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**Meetings: 1<sup>st</sup> Thursday of even numbered months at 7pm unless otherwise noted  
Board meetings are the first Thursday of odd numbered months at 6:30pm**

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## February Meeting

**Date:** Thursday, February 1, 2006

**Time:** 7:00pm – 9:00pm

**Location:** St. Andrew United Methodist Church  
3350 White Bay Drive  
Highlands Ranch

**Directions:** From C-470 and University Blvd., go south on University Blvd. Pass the light at Venneford Ranch Rd. and watch for the first church on your right. Turn right at White Bay Dr. to enter the parking lot. There is plenty of parking available. The meeting is downstairs. (The church is a little over a mile south of C-470 and University Blvd.)

**Topic:** A medical update on Celiac. Dr. Charles Miranda, Internal Medicine, and Pediatrics, will be our featured speaker. Dr. Miranda will cover a potpourri of medical questions regarding celiac disease. Not only does Dr. Miranda research celiac disease and treat patients with celiac, he also lives with it. Per members' request, he will also give his opinion on the use of vinegar.

**Vendors:** Vendors who want to provide samples and items for sale need to contact Gina Meagher at [gmeagher@mines.edu](mailto:gmeagher@mines.edu).

**Hosting:** The Highlands Ranch, Lone Tree, and Castle Rock group (South Huddle) will host the meeting. Any help would be appreciated. Please try to arrive early and bring GF treats if possible.

**Newly Diagnosed?** For those who are newly diagnosed with celiac or a caregiver of celiac family members, feel free to come at 6:30 to talk with an experienced member of the chapter.

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## December Meeting

The December meeting featured a report by Karen Cranford and Joan Van Loozenoord from the national meeting held in October. Info presented included (1) the importance of checking quarterly on your pharmaceutical products because manufacturers can change fillers as often as every month. To be completely sure, find a compounding pharmacist to fill your prescriptions...and (2) enzyme therapy research is being conducted on several fronts but there is none available for those with celiac disease yet. Do not be taken in by any enzyme therapy claims.

Our cookie exchange was delectable and a huge thank you goes out to Whole Foods in Lakewood for donating overstocked GF Chocolate Chip Cookies to our members. Everyone went home with a box! And several went home with beautiful GF gift baskets they won in our door prize drawing made available by Maggie's Cottage. Find out more about them on page . What a fun meeting!

## Next Meeting

The April 5th meeting will be held at the Wheatridge Recreation Center at 4005 Kipling so come on over if you haven't joined us before. More details in the next newsletter. Put it on your calendar and plan to join us!

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## CSA CONVENTION HEADS WEST!

The next CSA Annual Conference will be held September 27-30 at the Westward Look Resort in Tucson, AZ. Chef Aaron, CSA's Executive Chef, is so excited about putting together meals at this resort for us because he'll have free range (no pun intended) for what he wants to do compared to limits of the previous locations. Should be a great time in the old west! Info at [www.csaceliacs.org](http://www.csaceliacs.org).

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## MEMBERSHIP RENEWAL

**LAST CHANCE!** Have you renewed your membership yet? Look at the mailing label on this newsletter. If it says "Last Issue" or "Trial Issue", you need to pay your dues. Dues are just \$15 and include 6 newsletters a year plus 6 support meetings a year. If you have any questions, call Donna DeVisser at 303-973-4613

## Announcements

### Newsletter Deadline

March 10, 2007 is the deadline to submit articles or information for the January newsletter. Send submissions to [crankaren@aol.com](mailto:crankaren@aol.com).

**THANK YOU** to the chapter for the beautiful flowers and to the members who sent cards and notes to me following my dad's death. And a special thank you to those who assembled and mailed the newsletter back in November: Karin Parker, Jennifer Parker, Catherine and Michael Franklin. Thanks to Donna DeVisser for taking that off my hands. You all made a tough time much easier...Karen Cranford

### Oats issue

In consideration of newly diagnosed members and those who might have problems with oats, we ask our members not to bring snacks made with oats. We thank you, and our intestines thank you!

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## Celiac Friendly Restaurants

**NEW—BONEFISH GRILL** opened in Littleton at 8100 W. Crestline Ave., just behind Bear's Carwash at Wadsworth and Crestline just north of Bowles. They also have a location in Westminster. They are owned by the same company that owns Outback Steakhouse and they, too, have a gf menu. Ask for one at the restaurant or you can check it out online at [www.bonefishgrill.com](http://www.bonefishgrill.com). After entering the website, click on "Tasty Bites" and you'll find the downloadable menu on the right side of the page under the photo.

From Kathy Craig: **Brothers BBQ** has great BBQ and it's gluten free! The ribs have a rub on it which we're in the process of finding out what's in it, but the other smoked meats are fine. If you order any plate, it automatically comes with a bun...so ask them to hold the bun. If you order just the meat, it doesn't come with the bun. The potato salad is fine and they also carry Boulder Chips. Remember, not all of the Boulder Chips are gf, so be sure to check the label. Although a couple of the desserts do not have gluten in the ingredients, the supplier is concerned about cross contamination, so pass on dessert.

