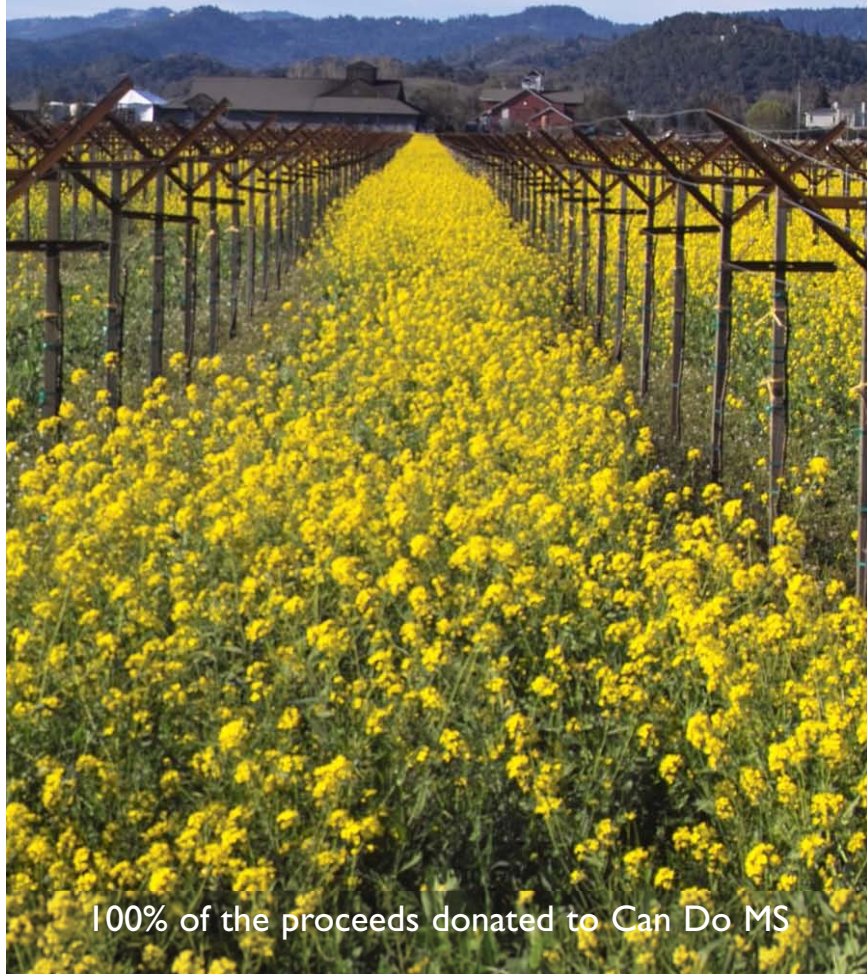


Pacific Rim Alliance presents the 10th Annual

Can Do MS Wine Maker Dinner

In memory of Jimmie Heuga

October 2, 2010



100% of the proceeds donated to Can Do MS

Can Do MS Wine Maker Dinner

10818 VIATCHA DR., SAN DIEGO, CA

October 2, 2010

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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. 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.

Internal Revenue Service 501(c)(3) Number 74-2337853
Can Do MS, 27 Main Street, Suite 303, Edwards, CO 81632
www.msando.org • (970) 926-1290 • (970) 926-1295 FAX ◆



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

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.

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.



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

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 sons Wilder, Blaze and Winston. ◆

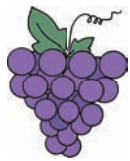
Remember | Celebrate | Empower



Menu

Appetizers

Charles Heidsieck Brut Reserve Champagne



Hot Artichoke Dip with Milton Crackers, Olive Tapenade,
Antipasto Tray with Cheeses & Olives with Crostini

Salad

2007 Montevina Terra d'Oro Barbera

Lettuce Wedge with Barbera Island Spice stuffed poached Pear,
Topped with Crumbled Blue Cheese, roasted Walnuts, Buttermilk Dressing

Soup

2006 Montevina Terra d'Oro Sangiovese

Mary and Gene's Famous Gazpacho

STARTER

2009 Benziger Sauvignon Blanc

Medley of Heirloom Tomatoes with sliced Avocado, garden fresh Basil Leaves
drizzled with Wildberry Cream of Balsamic Infusion and Extra Virgin Olive Oil

FIRST ENTRÉE

2009 Valley of the Moon Unoaked Chardonnay

Macadamia crusted Halibut, Mediterranean Jasmine Rice Pilaf,
Grilled Asparagus & Carrots

