thyme, sauteed Green Bean Almondine

Dessert

2008 Kenwood Jack London Cabernet Sauvignon

Warm Chocolate Brownie, Double Vanilla Ice Cream with Chocolate Ganache

Solé Arte Sparkling Mineral Water

Piper Heidsieck
Brut Champagne
 Reims, France
www.Piper-Heidsieck.com



Wine Description—

Every since the Brut Champagne was first created, back in 1785, the Piper Heidsieck winemakers have worked with the same unrelenting passion to create this unique and unmistakable union of elegance, crispness, radiance and exuberance.

What's the secret formula? A blend of fifty crus vinified separately and then secretly blended in their cellars.

On the Nose. The very first impressions are of bright, fresh mornings. It is reminiscent of spring blossom such as hawthorn. They lead into more fruity notes such as summer apple and pear, then citrus, with hints of warm toastiness.

On the Palate. The first impression is lively and fresh. The citrus notes take on a certain maturity. There is passion with gentleness, lightness with spontaneity.

Wine Maker Notes—

The majority of the blend of Piper-Heidsieck signature Cuvee Brut is composed of Pinot Noir. Hand selected parcels of Pinot Meunier and Chardonnay also play important roles in the elaboration of this well-balanced cuvee. Selected reserve wines from preceding years are incorporated into the blend to ensure consistency of style year after year. The blend is aged for minimum 24 months on the lees before release. ♦



Terra d'Oro
2008 Sangiovese
 Amador County, CA
www.terradorowinery.com



Wine Description—

Sangiovese has a long history of being widely planted in Italy, particularly in Tuscany where it is used in Chianti production. The grape was brought to California by Italian settlers during the Gold Rush in the late 1800s.

Amador County's warm summer days and rocky shallow soils are well suited to the varietal but it is not without considerable attention. Terra d'Oro's shallow topsoil helps prevent plant vigor; but nevertheless, Vineyard Manager Kevin Steward and his crew groom the Sangiovese vineyards two to three times after veraison, dropping clusters to minimize crop and increase concentration and color.

Sangiovese's reddish berries are notoriously thin skinned and highly susceptible to sunburn. Careful care is taken with trellising and irrigation to maintain a healthy canopy to shade the finicky fruit

Winemaker Notes—

Aged 15 months in American oak barrels, 40% were "second fill" barrels, which provide a more subtle oakiness than new. This is well suited to Sangiovese, as it tends to soak up oak characters very easily. By using a small amount of gentle oak, it integrates more smoothly, keeping the focus on varietal character.

The 2008 Terra d'Oro Sangiovese is bright and juicy with aromas of cherries, Holiday spices and sweet blueberries. The palate is warm and inviting with silky tannins and a refined finish. This Sangiovese pairs beautifully with beef; try serving with burgers topped with a creamy goat cheese.

Wine Profile—

Date: October 2, 2008
 BRIX 25.7, TA 077G/100ML, PH 3.68
 Alcohol: 14.5% ♦

Terra d'Oro
2007 Barbera
Amador County, CA
www.terradorowinery.com

Wine Description—

Long celebrated in the Piedmont region of Northern Italy for its role in Barbera d'Alba and Barbera d'Asti, Barbera has found a home in the rolling foothills of Amador County.

By no means new to the state, Barbera is the sixth most planted red grape in California. However, it has only recently graced the stage of varietal bottlings. Loved by table wine producers for its acidity, when crop loads are carefully managed Amador Barbera produces elegant wine with layers of soft fruit, exotic spice, and voluptuous mouth feel.

After years of being mistaken as the name of the winemaker's wife, Amador Barbera is winning new fans from coast to coast. Get to know Barbera, once you've had one you'll never go back.

Wine Making Information—

Terra d'Oro Barbera was fermented in stainless steel for a full two weeks, extracting maximum color and flavor. For this vintage, French, Hungarian, and American sources were used in a truly international oak program. Aging in small oak barrels gently integrates toasty oak aromas and flavors with the rich, juicy fruit.

Wine Maker Notes—

Terra d'Oro Barbera is elegant and bold yet fun and universally approachable. Rich, ripe cherries, spice, and toast coalesce into a single sensation of olfactory bliss. Each soft, juicy sip is more complex yet comforting than the last. An exemplar of the varietal, this wine will gently knock your socks off.

Black plum aromas are laced with toasty coconut and graham cracker spice. Barbera's super soft tannins and brisk acidity make for a phenomenal food wine. Pair Terra d'Oro Barbera with a variety of cuisine ranging from Indian to Thai to... Italian, of course! ♦



Valley of the Moon
2008 Cuvée de la Luna Cabernet Sauvignon
Sonoma County, California
www.ValleyOfTheMoonWinery.com

Wine Description—

Aromas of black cherry and plum mingle with notes of bay leaf, anise and sweet tobacco. Concentrated black fruit and savory herb flavors are enhanced by crushed black pepper and an earthy mushroom background. Supple tannins and balanced acidity provide excellent structure to this elegant and complex blend.

