

# T1DOC OF THE ROCKIES

OPTIMISTS FOR CURING TYPE 1 DIABETES

September 2015

GO BRONCOS

Volume 2 Issue 8

## PAUL SIMON TALKS ABOUT T1DOC

**T1DOC:** What is your connection to T1D?

**PS:** My mother was an insulin-dependent diabetes from shortly after my dad died in 1967 until her death in 2006. I was a charter member and co-sponsoring president of T1DOC along with Douglas Smith of the Breakfast Optimist Club of Littleton when I was president of the Monaco South Optimist Club.

**T1DOC:** What led you to become an Optimist?

**PS:** I was invited to a meeting of Monaco South by Tom Mauro, a former DPS board member who I met when he was hired as executive director of Colorado Performance Excellence and I was doing pro bono PR work for the organization. I quickly recognized the warmth and commitment of club members and the opportunity to contribute in ways that really make a difference to kids and the community.

**T1DOC:** What is your personal mission/vision as it relates to T1DOC?

**PS:** Given my role in its formation, my vision is that it continues to grow, offer rewarding opportunities to members of the community, set an example for other clubs and organizations, and of course continue its great work in support of the ADA Camp and other worthwhile activities. I think my mother would greatly approve.

**T1DOC:** Please share with the club something most people don't know about you.

**PS:** 1. I won my local club Optimist Oratorical Contest as a freshman in high school in Southern California. That was a long, long, long time ago! 2. I met my wife, Debbie Reinberg, on the Internet when I was living in Omaha and she was here in Denver.

## IN THIS ISSUE

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Pat McAlister September 3  
ALSO 68 years T1D

## FACEBOOK

A reminder for you to look at our Facebook page that Hannah created for T1DOC. Please "like" our page at: <https://www.facebook.com/T1DOC> **ALSO** check for cancellations.

## OFFICERS FOR T1DOC

President	David Cooper
Vice President	Richard Cohen
Vice President	Jeff Gartz
Treasurer	Ron Gustas
Meetings at Citron Bistro, 3535 S. Yosemite St., Denver, 80237 Newsletter Deadline is September 20 Email stories & Pictures to <a href="mailto:kpmca@msn.com">kpmca@msn.com</a>	

## BOARD OF DIRECTORS

Dan Thompson	Aaron Knox
Gary Bowman	Tammy Miller-Davison
Greg Young	Douglas Smith

EVERYONE IS INVITED TO ATTEND OUR MEETINGS 6:30 PM EVERY 2<sup>ND</sup> AND 4<sup>TH</sup> THURSDAY

## NEW MEETING DAY

OUR meeting place is Citron Bistro, 3535 S. Yosemite St., Denver, 80237 (which is on the southwest corner of E. Hampden Ave. & Yosemite). We will be meeting on the 2nd and 4th **THURSDAY** (no longer on Tuesday)

We don't know how  
**STRONG** WE ARE  
until being strong  
is the **CHOICE**  
**ONLY** WE HAVE.



If you have a suggestion for a speaker or a topic you would be interested in please call Gary Bowman at 720-635-7122

## COMING EVENTS

### JDRF

Due to scheduling conflicts with the Rockies and Broncos, the 2015 JDRF One Walk will be moved to:

**Sunday, September 13, Jefferson County Fairgrounds**, Registration - 7:00 AM Walk begins at 9:00 AM Length of walk: 3K or 1K

We apologize for any inconveniences this change has caused you, but are thrilled to hold our event at this new and exciting venue. We do hope that you will join us, and together we will create a world without type one diabetes. Register today for the JDRF One Walk at [walk.jdrf.org](http://walk.jdrf.org). Questions? Please don't hesitate to contact the JDRF office at 303-770-2873 or [rockymountain@jdrf.org](mailto:rockymountain@jdrf.org). JDRF One Walk has a single goal: creating a world without type 1 diabetes (T1D). We hope you'll join us this year and help JDRF continue to fund life-changing research for the millions of children, adults and families affected by T1D