SORBET TRIO

Raspberry, Orchard Peach, Zesty Lemon

SECOND ENTRÉE

2006 Valley of the Moon Cuvée de la Luna

2006 Montevina Terra d'Oro Deaver Ranch Zinfandel

Barbequed Pork Tenderloin with Licor 43 & Apricot Glaze, Baked Sweet Potato,
Roasted Parsnip, Brussel Sprouts and Pecans

DESSERT

2006 Kenwood Jack London Cabernet Sauvignon

Double Chocolate Bundt Cake, Vanilla Whipped Cream,
Topped with a Raspberry Brazilian Coffee Liqueur

SOIÉ ARTE Sparkling Mineral Water

Charles Heidsieck

Brut Champagne Degorged 2008

Reims, France

www.CharlesHeidsieck.com



Wine Description—

On the Nose. Notes of fully ripe fruit, such as nectarines and cherry plums are apparent initially. The finish reveals hints of nougat, honey and cereal grains.

On the Palate. This wine is remarkably smooth and generous on the palate. Three years of maturation have given it body and substance. As the wine opens up, it is full and intense with notes of warm bread blending harmoniously with discreet notes of ginger and coriander.

Wine Maker Notes—

While fifteen months of aging is the legal minimum for non-vintage champagne, Charles Heidsieck Brut Réserve is aged for a minimum of three years. The grapes used to make Brut Réserve are selected from the top crus in the Champagne region. Each bottle of Brut Réserve contains an extraordinary 40% of reserve wines.

Varietal Composition—

Pinot Noir 34%, Chardonnay 33%, Pinot Meunier 33%.

Champagne Charles Heidsieck—

Since Charles-Camille Heidsieck founded it in Reims in 1851, Champagne Charles Heidsieck has become renowned as one of the most prestigious houses in Champagne.

Today, Champagne Charles Heidsieck continues to be recognized for its unique, rich style and is often described colloquially by its many fans as "the champagne for wine lovers." Their principles have not changed much since 1851.

Charles Heidsieck continues to use a substantial amount of reserve wines in their blends and mandate considerable periods of aging in two-thousand year-old chalk cellars before permitting any bottle to be degorged. ♦

Montevina 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! ♦



Montevina Terra d'Oro

2006 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. Sangiovese tends to over crop and the resulting fruit lacks color, flavor, aroma, and character. Sangiovese clusters can develop wings of less mature berries after bud break. The large awkward oblong clusters of thin skinned berries tend to grow on top of one another, creating an opportunity for rot.

Montevina's shallow topsoil helps prevent plant vigor; but nevertheless, Montevina grooms the Sangiovese vineyards two to three times to increase concentration and color. Sangiovese's reddish berries are notoriously thin skinned and as such highly susceptible to sunburn. Careful care is taken with trellising to maintain a healthy canopy to shade the finicky fruit.

Winemaker Notes—

2006 Terra d'Oro Sangiovese is a testament to diligence and hard work paid in the cellar. The garnet hue of Sangiovese is deepened by Barbera's rich purple pigment. A base of spiced cider aromas of clove and nutmeg are built upon by complex aromas of leather, pekoe tea, and anise.

Flavors of red plum, apple, and black cherry stewed fruit spiced with cinnamon, vanilla bean, and licorice entice your pallet. The finish brimming with fruit and spice ends with a kiss of sweet oak. Co-fermenting with Barbera results in a silky mouth feel and food-friendly acidity that ensures a successful pairing with anything off the menu—hearty Cioppino, Duck Breast with a velvety plum reduction, or your favorite pizza. ♦



Benziger

2009 Sauvignon Blanc

Sonoma and Lake Counties, California

www.benziger.com/



Wine Description—

As seems to be the pattern over the past few years, 2009 was a year of extremes. This vintage also marks the third year in a row of below average rainfall. But a few things define this harvest in particular:

First, rains in May took the edge off the drought and were responsible for the beautiful, full-strength photosynthetic canopies going into harvest.

Second, was the roller coaster weather throughout the summer. There were 10-12 days of cool weather followed by 2-3 days of very warm weather. The heat wasn't high enough and didn't last long enough to damage anything, but it gave the grapes a good push towards ripening. The cool weather returned and the grapes were back to slow, even ripening.

Third, flavor development was further ahead in 2009. The heat bumps have brought up the flavors and the cool weather has kept the structure and acid intact.

Wine Maker Notes—

Bright citrus and floral aromas introduce this Sauvignon Blanc. In the mouth, it is fresh and enduring, providing a good, but not heavy, volume. This Old World-style Sauvignon Blanc offers subtle minerality and notes of grapefruit and lemon. The wine's acid is both balanced and integrated, giving it an elegant softness.

