

Taming of the **SPROUE**

May, 2007

Denver Metro
Chapter #17 of CSA/USA, Inc.
Celiac Sprue Association/
United States of America, Inc.
www.geocities.com/csadenver17

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

June Meeting

Date: Saturday, June 9, 2007

Time: 10:00am – 12:30pm

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 event is downstairs. (The church is a little over a mile south of C-470 and University Blvd.)

Event: Come one, come all, to the first **Denver Metro CSA Food Fair**. Local and national vendors will be on hand to tempt you with delicious cakes, cookies, breads, gluten-free flour mixes and product samples. Area restaurants will sell items from their gluten-free menus. Merchants are providing door prizes and give away items. Jean Duane and her Program Team, Mary Anderies and John Gordon, along with chapter members Kathy Craig, Tamara Bargeon and Jackie Liebman have worked hard to bring you a great event. Come find new favorites for you and your family.

Newly Diagnosed? For those who are newly diagnosed with celiac or a caregiver of celiac family members, feel free to come as a chapter table will be set up where Diane Moyer, dietitian and board member will be available. Or talk with any board member about your questions and we'll point you in the right direction.

April Meeting

Notable Food Psychologist Marc David spoke at the April meeting. He redirected our thinking about having celiac disease by looking at ourselves not as victims but by looking at the positive. We have the chance to develop a healthy relationship with our bodies. By listening to our bodies and recognizing how they respond when we eliminate gluten from our diets, we can improve our health and avert long-term problems from developing. Due to our fast-paced

lifestyle, many people, celiac or not, don't take the time to actually experience the food and listen to how their body responds. More people might realize that many of their ills are due to the food they eat, if they also took the time to listen to their bodies. Slowing down and enjoying the food could ultimately lead everyone to taking better care of themselves through healthier eating. He was very thought provoking.

NEXT MEETING August Potluck Picnic!

Get ready for family fun in the sun at the annual CSA picnic. This year, the picnic will be held on Saturday, August 4 at Addenbrooke Park, 600 S. Kipling. Look for more details in the July Newsletter.



30th ANNUAL CSA CONFERENCE TUCSON, ARIZONA SEPTEMBER 28-30, 2007

Start making plans now to be a part of this year's CSA Conference since it's practically in the neighborhood! Info on all aspects of the conference can be found at www.csaceliacs.org. The Westward Look Resort, www.westwardlook.com, is where this year's conference will be held with a special rate for CSA attendees. CSA Executive Chef Aaron Flores will again be in charge of all of the gluten free meals which is an experience in and of itself. There are continuing education credits available for physicians, nurses and dietitians. For those arriving before Thursday, a "Spirit of Tucson" conference guided bus tour will be offered Thursday from 8AM to 3:30PM for those wanting to experience the flavor of the Southwest. A Fiesta! Gluten Free Buffet will be offered Thursday evening. And don't forget, there are activities for kids, teens and young adults. For schedules and fees, go to the national CSA website at www.csaceliacs.org. Let's make a great showing from Colorado!!!

Announcements

Newsletter Deadline

July 5, 2007 is the deadline to submit articles or information for the July newsletter. Please send submissions to crankaren@aol.com.

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!

Celiac Friendly Restaurants

From Denise Gliwa:

L'Asie Fusion Bistro restaurant at 603 E. 6th Ave. has reviewed all their ingredients and has several GF alternatives. The soup at this time is not GF.

From Lynette Davis:

DiCicco' in Arvada, not Chico's, can accommodate the GF diet.