### JOIN T1DOC's WALK TEAM

Now is the time to sign-up for the T1DOC "Walk Team" at the 2015 JDRF One Walk on September 13<sup>th</sup> at the Jefferson County Fairgrounds. In the past two years the T1DOC Walk Team has raised almost \$16,000 for JDRF research. Please help support the 2015 T1DOC Walk Team by joining it and starting to fund raise. To join the team or donate please click the below link and use "Optimist" as a key word in the "Search by Team Name" space right below the event date/location info. [http://www2.jdrf.org/site/TR/Walk/Chapter-RockyMountain4072?fr\\_id=5412&pg=entry](http://www2.jdrf.org/site/TR/Walk/Chapter-RockyMountain4072?fr_id=5412&pg=entry) (See shirts for the walk on page 6)

### VOLUNTEERS NEEDED

**Sunday, September 13**

Jefferson County Fairgrounds  
Golden, CO

**Saturday, October 10**

Rock Ledge Ranch  
Colorado Springs, CO

JDRF requires an army of volunteers to make the Walk a success. With the help and commitment of dedicated volunteers like you, we are able to continue to provide important research dollars, which directly impact the lives of millions of children and adults living with this

## SEPTEMBER

Sept. 10<sup>th</sup> Cathy O'Donnell of Adams County Children Services to talk about children with diabetes

## OCTOBER

20<sup>TH</sup> – Tuesday, Dr. Peter Chase  
Tour the Barbara Davis Center

22<sup>nd</sup> Board meeting 6:30 in Kendra Black's office located at 3540 S. Poplar, Denver, Unit 100.

serious disease. For more information, please contact Kelli Raleigh at (303) 209-7719 or [kraleigh@jdrf.org](mailto:kraleigh@jdrf.org) or [cos.jdrf.org](http://cos.jdrf.org).

 **American Diabetes Association.**  
Family Link Rapids Soccer Camp  
Dicks Sporting Goods Park- Outdoor Fields  
**American Diabetes Association & Colorado Rapids 2nd Annual Soccer Camp**

**What:** Soccer Camp with Colorado Rapids Street Team- Learn new skills: passing, shooting, dribbling and more and get your personal visit with the team Mascot!

**When:** Saturday, September 12 **Time:** 4:30 pm -5:30 pm

**Location:** Dicks Sporting Goods Park Outdoor Fields, Commerce City, CO

**Cost:** Free to children ages 5-17 with type 1 diabetes and their siblings ages 5-17

**RSVP By or Before September 4th!**

**Contact: Emily Fay | [emfay@diabetes.org](mailto:emfay@diabetes.org) | 720-855-1102 ext. 7015**

### ADA

**Southern Colorado Tour de Cure** – September 26 at Mary Kyer Park in Colorado Springs, CO

[www.diabetes.org/socotourdecure](http://www.diabetes.org/socotourdecure)

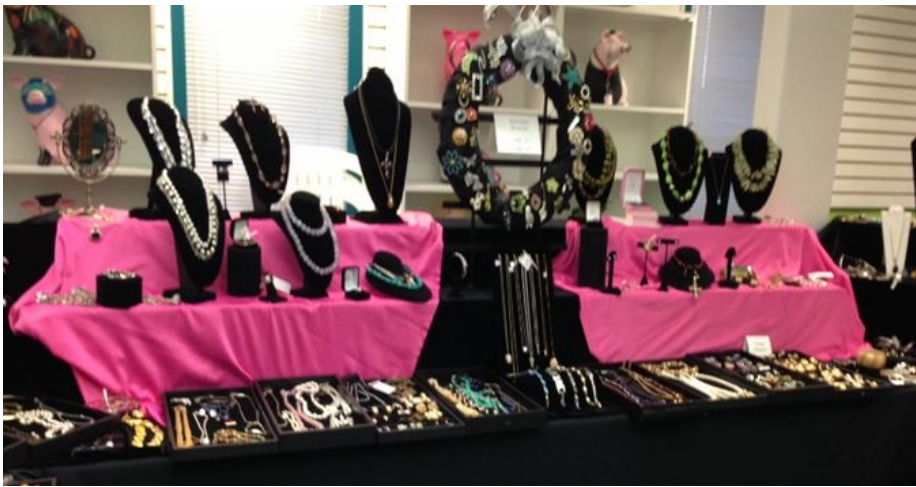
**Step Out:** Walk and Run to Stop Diabetes – November 7 at Downtown Aquarium in Denver ([www.diabetes.org/stepoutdenver](http://www.diabetes.org/stepoutdenver))