Wine Maker Notes—

The 2008 Cuvée de la Luna Cabernet Sauvignon includes the traditional Bordeaux varietals Merlot and Malbec to create a wine of exceptional depth and character. The Winemaker's goal is to assemble a blend showcasing the best that each vintage has to offer in a Cabernet Sauvignon worth of "reserve" status and graceful aging.

For this year's blend, individual barrel lots were chosen predominantly from vineyards in the Sonoma Valley and on Sonoma Mountain. Small amounts of Dry Creek Valley Cabernet Sauvignon and Merlot round out the blend.

The fruit for this wine was harvested in September and October at the conclusion of the exceptional 2008 growing season. After fermentation in stainless steel tanks, the wine was aged for twenty-four months in French, Hungarian and American oak barrels.

Wine Profile—

Composition: 80% Cabernet Sauvignon, 15% Merlot, 5% Malbec.

Aging: Twenty-four months in French, Hungarian and American oak barrels.

Alcohol: 14.5%, Total Acidity: .66, pH: 3.2. ♦



Cakebread Cellars

2009 Sauvignon Blanc

Napa Valley, California

www.cakebread.com



Wine Description

Cakebread sources the grapes for their Sauvignon Blanc from throughout Napa Valley, with a large concentration coming from their estate vineyards in Rutherford, Calistoga and Carneros. The superb fruit from these sites allows them to produce a full-bodied, crisp and complex Sauvignon Blanc boasting distinctive varietal character. In 2009, as in past vintages, they blended in small amounts of Semillon (which enriches the wine's mid-palate, softens its acidity and contributes a pleasing citrus tone) and Sauvignon Musqué, an aromatic clone of Sauvignon Blanc that adds a bright, floral note to the wine's bouquet.

Wine Maker Notes—

The grapes were night-harvested at cool temperatures to preserve their fresh, vibrant flavors and ensure an ideal balance of sugar and acidity. After the fruit arrived at the winery, they immediately pressed the whole clusters to maximize varietal character while minimizing the extraction of astringent compounds from the skins. Eighty-two percent of the juice was tank-fermented, while 18% was fermented in neutral oak barrels. Subsequently, 95% of the wine aged five months in neutral barrels to enrich its texture while optimizing varietal intensity.

Food Pairing—

While this classic Napa Valley Sauvignon Blanc makes a wonderful apéritif wine, it also is delightful with a wide range of foods, including shellfish, pan-fried trout and snapper, Caesar Salad, roast chicken and turkey, and pasta primavera. Enjoy it now or age for 2-4 years.

Wine Profile—

91% Sauvignon Blanc, 5% Semillon, 4% Sauvignon Musque.
Alcohol by Volume: 14.1%, Acid: 0.64g/100ml, pH: 3.32. ♦

Kenwood Jack London

2008 Zinfandel

Sonoma Valley, California

www.kenwoodvineyards.com



Wine Description—

Intense aroma of boysenberry accented by hints of white pepper; rich viscous body with flavors of dried cherries and a long excellent finish. Long recognized for its superior red wines, the first Zinfandel was produced from the Jack London Vineyard in 1988.

Located on Sonoma Mountain with a southeasterly exposure, the climatic conditions and long, cool growing season of this viticultural area create complexity and balance in the fruit. The influence of the vineyard's red volcanic soil and the fruity characteristics of the grapes combine to produce an excellent, very distinctive Zinfandel.

Winemaker Notes—

The growing season of 2008 provided excellent weather and a lighter crop than usual. By late September the Zinfandel located at the highest part of the vineyard was ready and harvesting began.

Over the course of the following three weeks as the fruit slowly ripened, the grapes were picked down to the lowest part of the vineyard.

The grapes were fermented in stainless steel, and then aged in French and American oak barrels for 19 months.

The wild berry and spice flavors of this rich and elegant Zinfandel are a perfect complement to tomato sauce dishes, grilled fish and steak, and rich chocolate desserts.

Wine Profile—

Alcohol: 14.5%. ♦

Kenwood Jack London
2008 Cabernet Sauvignon
Sonoma Valley, California
www.kenwoodvineyards.com

Wine Description—

Complex aromas of cassis, black tea, mint and olive combine with well-structured tannins that provide an excellent mouth feel and a lingering finish.

Wine Maker Notes—

Since the 1977 vintage, Kenwood Vineyards has been sole producer of the distinctive wines from the vineyards of Jack London's historic ranch. Located above the small town of Glen Ellen in the Sonoma Valley, the vineyard's unique red-volcanic soil vineyard grows grapes with full-bodied texture and exceptional flavors vintage after vintage.

The 2008 vintage had a relatively small crop and weather that began with a dry spring, followed by a mild summer. The fruit was harvested at the peak of ripeness in late September and early October. After fermentation, the young wine was pressed and settled before being placed in barrels for ageing. The resulting wine has rich mouth feel as well as powerful aromatics and fruit flavors. Delicious now, this Cabernet will continue to develop and improve for at least a decade.

Food Matching—

The intense and elegant flavors of the 2008 Jack London Cabernet Sauvignon complement a variety of hearty entrées, including steak, lamb and roasted meats.