Kathy also had a great experience at the **Red Robin Restaurant** at 52<sup>nd</sup> and Wadsworth where the manager has worked in the past with the Colorado Springs chapter members. She had the Red Robin Bacon Burger (without bun) and Fries (has its own designated fryer). Order without seasoning salt. Also GF is the grilled chicken breast filet, grilled salmon, lettuce wrap burger, guacamole and salsa. Corn chips may be fried in a common fryer.

## Neighborhood Huddles

A complete listing of current neighborhood resource contacts is included with this newsletter.

**Note:** Please feel free to join another area's event by contacting their resource person. There is no requirement to attend only your area's happenings. The more, the merrier and we all gain valuable info!

### Denver Central

Cabin fever? Join this group for pizza in late January!

Date: Saturday, January 27, 2007

Time: 11:30am

Place: Beau Jo's Restaurant  
2710 S. Colorado Blvd.

GF pizza (8-inch) with 6 little slices costs \$11.

Reservations have been made for a limited number.

Please claim your spot by contacting Andrea or Laura before Saturday, January 20. Hope to see you there. Contact: Andrea Loughry, 303-722-6284 or [oppermanda@netzero.net](mailto:oppermanda@netzero.net) or Laura Determan, 303-757-3982 or [lddet@msn.com](mailto:lddet@msn.com).

### Northern Colorado/Loveland

The Northern Colorado Chapter of Celiac Sprue will be held on Thursday, March 1st at 7:00 P.M. Meetings are held at the All Saints Episcopal Church, 3448 North Taft Ave in Loveland. All Celiac patients and those who must be on a gluten free or wheat free diet are welcome. Additional information, please contact Judy in Fort Collins 943-9674 or Dave in Loveland 669-4233 or check out our new web site at [www.northerncoloradoceliacs.org](http://www.northerncoloradoceliacs.org).

### South/Highlands Ranch, Lone Tree, Castle Rock

Join this group at Deby's Gluten Free Bakery and Cafe for lunch on Sunday February 11th. Doug and Monica Poole are opening the bakery for a private party for this group from 1 to 3 pm. Get to know each other better, purchase your choice of yummy gf lunch selections, plus shop for baked goods and entrees. Valentine's Day is the next week and there will be Valentine Cookie kits available for purchase. Bring the kids—it's a great outing for families! They need a minimum of 15 people so **rsvp** by February 4th to Cheryl Borgen by phone 303-791-7731, or email to [pricer15@gwest.net](mailto:pricer15@gwest.net) Directions are on the web site [www.debysglutenfree.com](http://www.debysglutenfree.com) or ask Cheryl when you rsvp. To pick up special orders while you are there, check the web site for a list of what is available to purchase and call the bakery at 303-283-4060 to place your order at least 24-48 hours in advance. Baked goods, birthday cakes, pizza crusts or take and bake pizzas, rice flour tortillas, frozen entrees, and menu items prepared 'to go' are all available. Take advantage of this fabulous opportunity to enjoy delicious gluten free cooking long after your relaxing luncheon. Please join us even if you are not in our neighborhood huddle group. See you there!

## Retail Stores



Denver chapter member Betty Morris gets help from Belmar Whole Foods Market with the many boxes of GF cookies they donated to the cookie exchange. Many thanks to Store Marketing Director Allison Trembly for their generosity.

The **Belmar Whole Foods Market** (Lakewood) will host a Gluten-Free Products Store Tour on Wed. January 31, 2007 from 5:30 to 7pm. On their tour you will visit each department, tasting and learning about their gluten-free products. Please register in advance at the customer service desk. They are located at 444 S. Wadsworth Blvd. Find their complete calendar of monthly events at [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com).

**MaggiesCottage.com** is a local natural food and health products company located in Denver. They have just expanded the gluten/wheat free selection of products on their web site. They not only have your favorite gluten-free foods, but also sell gluten-free bath and body products. MaggiesCottage.com even ships locally and around the world! If you buy in bulk you can place an order and pick it up at their local Denver office. They make beautiful gift baskets as we saw at our last meeting! Check them out at [www.maggiescottage.com](http://www.maggiescottage.com), or call them at 303-922-6112 or 866-537-1402. For all questions involving product information, contact them by e-mail at [CustomerSupport@MaggiesCottage.com](mailto:CustomerSupport@MaggiesCottage.com). Their customer care specialists are available to help you Monday through Friday, 9:00am-2:00pm MST. They will be attending the next meeting as well and will have coupons, order forms, and product samples.

The **Eastside Kosher Deli** located at 499 South Elm Street, will carry numerous gluten free products during Passover season. Beginning in early March, through Passover (which begins April 3<sup>rd</sup>) and ending with their after Passover sales, the store will stock luscious layer cakes, jelly roll cakes, pies, chicken nuggets, frozen diner entries, noodles, bread crumbs

and more. They even carry chocolate candies which are free of other allergens, such as soy.

Look for products labeled "Non-Gebrochts". Most of the cakes are now labeled "gluten-free", but some may still be marked by hand in Yiddish. Check labels, as some manufacturers make potato flour products for Passover and wheat flour products the rest of the year. Ask for assistance from their very helpful staff.