Grapes from select vineyards in both Sonoma and Lake Counties were blended to create the purest expression of the Sauvignon Blanc varietal. Grapes from Sonoma are harvested later and are more aromatic in character, exhibiting enhanced fruit flavors. Fruit from warmer Lake County is harvested earlier in the season and provides an acidic backbone for this wine

Final Analysis—

Alcohol: 13.5%, Total Acidity: .66, pH: 3.2. ♦

Valley of the Moon

2007 Unoaked Chardonnay

Russian River Valley, California

www.valleyofthemoonwinery.com/



Wine Description

White plum, citrus and mineral notes highlight the delicate aromas of this fresh and vibrant wine.

On the palate, complex fruit flavors of nectarine, kiwi, and green apple carry the bright acidity through the creamy pear tart richness of the mid-palate and finish.

Wine Maker Notes—

The grapes for the 2009 Valley of the Moon Unoaked Chardonnay come from vineyards in the cool-climate appellation of the Russian River Valley. The growing conditions here allow for a long ripening period producing brilliant and complex fruit flavors.

In order to preserve and showcase the natural beauty of this classic varietal, the fruit was whole-cluster pressed and fermented cool in small stainless steel tanks. The wine was aged in tank for just five months with the intent of capturing these fresh and vibrant aromas and flavors in the bottle.

A small portion (7% only) underwent malolactic fermentation, enhancing the rich mouth feel of the final blend.

Varietal Composition—

Chardonnay.

Final Analysis—

Alcohol by Volume: 13.5%, Acid: 6.9, pH: 3.51.

Food Pairing—

The bright acid and rich finish make this Unoaked Chardonnay a delightful accompaniment to salads, seafood, spicy Asian dishes and cream-based pastas. ♦

Valley of the Moon

2006 Cuvée de la Luna

Sonoma County, California

www.ValleyOfTheMoonWinery.com



Wine Description—

Black currant and cherry reduction aromas are enhanced with anise and black tea notes. Complex, concentrated black and red fruit flavors blend with a rich oak and dark chocolate finish. Supple tannins and balanced acidity provide excellent structure to this elegant and complex wine.

Winemaker Notes—

Cuvée de la Luna is a unique blend of traditional Bordeaux red varietals. The winemaker's goal is to make this blend the most complex and best tasting red wine possible. Its non-varietal label provides the winemaker the flexibility to assemble the blend each year based on the results of each vintage. Individual barrel lots were chosen from Sonoma County's premier viticultural areas. Our best lots of wine from Sonoma Valley, Dry Creek Valley, Sonoma Mountain, and Alexander Valley were all used in this reserve "Meritage" style wine.

Most of the fruit for this wine was harvested in October 2006 after a moderate and steady growing season.

Composition—

68% Cabernet Sauvignon, 22% Merlot, 5% Malbec,
5% Cabernet Franc.

Aging—

After fermentation in stainless steel tanks, the wine was aged for twenty-four months in French and American oak barrels.

Final Analysis—

Acid/pH: 6.45/3.66, Alcohol: 14.5%.

Production—

2509 cases. ♦

Montevina Terra d'Oro

2006 Deaver Ranch Zinfandel

Amador County, CA

www.terradorowinery.com/



Wine Description—

The Deaver 100 Year Old Vine Zinfandel Vineyard was planted in 1881 by the Davis family. In the teens, the Deaver family inherited the vineyard through marriage. Today the Deaver family owns and farms hundreds of acres of Amador vineyard, including a fourteen acre piece of the original Davis vineyard.

There are many things that make old vine zinfandel singular and exceptional. As vines mature they become self regulating. Vines produce less, more concentrated fruit, without extensive pruning or crop thinning. The dry farmed vine's roots continue to grow deeper into the soil as years pass and pull water and nutrients from multiple soil layers.

The relationship between the Trinchero family of Montevina and the Deaver family began in the 1960s over a passion for the Amador Zinfandel, and has been one of loyalty and mutual respect ever since.

Wine Maker Notes—

Montevina Terra d'Oro Deaver 100 Year Old Vine Zinfandel is a balance of beauty, power, and grace. The deep eggplant hue suggests the richness and concentration in your glass. Dark berry flavors are touched with pretty floral aromas and kissed with sweet caramel oak.

Truly a Granddaddy among zins, Terra d'Oro Deaver Vineyard 100 Year Old Vine Zinfandel has a complexity that can only be attained from over a century of experiences.