### JDRF 2016 Dream Gala

**April 16 - Sheraton Denver Downtown Hotel**

Tickets & sponsorships are now available for the Gala. Please join us for a fun-filled, elegant evening with cocktails, dinner and entertainment. Raise your paddle for fabulous silent and premier auction items and one-of-a-kind live auction experiences. All as we raise funds for life-changing T1D research. For more information, please contact Ruth Hendren at 303-209-7718 or [rhendren@jdrf.org](mailto:rhendren@jdrf.org).

## JEWELS FOR HOPE



This is a display at a recent Jewels For Hope Sale. If you have jewelry to donate or would like to be on the email list to tell of upcoming shows – please email me at [kpmca@msn.com](mailto:kpmca@msn.com). Please put JFH in the subject line. Our sales benefit the Barbara Davis Center.

## PAST SPEAKERS

On Aug 11<sup>th</sup> our speaker was Dr. Guy Alonso from the Barbara Davis Center. Dr. Alonso was the Medical Director at the recently completed ADA Camp Colorado where the T1DOC financially helped over 25 kids by raising almost \$8,500 for Camp sponsorships.

Dr. Alonso began working at the Barbara Davis Center in August 2013. His areas of interest are clinical education and quality improvement. Currently he serves as director of education for the pediatric service at the center, precepting student and resident learners who rotate through the clinic. He also serves on the Children's Hospital Colorado Insulin Safety Committee, the Barbara Davis Center Quality Improvement Committee, and the Barbara Davis Center IT Committee.

In addition to his talk, two other young ladies who attended the Camp and well as Emily Fay, who coordinates the Camp planning for the ADA, also expressed thanks for Optimist support.

## Our August 25<sup>th</sup> speakers OmniPod Pump therapy with no tubing.

**Dino Pierce**, RDN, CDE, CPT Territory Manager / Clinical Services – Denver [dpierce@insulet.com](mailto:dpierce@insulet.com) and **Michelle Tori**, RDN, CDE | Clinical Services Manager – Denver [mtori@insulet.com](mailto:mtori@insulet.com) discussed the OmniPod Insulin Management System – current advances in tubeless insulin pump therapy. The Convenience, Compliance, and Control that it can offer to patients with diabetes. This means achieving the great outcomes from pump therapy in an easy to use system without tubing! Go to their website ([www.myomnipod.com](http://www.myomnipod.com)) This is the link for people who might like to check benefits with no obligation: [http://www.myomnipod.com/am\\_i\\_covered.php](http://www.myomnipod.com/am_i_covered.php) You can visit the website or e-mail them for more information or a **demo kit**.



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Financial Advisor **Edward Jones**

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Specializing in T1D



[jeffgartz@gmail.com](mailto:jeffgartz@gmail.com)  
303.842.6680

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Denver, CO 80237  
[www.jdrfrockymountain.org](http://www.jdrfrockymountain.org)  
Phone: 303.770.2873

## COMPUTER INSTRUCTOR

Pat McAlister  
Phone 303-756-6691  
Email [kpmca@msn.com](mailto:kpmca@msn.com)



## For donations to T1D

**WE would love to add your card or ad, even if you aren't a member**  
Email me [kpmca@msn.com](mailto:kpmca@msn.com)



## BRIAN WILCOMB



Brian Wilcomb told us about his adventures climbing 14ers to support ADA Camp at an earlier meeting. Brian is a T1D. His latest message - *Hi Pat - We climbed another peak for ADA campers this year, Quandary Peak last Saturday. Raised around \$4,000. To climb with Brian or donate: bjwcpa55@yahoo.com*

## SEAN BUSBY



### Riding On Insulin Founder

Riding On Insulin founder, Sean Busby, is a professional backcountry snowboarder with type 1 diabetes who travels the world exploring remote corners of the globe on snowboarding expeditions.