Rachel Lubeck has investigated and successfully eaten GF at the following restaurants:

California Pizza Kitchen, Chart House, Cherry Creek Grill, Gaia- great buckwheat crepes, **Hilltop Café** in Golden, **Jax Fish House** – GF menu, **John Holly's Asian Bistro, Ninth Door** – GF menu, **On the Border** – GF menu and **Piatti's** - Cherry Creek with custom made risotto, unmarinated chicken and crème brule. At **Il Posto** – 17th Ave. ask for Andrea; bring your own GF pasta or call ahead and they will bring it in for you. The **Sushi Den** has the following GF items: Duck Salad, House Salad, Fresh Wasabi, Ponzu Sauce – made with wheat-free soy sauce, lemon and vinegar, Roasted Red Pepper Scallops, Seaweed, Steamed Rice and Steamed Veggie Basket w/ Clear Noodles.

From Donna DeVisser:

The **El Senor Sol** restaurant located at 15900 W Colfax Ave has some good gluten-free options. The chips are fried in a dedicated fryer and many of the dishes are gluten free. When ordering, you may not have the green chili or the red chili, but you can have the green tomatilla sauce. The fajita meats are marinated in beer, but all the non-fajita meats are safe. The beans and rice are also gf. Ask for Victor, the manager, to help with your order. He is currently working on establishing a gluten-free menu which he hopes to implement at all five of their locations. More details to come.

From Gina Meagher:

Gina ate at **Panzano Restaurant**, 909 17th St in Denver. Chef Elise Wiggins provides a GF menu. She had a turkey sandwich on focaccia bread that was absolutely wonderful.

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 South

Fourteen chapter members went to dinner at Jade Garden on Arapahoe Rd (between Colo. Blvd & Holly), located in the King Soopers shopping center. Everyone had a great time & the food was wonderful, with quite a selection. Most of the dishes can be converted to gluten free. A popular dish with this crowd was the Sesame Chicken made with a corn-starch batter. Great! Manager's name is Venessa.

Retail Stores

The **Water To Go** store in Castle Rock is ordering more Glutino Pretzel Sticks -- they are having trouble keeping them on the shelves and are placing larger orders hoping to meet demand!!!



The pharmacy at any **Walgreens Drug Store** has access to a list of Walgreens label, gluten free, over-the-counter medications. The pharmacy staff has been most helpful when asked to look up items. You'll not only save money on their private label medications, but you usually will save money over the name brand!

WHEAT ALLERGY ALERT

Patrick Cudahy, Inc. is recalling "ROSELI SOPPRESSATA" (salami) products due to undeclared wheat. The salami products were distributed to restaurants, caterers, and the food service industry in Alabama, Arizona, California, Colorado, Florida, Illinois, Kansas, Massachusetts, Nevada, New Jersey, North Carolina, Pennsylvania, and Texas.

The product was sold in 10-lb. cartons (containing 4 packages each) of "ROSELI SOPPRESSATA." Each label bears the establishment number "EST. 28" inside the USDA seal of inspection. Each package also bears a packaging date code of "6313," "6346," "6356," "7003," "7018," "7026," "7047," "7058," or "7086." Consumers with questions should contact the company at (866) 534-0197.

The Art & Science of Gluten-Free Gastronomy™



A lucky attendee to the April event gets to take home the GF Lemon Vanilla Cheesecake made by Chef Michael Long (right). Long is the Chef and owner of Opus Restaurant in downtown Littleton. He's very familiar with food allergies. With a call ahead of time, he'll prepare you a terrific meal. Sunday Brunch runs from 9AM to 3PM and ordering is Ala Carte.

If you live anywhere near Denver, you will want to register for the Gluten-Free Lecture Series at the Phipps Mansion that takes place each month. You can register at www.theglutenfreelifestyle.com. Each monthly lecture focuses on a specific topic of gf cuisine and nutrition lead by a local expert, followed by a gf cooking demo presented by a featured chef of Denver. Great chef recipe tastings top off each presentation. The event's 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 running through November 13, 2007 which run from 6:30pm to 8:30pm. Arrive at 5:30p.m. for pre-lecture gluten-free comestibles, visiting and to tour the mansion. Advanced registration is required. A portion of proceeds benefit the Celiac Sprue Association Denver Metro Chapter #17.

Still to come: 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**).