Food Matching—

Favorite dishes to match with this classic Zinfandel range from barbeque short ribs in chipotle dipping sauce to grilled filet mignon or just an old fashioned juicy cheeseburger. ♦

Kenwood Jack London

2006 Cabernet Sauvignon

Sonoma Valley, California

www.kenwoodvineyards.com/



Wine Description—

For thirty years, Kenwood Vineyards has been granted the exclusive rights to produce and market wines from Jack London's historic vineyard in Glen Ellen.

This unique red-volcanic soil vineyard, located on the eastern slope of Sonoma Mountain, was first planted in the late 1800s. It has always produced red wines distinct in depth and varietal character.

Winemaker Notes—

The 2006 vintage had a long growing season with low yields resulting in grapes with intense flavor and rich character. The fruit was picked at the peak of ripeness in late September and early October and then crushed into stainless steel tanks for fermentation.

After fermentation the young wine was pressed and settled before aging in French and American oak barrels for two years. The resulting wine has rich mouth feel as well as powerful fruity and aromatic flavors. Delicious now, this Cabernet will continue to develop and improve for at least a decade.

Composition—

95% Cabernet Sauvignon, 3% Merlot, 2% Syrah.

Final Analysis—

Acid/pH: 6.04/3.78, Alcohol: 14.5%.

Aging—

25 months in 60% French and 40% American oak barrels.

Food Pairing—

The intense and elegant flavors of this Jack London Cabernet Sauvignon complement a variety of hearty entrées, including steak, lamb and roasted meats. Also great with chocolate. ♦

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. ♦

Mary & Gene's Gazpacho

Ingredients—

- 1/2 Cucumber— Coarsely Grated
- 1/2 Green Bell Pepper— Seeded and Finely Chopped
- 1 lb Tomatoes— Peeled or
1 4 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 and garlic croutons.

Makes 6 servings. ◆



The Italian Bed and Breakfast Little Italy, San Diego, CA

The Italian Bed and Breakfast is a beautiful victorian home built in the early 1900s in Little Italy. Used as a residence until mid 1900s and then left vacant until 2005.

The house was renovated and opened September 2010 as a bed and breakfast.

The bed and breakfast features four guests rooms which include a suite with king bed, private sitting area and private bath, two rooms with queen beds and private baths and one room with a queen bed and a private detached bathroom. All baths are tub shower combinations.

Free wi-fi is available throughout the house.

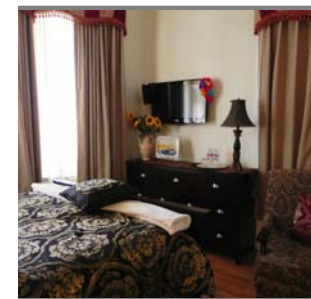
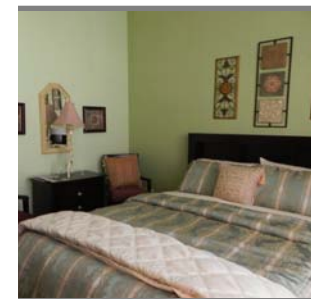
A delicious hot breakfast, cooked up by our very own **Mary Trimmins**, is served every day at 9 am which can include a fresh or cooked fruit entrée, pancakes or french toasts, baked egg dishes, juices and muffins or toaster items.

Coffee is available at 8am on the kitchen sideboard. Hot water for teas and instant drinks are available all day. In the afternoon look for sweet treats.

You're Invited to an Open House—

October 17, 2010, 5-7 PM

2054 Columbia Street,
San Diego, CA, 92101
Phone: 1-619-238-1755
<http://www.TheItalianBB.com> ◆



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Montevina Terra d'Oro **Brent Bisogno**, Trinchero Family Estates
Benziger **Cara Williams**, Kobrand, Corp.
Solé Arte Water **Eric Finn**, Solé Water

Dinner Program A Cat's Meowz Graphic Dezinz, San Diego

Guests & Supporters

Linda & Mark Mathis
Claudia & Robert Nordquest
Barb & Stu Baily
Paul, Carmen & Brian Jackson
George Kish & Agnes Johnson
Pam & Rob Fitting
Rebecca Crocker & Guest
Jane Wyckoff
Beth & Rick Cole
Michelle & Ed Langmaid
Jerry & Sandy Cordell
Barbara Betz & Michael Rammelburg



Hosts

Chefs

The Radar River Rats Can Recycle Program
Pacific Rim Alliance
Gene Fulkerson & Catherine Ohl
Mary Trimmins, Executive Chef
Gene Fulkerson, Sous Chef