In 2004, while training for the 2010 Olympics, Sean endured a complicated diagnosis of type 1 diabetes. Considering leaving snowboarding all-together, Sean was inspired by reading stories he found through JDRF's Children's Congress. It was the stories of 5- 7- and 13-year-olds that inspired him to keep living his

dreams despite living with diabetes. He founded Riding On Insulin—which is now a nonprofit organization—to honor all the kids who inspired him to keep living. Today, Sean's wife Mollie runs Riding On Insulin and Sean makes appearances at the organization's global action sports programs (including ski/snowboard camps) for kids, teens and adults living with T1D, while managing his personal backcountry snowboarding career. In February 2014, Sean became the first person with T1D to backcountry snowboard all seven continents, and is one of the youngest men ever (at the age of 29) to accomplish this feat. Sean also continues his expeditions and chronicles his adventures with Mollie on their website, Two Sticks and a Board (<http://TwoSticksAndABoard.com>). His expeditions include trips to Morocco, Antarctica (twice!), Patagonia, Iceland, Norway, Japan, Kyrgyzstan, Alaska, Tasmania, and more. Sean graduated from the University of Utah with a degree in Health Promotion and Education, with an emphasis on diabetes.

**US Headquarters Whitefish, Montana Call Us(406) 214-3266 Email [Usinfo@ridingoninsulin.org](mailto:Usinfo@ridingoninsulin.org)**

*(Brian and Sean need to meet each other)*

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John will donate to T1DOC. (\$50 for each job referred to him) 303-937-7000

## GRANDPARENTS OF T1D

Hello! We are grandparents and parents of adults and children with T1D who call ourselves the Friends of the Rocky Mountain JDRF.

Our brand-new group hopes to provide emotional support to each other and to identify our educational needs and resources so that we can:

- Develop more self-confidence in dealing with our "new normal" world
- Provide more effective emotional support for our children as they care for their T1D children
- Become better caregivers for our T1D grandchildren
- Meet, listen and mentor each other and others who wish to join with us.

In a nutshell, Friends of Rocky Mountain JDRF have developed the following goals:

- ✓ Support one another, building community
- ✓ Share information, updates and education
- ✓ Help with fundraising projects of JDRF
- ✓ Assist with advocacy

If you would like to find out more, please contact the group's coordinators Kathi and Wayne Grider at 303-670-6909 or [wegridders@q.com](mailto:wegridders@q.com). We also have a new Facebook page. Like us at Friends of Rocky Mountain JDRF.

### JDRF Rocky Mountain Chapter Staff

**Robert Garelick** *Executive Director*  
(303) 209-7717 Cell: (303) 946-8616  
[rgarelick@jdrf.org](mailto:rgarelick@jdrf.org)

Robert grew up in the UK and has lived in the US for over 20 years. Prior to joining JDRF, he worked for himself and for other corporations in the capacity of Operational Management, Sales, Marketing and Sales Management. He is married and has an adult daughter and son. His son has Type 1 and he is passionate about finding a cure for T1D! Outside of work he enjoys watching and playing sports and spending time with family and friends.

**Julie Brignon** *Office Manager*  
303-209-7727 [jbrignon@jdrf.org](mailto:jbrignon@jdrf.org)

Julie is originally a Chicago girl and has been living with T1D for eight years. She loves skiing, yoga and seeing live music. She also loves to travel and has been to 48 of the 50 states!

**Kelli Raleigh** *Outreach Manager*  
(303) 209-7719 [kraleigh@jdrf.org](mailto:kraleigh@jdrf.org)

Kelli has had a passion for JDRF and the importance of Outreach and community since 1992 when her brother was diagnosed with T1D. In 2002 She was also diagnosed with T1D at the age of 18. After having the opportunity to volunteer with the organization for many

years, she was finally able to combine passion and career and began working for JDRF in February of 2015. Kelli spends her time enjoying the sunshine, going to the gym, reading, traveling and finding as many adventures as possible to go on with her young daughter, Ruby.

**Kristen Wheeler** *Development Director*  
(303) 209-7720 [kwheeler@jdrf.org](mailto:kwheeler@jdrf.org)

Kristen Wheeler has been with JDRF for 2 1/2 years and brings over 10 years of fundraising and nonprofit experience with her. After serving 8 years with the Muscular Dystrophy Association in Texas, she and her family moved to Colorado in 2013 and Kristen joined the Rocky Mountain team shortly after. She enjoys working with the JDRF community, meeting so many passionate families and equally compassionate donors. Kristen lives in Castle Rock with her husband and two children, ages 10 and 11.