Register at www.theglutenfreelifestyle.com. A La Carte lectures are \$30 per person. Price includes lecture, materials, refreshments and tastings.

----- PUBLICITY -----

Carol Fenster was featured in an article in the March *Energy Times*. It features one of her banana bread recipes and is egg-free. If you can't find the magazine, go to www.energytimes.com and click on the issue that has Ed Begley, Jr. on the cover. You find Energy Times at health food stores, particularly Vitamin Cottage. ALSO, Carol had a feature article in Celiac.com's *ScottFree* Spring publication. Her article is titled "Cooking The Quick and Easy Way" and gave great tips on making meal preparation quicker and easier.

In the *Spotlight* magazine of the May 9, 2007 *Rocky Mountain News* under the "Shop Smart: Food" section was an article titled, "Gluten-free biz takes off" by Janet Simons. Her column marks one year since she premiered with a report on sources of locally produced gluten free foods. She updates her report with a progress report on Deby's Gluten Free Gourmet at 2369 S. Trenton Way in East Denver. She also looks at the Gluten-Free Pastry Chef at 3549 Columbia Dr., Longmont; Rheinlander Bakery at 4721 Olde Wadsworth Blvd., in Arvada; WaterCourse Bakery, 214 E. 13th Ave. in Denver, and XDC confections at 4328 W. 35th Ave. in Lakewood. She also highlights RAW at 3531 S. Logan St. located in Englewood. She says, "RAW has been producing organic whole-wheat and spelt pizza doughs for three years. It's new organic white flour and organic, gluten-free pizza dough will join its other products in the freezer section area of Whole Foods stores in June."

The April 5, 2007 edition of *POW WOW*, Powell (Wyoming) High School's Newspaper featured former Denverite Forrest Smith, who has celiac disease and how he started the Gluten Free Oats Company. It began as an FFA project and is now family run. He was recently highlighted in the *Out Here* magazine along with several other newspapers and magazines. Way to go Forrest!

USA WEEKEND had a small sidebar article in their March 16-18, 2007 publication under the Health Briefs column. It was titled, "Celiac Disease: It may be the Answer."

TRAVEL TIP

Carry two copies of a note from your doctor stating you need GF food. Pack one with the GF food you have in your luggage and carry one with you!



Speaking Gluten Freely

From the **Natural Products Expo West**, new items from:

Pamela's Products—new Simplebites Mini Cookies available in Chocolate Chip and Ginger Snapz, these bite-sized GF, DF morsels are perfect for lunch boxes, treats-on-the-go or a low-guilt cookie indulgence.

Amy's—they're expanding their line of mom-pleasing options with GF, CF Baked Ziti Kid's Meal containing ziti pasta, broccoli and sauce, rice focaccia bread and apple crisp.

Enjoy Life Foods—this gluten free and food allergy-friendly company recently released cookie packs for lunch boxes (chocolate chip and snickerdoodle) and they've just added two new cookie flavors to their already excellent line of soft baked cookies. Look for Happy Apple and Lively Lemon.

From Bonnie Atherton:

At www.fritolay.com click on FAQ at the bottom of the home page for a current GF list.

Enjoy Life Foods has three types of granola: Cinnamon Crunch, Cranapple and Very Berry. Four of **Amy's** products: Rice Lasagna, Rice Macaroni and Cheese, Rice Crust Cheese Pizza and with Pizza with Spinach are now made in a dedicated GF facility. The packaging, however, states "made in a facility which processes foods containing wheat ..." At this time they do not know if the packaging will be changed.

Mrs. May's introduced its new **Trio bar**, a crunchy health bar made from nuts, seeds and natural fruits. The Trio bar will be available in four different fruit flavors and like all Mrs. May's snacks, the bars are vegan, non-GMO, cholesterol free, dairy free, wheat free, certified gluten free, kosher and contain no artificial flavors and colors. The bar is named Trio because each bar contains a combination of three nuts (almond, cashew and pistachio), three seeds (sesame, sunflower and pumpkin) and three fruits (dates, raisins and one-of-four fruit flavors including strawberry, cranberry, blueberry or tropical fruit).

