

National Veterans Wheelchair Games



Dear Veteran,

We hope this letter finds you and your family in good spirits and health. While it is early 2009, we in Denver are already looking ahead to 2010 when we will host the 30th National Veterans Wheelchair Games which will be held July 4-9th. We are looking forward to hosting you in our beautiful Mile High City. As a way to commemorate the 30th anniversary of Wheelchair Games, the VA Eastern Colorado Health Care System will be putting together a cookbook of Veteran Wheelchair athletes' favorite recipes. The cookbook will be beautifully illustrated and bound and is sure to be treasured for years. We would like you to submit 3 or 4 of your favorite recipes so you can be represented in our memorable collection. Follow the instructions in the attached forms. Your name, service, rank, sporting event (if applicable), and where you are from will be printed with each of your recipes. Please note that all recipes might not be used, depending on the amount we receive; however, we promise to make every effort for everyone who submits a recipe to be in the book. Each cookbook will contain helpful cooking hints, recipe category dividers, a table of contents, an index, and special pages of interest to the games. The cookbook will be typeset in an easy-to-read format and professionally printed and bound. Proceeds from our cookbook sales will help to make the 30th anniversary games a huge success and honor you, the veteran. Your help in contributing recipes will ensure that our cookbook will be a success.

Please submit your recipes by February 6, 2009. We have two ways of submitting recipes. You can e-mail your recipes to 2010WCGSRecipes@comcast.net or mail them to:

Patricia Brenneman
Department of Veterans Affairs
1895 S. Zeno Way
Aurora, CO 80017

We anticipate a great demand for our cookbooks, and we want to be certain we order enough. You can reserve one or more copies for yourself and your family at this time to be assured of receiving them. We anticipate they will be ready for purchase by April 15, 2009. The price of each cookbook is pending, depending on the final size of the book; however, we anticipate the price to be between \$10.00 and \$20.00 plus shipping

We look forward to hearing from you. If you have questions please feel free to call either one of us.

Respectfully;

Patricia Brenneman
303-691-6541
Patricia.brenneman@va.gov

Joan Spoden-Fenster
303-393-5268
joan.spoden-fenster@va.gov

PS. If interested in reserving a cookbook, Please fill out bottom portion, tear it off and return it with your recipes.

Please reserve _____ cookbook(s) for me (price is pending)

Name _____

How should we contact you when your cookbook is ready for purchase?:



INSTRUCTIONS

TYPE OR PRINT CLEARLY IN INK, NOT PENCIL, AND PLACE ONLY ONE RECIPE PER FORM.

- If more room is needed, use another sheet of the same size and staple together.
- List all ingredients in order of use in ingredients list and directions.
 - Include container sizes, e.g., 16-oz. pkg., 24-oz. can.
 - Keep directions in paragraph form not in steps.
- Use names of ingredients in the directions, e.g., "Combine flour and sugar."
DO NOT use statements like, "Combine first three ingredients."
- Include temperatures and cooking, chilling, baking, and/or freezing times.
- Be consistent with the spelling of your name for each recipe you contribute.
 - Make copies or use additional sheets of paper as needed.