**Rachel LeClere** *Development Manager*  
(303) 209-7723 [rleclere@jdrf.org](mailto:rleclere@jdrf.org)

Rachel has been working in the healthcare nonprofit field since 2011. Originally from Colorado, Rachel had the opportunity to join the Denver JDRF team in the spring of 2014. While she doesn't have a direct connection to type one diabetes through her family, she has had many friends and acquaintances affected by the disease. JDRF has given her the perfect avenue to combine her biology degree, nonprofit experience, and interest in giving back to the community for a cause she is passionate about.

**Ruth Hendren** *Development Manager*  
(303) 209-7718 [rhendren@jdrf.org](mailto:rhendren@jdrf.org)

Ruth has been deeply involved with JDRF since her diagnosis with T1D at age 7. Her experience began by forming the "Rumble for Ruth" Walk team with the JDRF Triangle Chapter in Raleigh, North Carolina. Starting in high school, Ruth interned with various JDRF offices, including the Triangle Chapter, New York Chapter and national office. After graduating from CU with a degree in Business Administration, Ruth joined the Development team at the Rocky Mountain Chapter and has been here ever since! In her free time, she enjoys exploring Colorado, attending sporting events (go Broncos!) and reading.

**Alex Dupre** *Senior Development Coordinator*  
(303) 209-7721 [adupre@jdrf.org](mailto:adupre@jdrf.org)

Minnesota bred Alex Pericak holds a Bachelor's Degree in Psychology from CU-Boulder and is a Certified Holistic Nutrition Practitioner in training. She started as a JDRF volunteer for the Walk in 2000 and came onto staff full-time in April 2013. Alex recently joined the Development Team and is eager to take on One Walk Event Logistics and Gala Auction Procurement while continuing to grow the JDRF Ride to Cure Diabetes and challenge event programs. In her free time, Alex enjoys being outdoors, traveling, cooking, nutrition and being with her husband and black labradoodle, Remy.



**David Spatt** *Development Assistant*

(303) 209-7726 [dspatt@jdrf.org](mailto:dspatt@jdrf.org)

In addition to David's work with JDRF, he is also a graduate student pursuing an MBA in Healthcare Administration at the University of Colorado – Denver. He enjoys working with JDRF and is passionate about funding research in support of the T1D cure!

- See more at: [http://rockymountain.jdrf.org/about-jdrf/rockymountain-denver-staff-1294/?utm\\_source=chapterNewsletter&utm\\_medium=email&utm\\_campaign=Rocky%2BMountain%2BChapter#sthash.J3xZuLnu.dpuf](http://rockymountain.jdrf.org/about-jdrf/rockymountain-denver-staff-1294/?utm_source=chapterNewsletter&utm_medium=email&utm_campaign=Rocky%2BMountain%2BChapter#sthash.J3xZuLnu.dpuf)

## **BOSTON MEDALISTS STUDY**

The medalist study in Boston is looking at T1D that have had it over 50 years to see why we have lived so well for so long. Two men in the study had it 80 years! I wrote to ask if they had seen 1,000 people, which was their goal. This was their answer "I hope this email finds you well. We actually reached 1,000 medalists back in April. We are no longer actively recruiting for the Medalist study due to funding. We are going to continue working with the group that we have and look at the group of 1,000 more closely. Also, we are in the process of writing a new study protocol to recruit those people who have had 60 years or more of insulin dependence. The principal investigators believe that these people are more comparable to our original cohort. I hope that I have answered your questions!"  
Stephanie.D'Eon Joslin-Harvard

## **FDA-PROPOSES-NUTRITION-FACT-LABELS**

*DIA-TRIBE 8/9/15*

The FDA [recently proposed](#) including a percent daily value (%DV) for added sugars on the nutrition facts labels of packaged foods. The FDA's proposal also plans to add the following statement to the bottom of these labels in order to help consumers better understand what %DV means: "The percent daily value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet."