Mary Anderies family stocked up on the jelly roll cakes (try the apricot cake!) and chicken nuggets last year. Even with careful rationing of these delicious products, they ran out much too quickly! They have March circled on the calendar and are counting the days until Passover!

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### **Cel-Kids**

The Denver Area Cel-Kids Network operates through an online Yahoo group account -please contact Karin Parker at 303-797-4808 or [karinparker@juno.com](mailto:karinparker@juno.com) if you would like to join. Ask questions, share food ideas and medical info, or just chat about dealing with celiac and kids. We hope to plan a meeting for parents and a children's activity in early 2007 - please let me know if you would like to become involved with the group and/or participate in planning upcoming events!

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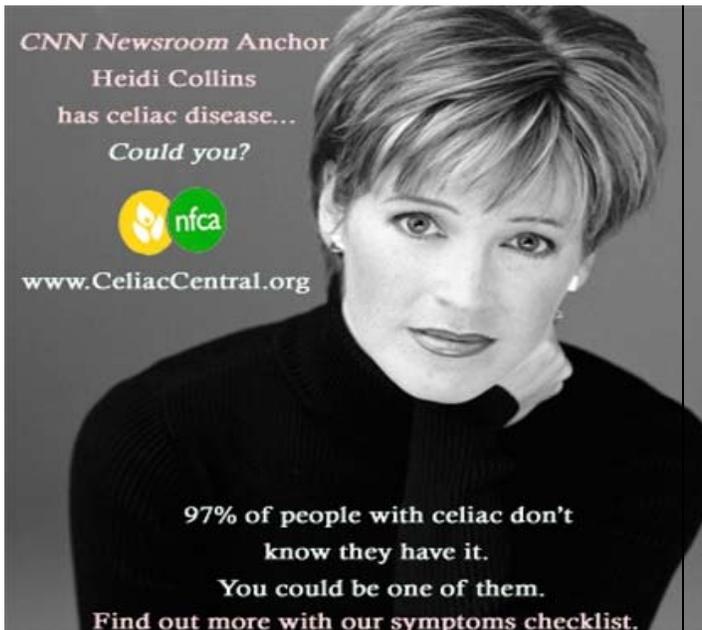
### **WE NEED YOUR INPUT**

Denver Metro CSA is updating our new member Information Packet. We are planning to add a couple of sections and would like the input of as many people as possible in the following two areas:

1. We are compiling a list of restaurants that our members feel very confident at eating – where you think they are very knowledgeable about gluten-free meals and where you have been provided safe meals – on more than one occasion. (We are aware of the major restaurants such as Deby's, Magiano's, Abrusci's, Beau Jo's, PF Changs, Outback, etc. We are looking for local restaurants where the staff and management consistently go above and beyond the call of duty in providing safe, gluten-free (and tasty) meals.)
2. There are many products that continue to surprise us that they contain gluten – foods that we really did not suspect. We are also making a list of these foods that people were very surprised to learn contained gluten.

Please send information for either of these two sections to [DHMoyer@Juno.com](mailto:DHMoyer@Juno.com). We appreciate your help. Thanks also to the people at the December meeting who gave us their feedback.

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**CNN Newsroom Anchor Heidi Collins to be Official Spokesperson for the National Foundation for Celiac Awareness**

Washington, D.C., November 28, 2006 - The National Foundation for Celiac Awareness (NFCA) is thrilled to announce that CNN Newsroom Anchor Heidi Collins has signed on as the foundation's official spokesperson.

As a fellow celiac and a member of the news media, Heidi will bring a wealth of knowledge to NFCA. Every weekday, Heidi anchors CNN Newsroom from 9am-Noon EST. Previously she has provided in-depth reports for Anderson Cooper 360°, Paula Zahn Now, and The Situation Room, as well as served as a news anchor for CNN's American Morning. Heidi has received three Edward R. Murrow awards as well as an Associated Press Award in the best documentary category.

Heidi's journey with celiac disease began shortly after she finished graduate school and began her first television job as an anchor at a station in Wichita Falls, Texas. About one year after she started this job, she learned she was pregnant, news that thrilled both Heidi and her husband Matt. The couple kept the secret for quite some time, but finally six months into the pregnancy, Heidi announced on air that she would be having a baby. Sadly, just a few weeks after announcing her pregnancy, Heidi lost the baby. She received very little explanation from her doctors about why the tragic loss had occurred other than from fetal demise.

During Heidi's next television job in Colorado Springs, she developed a near fatal blood clot in her leg. After four months in the hospital and arterial bypass surgery, a vascular surgeon told Heidi she would never be able to have children. The doctor explained that her blood vessels would not be able to handle the strain of a pregnancy. Heidi and Matt were

devastated.

Heidi's next television job brought the couple to Denver, where after a lengthy search, they found a high-risk obstetrician who felt that having a child would not be impossible after all. Nine months later, two injections a day of blood-thinner and constant observation by a team of physicians, Heidi gave birth to her son Riley. She says it was the happiest day of her life.