Wine Profile—

Composition: 97% Cabernet Sauvignon, 3% Merlot
Appellation: Sonoma Valley
Aging: 25 months in 65% French and 35% American oak barrels
Acid/pH: 6.6/3.65
Alcohol: 14.5%
Bottled: February & March of 2011 ♦



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.

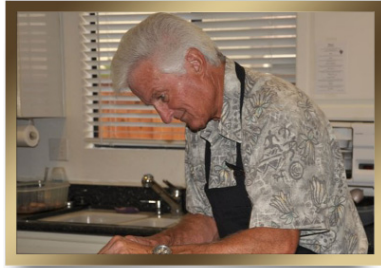
The Source of Life—

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. ♦

Past Dinner Highlights



This is Mary's 5th year serving as our executive & creative chef. We love you Mary!



Gene originally started the ball running on this event. He was our chef before Mary.



Claudia was our very first sign-up. By the time the event rolled around, she forgot all about it.



Mark and Linda has supported this event since the beginning.



Kenwood / Heck Estates has donated 2 - 3 different wines every year. Thanks everyone.



The tables are all set and waiting for our guests and supporters.

Mary & Gene's Gazpacho

Ingredients—

- 1/2 Cucumber— Coarsely Grated
- 1/2 Green Bell Pepper— Seeded and Finely Chopped
- 1 lb Tomatoes— Peeled or
14 oz can Chopped Tomatoes
- 1/2 Onion— Coarsely Chopped
- 2-3 Garlic Cloves— Minced
- 3 tbsp Olive Oil
- 2 tbsp White Wine Vinegar
- 1-2 tbsp Lemon or Lime juice
- 2 tbsp Tomato Paste
- 2 cup Tomato Juice
- Salt & Pepper to taste

Directions—

Coarsely grate the cucumber into a large bowl and add the chopped green bell pepper.

Process the tomatoes, onion and garlic in a food processor or blender; then add the oil, vinegar lemon or lime juice and tomato paste and process until smooth

Garnish with chopped red or yellow bell pepper; thinly sliced onion rings or garlic croutons.

Makes 6 servings. ♦



P.F. Chang's Tuna Tataki Crips

Ingredients—

12 oz	Ahi Tuna Block
4 oz	English Cucumber, peeled and diced
1 tbsp	Scallions (green part only), sliced thin
3/4 tsp	Toasted Sesame Seeds
10	Wonton Skins
2 c	Peanut Oil
1 tsp	Olive Oil
	Cilantro leaves, no stems
1-1/4 tbsp	Orange Soy Sauce (see recipe)
	Spicy Lime Mayo (see recipe)



Directions—

Take tuna and cut off a little less than half, so you have about a 5-oz. piece left. Rub smaller piece with olive oil and season with salt and pepper.

Heat a nonstick pan over medium heat and place the seasoned tuna in the pan, searing for 1 minute. Turn over and let sear for another minute. Using tongs, sear on the thin edges of the tuna for 1 minute each. All sides with the exception of the ends should not be seared. Place in refrigerator to cool.

Take remaining tuna block and chop into 1/4 x 1/4-inch pieces. Mix diced tuna, cucumber, scallions, toasted sesame seeds and orange soy sauce gently in a clean metal bowl. Place in refrigerator.

Heat vegetable oil in medium saucepan over low heat. Deep fry wontons for about 45 seconds to 1 minute until crispy and light brown. Place on paper towel to drain oil. Reserve for assembly.

Take cooled, seared tuna and slice very thin. Place sliced seared tuna slice on crispy wonton triangle. Place 1 tbsp of marinated tuna mixture in the center of the crisp on top of sliced tuna. Using a small spoon, place a small dollop of spicy lime mayo sauce on top of marinated tuna, garnish with a cilantro leaf. Serve within 15 minutes of assembly so wontons stay crisp.

Orange Soy Sauce—

1/4 c	Soy Sauce
1 tsp	Fresh Ginger, minced
1/4 tsp	Sesame Oil
1/2 tsp	Orange Zest
1 tsp	Lime Juice, fresh squeezed
1 tsp	Rice Vinegar

Spicy Lime Mayo—

1 c	Mayonnaise
2-1/4 tsp	Sriracha Hot Sauce
1/4 tsp	Soy Sauce
1/2 tsp	Lime Juice, fresh squeezed
3/4 tsp	Rice Vinegar

Mix all well in small mixing bowl.

Mix all well in small mixing bowl.

Special Thanks to Our Sponsors

Piper Heidsieck

Kenwood Jack London

Valley of the Moon

Terra d'Oro

Cakebread Cellars

Solé Arte Water

Dinner Program

Guests & Supporters

Jenifer Jaber, Rémy Cointreau USA

Kristi Zarlin, Kenwood/Heck Estates

Kristi Zarlin, Kenwood/Heck Estates

Greg Berberet, Trinchero Family Estates

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Mary Trimmins, Executive Chef

Gene Fulkerson, Sous Chef