Nutrition facts labels already require percent daily value to be included for total fat, saturated fat, cholesterol, sodium, total carbohydrate, dietary fiber, calcium, and iron. Although the FDA proposed adding a new section, "added sugars," to nutrition facts labels [last year](#), the proposal did not include percent daily value (see a [picture of the proposed label here](#)). That %DV number matters a lot. The %DV is designed to put into context the number of grams a serving of the food provides for that nutrient based on the consumption of 2000 calories/day: the average number of calories some adult Americans need – i.e., a food with 100% DV of added sugar clearly has *a lot* of sugar, sending a much more impactful message than simply the number of grams alone.

Currently 16% of the average American's total

calories come from added sugars from products like soda, energy drinks, grain-based foods, desserts, and sweetened fruit drinks. The percent daily value for added sugars will be set at 10% of total daily calorie intake. This should help on the motivational front – we hope!

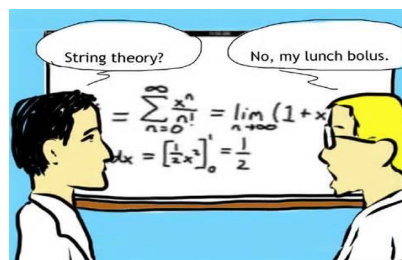
This update to nutrition facts labels is a very positive step, particularly for people with diabetes, as it will make it easier to get clear and understandable nutrition information from packaged foods. Indeed, as [diaTribe Advisory Board Member](#), dietitian, and certified diabetes educator Hope Warshaw stated, she was "frankly surprised, yet delighted, to see FDA push the added sugars labeling" and complimented the FDA as "they're making a tremendous effort to use the existing scientific evidence available to drive decisions about what's best for the health of the public." She was also enthusiastic about simplifying and including the percent daily value explanation as she hopes "this will help consumers understand how to interpret this information better."

## **HEALTH SCORE OF THE WEEK BEWARE OF ADDED SUGARS**

*THE WEEK August 14, 2015*

Drinking just one sugary soda a day increases the risk for type 2 diabetes, whether or not you're obese, new research suggests. After analyzing 17 respected studies, a team at the University of Cambridge found that downing a single sugar-sweetened drink every 24 hours boosts the odds of developing the chronic disease by 13 percent, "even if people are lean," the study's author, Fumiaki Imamura, tells NPR.org. The researchers estimate that if Americans broke their daily sugary drink habit, 2 million new cases of diabetes could be prevented over the next five years.

The U.S. Food and Drug Administration, meanwhile, is also taking aim at sugars, proposing that nutritional labels on packaged foods indicate the amount of added sugar they contain as a percentage of the recommended daily calorie intake, reports Bloomberg.com. Health officials advise that daily calories from added sugar should not exceed 10 percent of total calories. One 20-ounce soda typically contains about 66 grams of sugar – 130 percent of the prescribed daily value.



# OPTIMIST OUTLOOK

## An easy Way to Help Support T1DOC Projects

On September 18th representatives of the T1DOC will be participating in an annual Optimist Zone 7 Installation Banquet and silent auction. All members of the T1DOC are welcome to join in for a fun evening at the Pinehurst Country Club starting with cocktails at 5:30 PM. Please contact either David Cooper or Ron Gustas for more details. September 4th is the deadline for registration.

The silent auction portion of the evening provides an easy way for the T1DOC to raise funds to support its various T1D community projects. 100% of proceeds from winning bids on all silent auction items provided by the T1DOC will revert back to the Club for funding its T1D projects.

All readers of Pat's great newsletters' (both T1DOC members as well as non-members) can help support T1D projects by sourcing donated silent auction items.

Please give consideration to what you can provide to make the T1DOC participation in the silent auction a big success. For more info on how you can help please contact Ron Gustas at [rgustas@earthlink.net](mailto:rgustas@earthlink.net), or David Cooper at [david.cooper@edwardjones.com](mailto:david.cooper@edwardjones.com). Thanks for supporting the T1DOC.

**FORM ON LAST PAGE**

## SHIRTS FOR JDRF WALK

As a Member I would like to extend an offer to all folks who need shirts for this year's JDRF Walk on September 13, to do your Walk shirts at my cost. All I ask is that you donate the difference to the cause. Thank you.