However, Heidi continued to deal with stomach pains, severe headaches and anemia. The constant health issues grew nearly intolerable as she moved to CNN's New York office. She continued visiting doctors until finally after 15 years of one health problem after another, her general practitioner diagnosed her with celiac disease. With one simple blood test, Heidi had found a diagnosis that would allow her to work toward a cure for her chronic medical conditions and an answer as to why her pregnancy had failed.

"Through being the spokesperson for the National Foundation for Celiac Awareness, I hope to significantly reduce the time it takes for people with celiac disease to be accurately diagnosed and empower people to reclaim their health and restore their lives," Collins said. "It is through the power of my personal story and my ongoing struggle with celiac disease that I hope to encourage people to get tested and make a positive change in their lives."

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The National Foundation for Celiac Awareness (NFCA) is a non-profit organization dedicated to raising celiac awareness and funds for research.

NFCA is made up of professionals, medical specialists, and volunteers-all dedicated to working with leading researchers around the world to better understand celiac disease. Visit [www.celiaccentral.org](http://www.celiaccentral.org)

<[http://nfca.vervemail.net/vmff/vm\\_link.php?id=6267&m\\_id=101418](http://nfca.vervemail.net/vmff/vm_link.php?id=6267&m_id=101418)> or call 202-904-7865 for further information.

<[http://nfca.vervemail.net/vmff/vm\\_link.php?id=6267&m\\_id=101418](http://nfca.vervemail.net/vmff/vm_link.php?id=6267&m_id=101418)>

**BITS AND PIECES**

Cheryl Borgen has had a few requests for info on how to purchase the foldable slicer she demonstrated at the Oct. meeting. She says the best deal is at Walmart online: Rival model 1042WP foldable slicer [http://www.walmart.com/catalog/product.do?product\\_id=3957101](http://www.walmart.com/catalog/product.do?product_id=3957101) price is \$29.96 and free shipping to your local Walmart. Also, those wanting her specific recipes can email her at [pricer15@qwest.net](mailto:pricer15@qwest.net).

From Ann Green of Gering, Nebraska (attended the Oct. meeting) she noticed in Bob's Red Mill catalog a Breadman Ultimate Bread Machine Plus with a gluten free and low carb setting with new convection features that goes for \$99.50.

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## Speaking Gluten Freely

Anheuser Busch announced the national roll out of a gf beer. It's **REDBRIDGE, Beer Made From Sorghum**. (Sorghum is a safe grain for those allergic to wheat or gluten.) **Ingredients:** Sorghum, corn, yeast, Imported Hallertau and Domestic Cascade hop varieties and water. **Flavor:** A rich, hearty and full-bodied Lager, brewed from sorghum for a well-balanced, moderately hoppy taste.

**From Carol Fenster** from the National Products Expo East: gluten-free flour tortillas made with teff, both ivory and dark variety. They are soft, supple and taste great made by **La Tortilla Factory**. They should be in large chain stores by spring. Ask for them or go to [www.latortillafactory.com](http://www.latortillafactory.com).

Another new wrap was the **Healthy Hemp Foods** version made from amaranth, hemp, and various seeds including sunflower, sesame, and flax. These are dark in color and hearty in flavor, but are soft, supple and extremely healthy. Learn more at [www.healthyhempbread.com](http://www.healthyhempbread.com).

There's a new soy-based whipped (aerosol) topping called **Soyatoo**. It looks and tastes like real whipped cream, but without fat, lactose, and casein. It is made by [www.soyatoo-usa.com](http://www.soyatoo-usa.com) or [www.ceresorganic.com](http://www.ceresorganic.com). Look for a new hemp-based milk (also called drink or beverage). It's good for those who can't drink cow's milk, but also don't want rice, soy, nut, or potato-based drinks. It comes in plain, vanilla, and chocolate flavors and tastes great. It is **Living Harvest** at [www.livingharvest.com](http://www.livingharvest.com).

**Good Karma** ([www.goodkarmafoods.com](http://www.goodkarmafoods.com)) introduced a wonderful rice-based cream that is a great substitute for ice cream made from cow's milk. It comes in Very Vanilla and Carrot Cake flavors.

**Soyco** ([www.galaxyfoods.com](http://www.galaxyfoods.com)) removed the casein from its "dairy-free" cheeses and offers them in 3 flavors: American, Cheddar, and Pepper Jack. They were always lactose-free, but now the casein is gone, making them appropriate for far more people.

**Stevia**, a sweet leaf from Uruguay, isn't new but it now comes in 12 flavors that make water taste great. [www.sweetleaf.com](http://www.sweetleaf.com). Carol puts a few drops in her bottle of water for a flavor boost that turned ordinary water into a treat and to flavor her after-dinner coffee.

**From Bonnie Atherton: Fantastic Foods** has the following GF products: Soup Cups in the Baja Black Bean, Chipotle, Buckaroo Bean Chili, Creamy Potato Leek, Great Lakes Cheddar Broccoli, Southwest Tortilla Bean, Split Pea Soup and Summer Vegetable Rice flavors. These GF Soup Cups replace those on page 126 of the 2005 Product List Book. Other GF products include: Soup & Dip Mixes (Onion Soup & Dip, Vegetable Soup & Dip, Onion & Mushroom Dip, Garlic Herb Dip), Rice (Basmati Rice, Jasmine Rice, Arborio Rice), Simmer Soups (Creamy Potato) and International Dishes (Original Hummus, Instant Refried Beans, Instant Black Beans). NOTE: these are made on shared equipment that also processes wheat ingredients...possible cross contamination.