Here is the link:

<http://www.companycasuals.com/distinctivethreads/b.jsp?id=6599866> The prices listed are with an embroidered logo. Most folks like a screen print, so we have to do a custom quote.

Mark Briggs Team Leader Distinctive Threads, Inc.  
303-893-5646 [Mark@distinctivethreads.com](mailto:Mark@distinctivethreads.com)

### RAISING TEENS WITH DIABETES



**Featured Book of the Week** *Raising Teens with Diabetes: A Survival Guide for Parents* by Moira McCarthy. Published by Spry Publishing, 2013. 286 pages, paperback. ISBN 1938170202. US\$15.95.

Our most important job as parents is to help our kids grow up to be happy, healthy,

adults. Diabetes can really complicate that process, especially during the teen years. In *Raising Teens with Diabetes: A Survival Guide for Parents*, Moira McCarthy, mom to Lauren, uses her family's experiences as a point of reference and offers solid advice and guidance that will help your entire family to weather the turbulent teen years. With a gentle voice and wry wit, Moira covers teenage diabetes in detail -- to pump or not (or both), sibling issues, peers, increasing independence, and much more. If you are a parent of a teen, or soon will be, *Raising Teens with Diabetes: A Survival Guide for Parents* should be on your "must read" list. **Highly Recommended.**

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



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# HUNTER

Hunter **Age:** 10 years old

**Grade:** 4 **Special Interests:** Guitar, basketball

**Ethnicity:** Anglo

Hunter is a happy, active boy who enjoys basketball and baseball. He would like to learn to sing and play the guitar. Hunter is very personable and friendly. He enjoys receiving adult attention.

Hunter frequently tells stories about his early years that have unrealistic themes and time frames. A patient adoptive parent is needed to help him sort out his perceptions. He responds well to his foster mother's directives and has learned age-appropriate personal care. Hunter could use support with learning emotional

expression and a range of terms to describe his feelings. Hunter will need an adoptive parent able to monitor his severe Type-I diabetes.

Financial assistance may be available for adoption-related services. Hunter is eligible for Medicaid.

Are you the adoptive family for Hunter? If you have an approved home study and would like to learn more about him, please contact Cathy O'Donnell, Adams County HSD, Children and Family Services, 303-412-5164. For information about becoming an adoptive parent, you may call 303-412-5118, to begin the process.





# Banquet & Silent Auction on September 18, 2015

*To Celebration the Installation Our New Leadership*

*And Enjoy a Silent/Live Auction PLUS Music by the East Elementary Choir*

Commencing with Cocktails at 5:30 p.m. with Dinner at 7:00 p.m.

Featuring a Custom Menu of Delectable Entrees (**Please Make Selections Below**)

Salad, Breads, Vegetables, and Desserts Including Nonalcoholic Beverages,

Gratuity, and Tax for a Cost of **ONLY \$30.00** per person at

6255 West Quincy Avenue, Denver 80235 (303) 985-1551

**Business Attire (Coat & Tie for the Men)**

**Required**

Please Complete the Form Shown Below Including the Name(s) of Your

Mail Form Along With Your Check Payable to

***Breakfast Optimist Club of Littleton***

**NO LATER THAN September 4, 2015**

to

*Breakfast Optimist Club of Littleton*

*P. O. Box 621*

*Littleton, CO 80160-0621*

If You are Subsequently Unable to Attend, Please Call Gary Olmsted [303.771.2301], Glenn Bruckhart[720.206.8668], Larry Pulaski[303.956.9202], Darren Martin[303.594.6332] Carolyn Walker[303.797.1124], Patty Hasty[303.619.9495], or David Cooper[720.621.2739]

**NO LATER THAN September 11, 2015** to Receive a Refund

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## **Installation Banquet at Pinehurst Country Club – 09/18/15**

Name(s): \_\_\_\_\_ Number of Attendees: \_\_\_\_\_

Address: \_\_\_\_\_ Amount of Check: \$ \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Check Number: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Date: \_\_\_\_\_

**DINNER CHOICES - PLACE THE NUMBER OF ENTREES YOU DESIRE IN THE APPROPRIATE BOX(ES):**

*Roast Prime Rib Au Jus*

*Grilled Salmon Filet with Dill Sauce*