## The Art & Science of Gluten-Free Gastronomy™

Beginning January 16, 2007, Denver will be the first city to host a new culinary education adventure in the art of gluten-free living. The Art & Science of Gluten-Free Gastronomy™, presented by GF Culinary Productions, Inc. of Denver, is an 11 month lecture series that will provide those with an interest in gluten-free cooking and baking an in-depth format to learn the art and science behind the cuisine.

To take place in the historical elegance of The Phipps Mansion in Denver, each monthly lecture will focus on a specific topic of gluten-free cuisine and nutrition lead by a local expert and followed by a gluten-free cooking demonstration presented by a featured chef of Denver. Scrumptious chef recipe tastings for the audience will top off each presentation. The event's season sponsors include Bête Noire Chocolates, Bob's Red Mill Natural Foods, Celia's Gourmet and P.F. Chang's China Bistro.

Lectures are on one Tuesday evening a month beginning January, 16, 2007 running through November 13, 2007. Presentations begin promptly at 6:30 p.m. and will conclude approximately at 8:30 p.m. Attendees are invited to arrive at 5:30 p.m. for pre-lecture gluten-free comestibles, visiting and to tour the mansion at their leisure. Registration in advance is required and a portion of ticket proceeds will benefit the Celiac Sprue Association Denver Metro Chapter #17.

While the first lecture will have taken place by the time you read this, other lectures in the series include: The Gluten-Free Flour Code and When World's Collide featuring Littleton-based, award-winning cookbook author Carol Fenster, Ph.D. of Savory Palate, Inc. and Executive Chef Matt Selby of Vesta Dipping Grill (**February 20**); Singin' In The Grain with Chef Instructor Eric Stein of Johnson & Wales University-Denver (**March 13**); Casaglutentfree with Cindy Gawel of Bête Noire Chocolates and The School of Natural Cookery (**April 10**); The Bread Also Rises with Carol Fenster, Ph.D. (**May 15**); Great Expectations and GF Fiction with Laurie Scanlin, Ph.D. of Keen Ingredients, Inc. and Executive Chef Adrian Heuer of The Denver Museum of Nature and Science (**June 12**); Brave New Snacks (**July 17**); Around The World in One Hour (**August 7**); The World According to Rice (**September 18**); Some Like It Decadent (**October 9**); and It's A Wonderful GF Life featuring a special holiday-themed, season finale (**November 13**). Other featured speakers and chefs will be announced at a later date.

Register at [www.theglutenfreelifestyle.com](http://www.theglutenfreelifestyle.com). A La Carte lectures are \$30 per person. Price includes lecture, materials, refreshments and tastings. Season subscription packages are available.

## Oats Update

Q. Why is CSA requesting no foods containing oats at meetings? I have heard that there are now "gluten-free oats".

A. For many years, all celiac groups recommended avoidance of oats along with wheat, barley and rye, as the protein in oats is extremely similar to the toxic proteins found in wheat, barley and rye (all fall under the category called "gluten"). The other reason for avoidance is that all oats were contaminated with wheat and barley, from the fields and mills. Recent research is showing that, because the protein in oats is somewhat different, many people with Celiac Disease can tolerate it; and now that there are a couple of sources of pure oats being farmed and milled, many people are choosing to include it in their diets. However, the situation may not be as positive as some people believe. Most of the studies done on oats were done on very small groups of people. Many of the studies had high drop-out rates. Perhaps some dropped out because they were reacting. Some people did have reactions, and one small study, done on intestinal biopsy samples grown in cell culture, showed immunological changes from exposure to oats, even in some people who did not think they reacted to the oats. So, although more research is needed, it is possible that there is a large sub-population of people with Celiac Disease where the immune reaction is triggered not only by the proteins in wheat, barley and rye, but also by oats.

Someone who has been gluten-free for a long period of time and whose body has healed well is much more likely to recognize when they react. For this reason, the current recommendation is for someone to wait until they are well-healed (at least 1 year) before trying oats. Many of the people attending CSA meetings are fairly newly diagnosed and would not necessarily know if they were reacting to oats. So, to make the food at meetings as safe as possible for everyone, we are requesting nothing containing oats.

It is for a similar reason that we request, if you bring food to a meeting, that you bring the recipe. Many people with CD (probably because of the CD) have additional food intolerances. If your recipe is available, everyone can see what ingredients are in it and if it is safe for them to eat.

There is a separate issue with the oats that some people may experience. Oats are a whole grain, thus higher in fiber. Whole wheat, barley, rye and oats provide much of the fiber in the American diet. Because of eliminating these grains and because many, if not most, gluten-free baked goods are made from refined flours and thus extremely low in fiber, many people with Celiac Disease are currently consuming very low fiber diets. In general, a high fiber diet is highly recommended as fiber has many benefits for our bodies. However, when someone who is not used to eating fiber, first starts to eat it, if they eat too much, they might experience some digestive symptoms – perhaps some gas, bloating or a little diarrhea. (This could also happen from suddenly eating large amounts of fruits, vegetables, beans or other high fiber foods.) This is temporary and will usually go away fairly quickly, especially if someone starts with a small amount and gradually increases the quantity. If you try oats and experience these symptoms and they do not improve quickly, assume that you are reacting to the protein, itself, in oats, not the fiber, and stop the oats.

For a further discussion of the research on oats, refer to the May 2006 newsletter.

Submitted by Diane Moyer, M.S.,R.D.,C.D.E.

## PUBLICITY

From **Oregonlive.com** on November 14, 2006: "...The number of gluten-free products on store shelves (excluding Wal-Mart Stores Inc.) more than tripled at the end of October this year to 2,042 items compared with 657 at the same period in 2001, according to ACNielsen. Meanwhile, products with gluten-free claims racked up \$660 million in U.S. sales (excluding those at Wal-Mart) through ACNielsen's fiscal year 2006, which ended last month, up 31.5% than the same period a year ago..." Editorial note: Wal-Mart has over 900 marked gf items...read the labels.

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Article from the **Denver Post**: "Don't feel right? Find out why...SUCCESS STORY" by David Huggins, Denver Post Staff, November 13, 2006, page F1 (Fitness Section).

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**BARCELONA, Spain, Dec. 19 (UPI)** -- Spanish scientists have developed the first high-quality, gluten-free bread for people with celiac disease.

Researchers at the University of Barcelona's Food Technology Plant Special Research Center say the bread has an increased nutritional value, a longer useful life and a similar texture to traditional bread... The researchers' goal was to develop gluten-free bread with a similar taste and texture to bread made with wheat flour. They say they created a 100 percent gluten-free product with a pleasant taste and texture and of high quality that can be enjoyed by the general population, as well as those with CD.

\* \* \* \*

From Ontario, Canada, November 24, 2007:

The Canadian Food Inspection Agency (CFIA) is warning people with allergies to almond protein not to consume the **Schar brand Snack - gluten free chocolate wafers with hazelnuts** described below. The affected product may contain almond protein which is not declared on the label.

The Schar brand Snack - gluten free chocolate wafers with hazelnuts, a product of Italy, is sold in a 105 g package bearing UPC 8 008698 005286 on the back panel. On some packages, the UPC on the back panel may be covered with a sticker. These packages have a white sticker on the front panel which bears a different UPC 8 00869 80528 6. Both UPC's are affected. The package contains 3 individually wrapped 35 g Snack bars. Only the Best before date 21 06 07, lot code L161721 is affected by this alert. This product has been distributed nationally.

There have been no reported illnesses associated with the consumption of this product. Consumption of this product may cause a serious or life-threatening reaction in persons with allergies to almond protein. The importer is voluntarily recalling this product from the marketplace. The CFIA is monitoring the recall.

For more information, consumers and industry can call the CFIA at 1-800-442-2342 / TTY 1-800



### Cardamom Orange Cookies

From Carol Kendall

1 bag (1#6oz) Namaste Cookie Mix  
2 Eggs  
¼ C. Canola Oil (Canola Harvest)  
¼ C. Royal Crest Butter  
2 ½ Tbsp. Almond Breeze, unsweetened (Blue  
1 Tbsp. Ground Cardamom Diamond)  
1 Tbsp. Grated Orange Peel

Heat oven to 350 degrees. Lightly grease cookie sheets. Combine eggs, oil and almond beverage. Add cookie mix and other ingredients. Blend well, Drop by rounded tablespoons onto cookie sheet. Bake 10 to 12 minutes or until top turn light brown.

### Coconut Pizelle Cookies

½ C. Butter ½ C. Toasted Coconut, chopped  
¾ tsp. Baking Powder (Calumet) in processor  
3/8 C. Margarine 2 C. Rice Flour  
11 Jumbo Eggs 2/3 C. Potato Starch  
1 C. Sugar 1/3 C. Tapioca Flour  
1 Tbsp. Anise Oil ¾ Tsp. Xanthan Gum

Melt fats together, cool. Beat eggs in large bowl; add anise oil & cooled fats. Mix well. Mix flours, xanthan gum, baking powder and coconut together and add a little at a time to egg mix. Mix well. Preheat pizelle iron. Drop about a tablespoon of mixture onto iron. Cook for about one minute or until lightly browned. Makes about 6 doz. Cut desired amount of cookies into quarters. Transfer to a paper towel to cool. Prepared chocolate glaze. Dip rounded edge of each quarter into glaze & then into toasted coconut. Place on rack until glaze is set. Can cut all cookies or keep some whole and plain.

Chocolate Glaze:

1 ½ C. Sifted Powdered Sugar  
3 Tbsp. Unsweetened Cocoa Powder  
½ Tsp. Vanilla Extract (Schillings)  
2-3 Tbsp. milk to make mixture of glazing consistency

### Snow Mice

From Bridgett Perez

Hershey's Kisses Maraschino Cherries with stems  
Candiquick Sliced Almonds

Drain cherries and dry with towel. Melt candiquick. Holding the stem and the top of the cherry in one hand and the point of the kiss in the other, dip both into the candiquick. Turn the two dipped ends towards each other and stick together. Place on waxed paper. Push two sliced almonds between the kiss and the cherry into the candiquick to look like ears. Let cool to harden.

### Rose's Candy Cookies

From Kristy Ledgerwood

2 C. Sugar 1 C. Coconut (Bakers)  
½ C. Butter 6 T. Cocoa (Hersheys)  
½ C. Milk 1 tsp. Vanilla (McCormicks)  
3 C. Oatmeal (GF Oats Co., WY)

Boil sugar, butter and milk for 3 minutes. Add vanilla. Have ready oats, coconut and cocoa mixed together. Combine liquid with dry ingredients. Mix thoroughly. Drop by spoon on cookie sheet, let cool.

### Peanut Macaroons

From Joan Sowinski

2 Egg Whites ¾ C. Sugar  
¼ Tsp. Salt ½ C. Peanut Butter

Beat egg whites with salt until foamy. Add sugar gradually. Beat until stiff peaks form. Fold in softened peanut butter. Drop by teaspoons 1-inch apart on greased cookie sheet. Bake at 325 degrees (slow oven) for 20 minutes. Cool slightly before removing from the pan. Makes 2 dozen.

### Mom's White Fudge

From Bridgett Perez

1-3 oz. pkg cream cheese (important to use 3 oz pkg)  
1 tsp. GF Vanilla  
Dash Salt  
2 ¾ C. Powdered Sugar  
½ C. Chopped Walnuts

Grease 9x5 loaf pan. Mix at low speed cream cheese, vanilla, & salt until smooth. Gradually beat in sugar until blended. Stir in nuts. Spoon mixture into pan. Refrigerate until firm. Cut into 24 pieces.

### Appetizers from the Nov/Dec '06 Gluten Free News

#### Bacon Wrapped Pineapple

For 1 lb. of bacon, you need about 1 ½ cans Dole Pineapple Chunks. Cut the slab of bacon in 3 equal parts, so each slice is cut in thirds. Wrap the bacon around the chunk of pineapple, securing with a toothpick. Place on baking sheet. Bake in a 350 oven until nicely done, about 30 minutes. Serve hot or warm with toothpicks.

#### Bruschetta with Tomatoes and Basil

You need slices of GF bread cut about 3/8 inch thick. GF bread is great for this as drier bread will be very good. Heat a grill pan over medium high heat. Brush olive oil on both sides of the bread slices. Grill bread until golden brown, 2-3 min. per side. In a small bowl combine: Diced Tomatoes ¼ C. olive oil  
¼ C. slivered fresh Basil 1 Tbsp. Balsamic vinegar  
1 garlic clove, minced Salt & Ground Pepper to taste and small cubes of fresh mozzarella. Scoop some of this topping on the bruschetta and enjoy!

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303-315-3842



Common issues, concerns and questions expressed by our members:

- Q. I read about insulin dependent diabetes being connected to CD at any age and yet when I talk to my doctors about it they say - that diabetes one only gets as a child. Who is correct?
- A. Type 1 Diabetes IS connected to CD – some of the research (from Dr. Hoffenberg's Denver group) suggested that perhaps over 15% of people with the Type 1 Diabetes also have CD. It is also true that children are most likely to develop Type 1 Diabetes. It is rare for someone to develop Type 1 Diabetes after 30, but it is certainly possible at any age.
- Q. Are celiacs more likely to have a problem with milk protein and would that show up on a tTG test?
- A. Yes, celiacs are more likely to have a problem with milk protein, but the tTg test is specifically for the antibodies to tissue transglutaminase - involved in the gluten reaction. There are other tests that would be more likely to show reactions to other proteins.
- Q. Are modified corn starch and modified food starch gluten free?
- A. In this country the two are one and the same and both are gluten free. Modified food starch in a product from Europe can be made from wheat. It's always best to check with the manufacturer first or at least find out where it comes from. For products made here in this country, the new allergen bill helps a lot because if it is made from wheat, it has to be disclosed.

## Meet Your Neighborhood Celiac Resource Contact

Updated Nov. 2006

Below are the resource contacts in eleven neighborhood areas in Metro Denver, as well as resource contacts throughout Colorado. If you have questions or are not sure which area is your neighborhood, please contact Marjie Reece at (303)756-6836 or email: [denvermetrocsa@comcast.net](mailto:denvermetrocsa@comcast.net).

As the neighborhood resource groups have progressed, some areas join together for activities. Flexibility is the keyword, as area needs and/or interests change. The objective in setting up these various areas has been to provide an additional way for celiacs to interact and support each other.

Any member can attend any huddle/activity they want by calling the huddle's contact. Regardless, the Denver Metro Chapter #17 is the umbrella organization for all of our members wherever they live.

<b>Metro Denver Areas</b>	<b>Contact</b>	<b>Phone</b>	<b>E-Mail</b>
<b>BD:</b> Boulder, Lafayette, Louisville, Longmont	Barbara Sanford Beth Macht	303-499-7259 303-665-7558	<a href="mailto:barbarasanford@comcast.net">barbarasanford@comcast.net</a> <a href="mailto:elizabethwm@yahoo.com">elizabethwm@yahoo.com</a>
<b>DEN-C:</b> Central Denver City/County	Laura Determan Andrea Loughry	303-757-3982 303-722-6284	<a href="mailto:lddet@msn.com">lddet@msn.com</a> <a href="mailto:oppermanda@netzero.net">oppermanda@netzero.net</a>
<b>DEN-N:</b> Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	720-214-3144	<a href="mailto:kdarci@yahoo.com">kdarci@yahoo.com</a>
<b>DEN-S:</b> Centennial & Greenwd. Vlg. (W/I-25), Englewood, zips: 80120,-21,-22,	Cathy Curtiss Louise Williams	303-771-8029 303-798-3415	<a href="mailto:cmc1974@msn.com">cmc1974@msn.com</a> <a href="mailto:willou@comcast.net">willou@comcast.net</a>
<b>DEN-W:</b> Lakewood	Betty Morris	303-238-5145	<a href="mailto:wabe22204@comcast.net">wabe22204@comcast.net</a>
<b>E:</b> Aurora, zips: 80231 & 80247	Nancy Vermeersch	303-337-0667	
<b>NW:</b> Arvada, Wheat Ridge, Zips: 80021 & 80212	Laura Meek	303-467-0608	<a href="mailto:lmbmeek@juno.com">lmbmeek@juno.com</a>
<b>S:</b> Highlands Ranch, Lone Tree, Castle Rock	Mary Ann Peterson Cheryl Borgen	303-683-1461 303-791-7731	<a href="mailto:mapete1130@aol.com">mapete1130@aol.com</a> <a href="mailto:pricer15@qwest.net">pricer15@qwest.net</a>
<b>SE:</b> Centennial & Greenwood Vlg.(E/I-25), SE Aurora, Parker, Elizabeth	Donna Steelman Gale McGrevey Ann Demaree	303-699-6170 303-766-7096 303-693-5752	<a href="mailto:donnasteelman@comcast.net">donnasteelman@comcast.net</a> <a href="mailto:gmcgrevey@att.net">gmcgrevey@att.net</a> <a href="mailto:ann@demaree.com">ann@demaree.com</a>
<b>SW:</b> Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Jennifer Parker	303-933-1565 303-933-5992	<a href="mailto:jkvanlooz@comcast.net">jkvanlooz@comcast.net</a> <a href="mailto:ierparker@comcast.net">ierparker@comcast.net</a>
<b>W:</b> Golden, Evergreen, Morrison	Marjie Reece	303-756-6836	<a href="mailto:denvermetrocsa@comcast.net">denvermetrocsa@comcast.net</a>

### Other Colorado Area Contacts

<b>Colorado Springs Area</b>	Marie Pizzolatto Ginger Ludwig	719-572-0548 719-598-6748	<a href="mailto:pizzolatto8@earthlink.net">pizzolatto8@earthlink.net</a> <a href="mailto:ginglud@aol.com">ginglud@aol.com</a>
<b>Northern Colorado</b>			
Ft. Collins	Judy Siple	970-493-9674	<a href="mailto:jabms@frii.com">jabms@frii.com</a>
Berthoud	Bill Eyl	303-772-3155	<a href="mailto:billeyl@earthlink.net">billeyl@earthlink.net</a>
Loveland	Dave Shaw	970-669-4233	<a href="mailto:davshaw49@comcast.net">davshaw49@comcast.net</a>
Greeley	Mary Grauerholz	970-352-6122	<a href="mailto:mcholz@aol.com">mcholz@aol.com</a>
<b>Western Colorado</b>			
Grand Junction	Kathye Holland	970-255-0511	

**MEMBERSHIP APPLICATION FORM**  
**Denver Metro Chapter #17 of CSA/USA, Inc.**

*(a non-profit organization)*

*Your best local resource for celiac information, support and gluten-free socializing.  
 Please join us.*

Dues are \$15.00/year (Renewals due in Jan.)

Make check payable to "Denver Metro Chapter #17, CSA/USA"

Mail check and form to: Donna DeVisser, 2675 Van Gordon Dr. Lakewood CO 80215-7001

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP CODE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please list yourself and all members of your **immediate** family who have Celiac Disease

NAME	BIRTH DATE	DIAGNOSED BY?	WHEN?	ALSO HAVE DIABETES?	DERMATITIS HERPETFIFORMIS?

*Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization!*

*I authorize Denver CSA to share my contact information for official chapter business. \_\_\_\_\_*  
 (please initial)

Have you received a Celiac Disease Information Packet? \_\_\_\_\_ Yes \_\_\_\_\_ No 107 NL

For information on the national CSA/USA, call 1-800-272-4272  
 or go to [www.csaceliacs.org](http://www.csaceliacs.org)

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CITY, STATE, ZIP CODE: \_\_\_\_\_

Make check payable to "Denver Metro Chapter CSA/USA" and send with form to:  
 Don and Jeanne Smith, 6834 S. Franklin Circle, Centennial, CO 80122