From the Fox Valley, WI, Celiacs Newsletter: **Dora** dry cereal by General Mills is GF and can be found in the regular cereal section or at Target or at Dollar Tree Stores.

Brach candy is not GF as of 10/06.

Metamucil powders and capsules are GF. The wafers contain flour. www.metamucil.com.

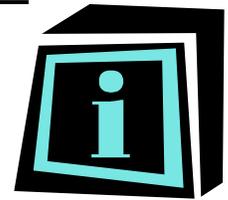
Kitchen Basics cooking stock contains no gluten, soy, nuts, MSG, HVP, milk, eggs, dairy, fish or fat and is lower in sodium than many other brands. Go to www.kitchenbasics.net.

Mary Kay Cosmetics are GF (except the mascara).

Caltrate 600+D Plus Minerals Calcium Supplement is gluten free.

DID YOU KNOW?

Noah Chutz heads up CSA Resource Unit 3003 in Boulder, CO. This past year he has been working with the University Dining Services to set up GF meal options in **CU's** residence halls. Because this is a new program, if you are a freshman with Celiac attending **CU** this fall, please contact him at nchutz@gmail.com for assistance in eating GF and navigating the University administration. He is a great resource. Additionally, he can be contacted with food/dining related questions, health care options and medical services for Celiacs in the Boulder area.



At **Colorado State University**, daily GF meals have been incorporated into their dining hall menu. Full service fruit and salad bars are also available. For more info, please contact Executive Chef Karl Bendix at Karl.Bendix@ColoState.edu.

From Sue Wielgopalan
Harriet Solar, RD LD, Corporate Dietitian, **The Kroger Company**: Dextrins and maltodextrin are starches, that can be derived from many sources. In the US maltodextrin is usually corn or potato, elsewhere, such as Europe, it is commonly from barley or wheat. For Kroger products: if there is modified food starch on the label from wheat, it will say "contains wheat" under the ingredient statement. For citric acid, if the product is made in the US (and it may or may not state this information), it is GF. If the item is made in another country, the label must designate that and the citric acid is not necessarily GF.

Dental prophylaxis paste usually has gluten in it. So when you get your teeth cleaned make sure to ask for plain pumice or gluten free prophylaxis paste. GF prophylaxis paste is now being marketed to dental offices so there must be a demand!

Red Star Yeast has a pamphlet containing Gluten Free Recipes for your bread machine. It can be obtained free by calling 1-800-4-CELIAC or 1-800-423-5422. Many of the recipes can also be made without a bread machine. There's Mock Rye Bread, the Country Two-step makes smooth textured bread and Butter Pecan Supreme.

There is a website reporting on all the gluten free beers. Go to www.glutenfreebeerfestival.com.

Toaster bags are available at www.toastabags.com. These are great for travel. Slide your bread in, use in the hotel's toaster, no cross contamination and the bags can be used over and over. And Toast It Bags are available from national CSA on their online store.



Denver Chapter members Karen Cranford, Anita Pollock, Diane Moyer and Chapter President Gina Meagher (left to right) worked a celiac table at this year's Channel 9 Health Fair in Aurora. Attendees were able to ask questions and check out the many possible symptoms of celiac disease.

YOUR SYMPTOMS ARE WHAT?!

How can I have Celiac Disease? – I don't have terrible diarrhea! How often have we heard newly diagnosed people say this – or something similar? It may be difficult to accept this diagnosis when someone does not have "classic" symptoms - or possibly no symptoms at all.

For years, medical professionals thought that the only people to develop Celiac Disease were toddlers, and generally very sick toddlers. They would present with very bloated bellies, usually not growing well, often with stick arms and legs, lethargic and with terrible diarrhea. Now, researchers have realized that someone can develop CD at any time in their life, and that symptoms are not limited to the digestive tract. The majority of people currently being diagnosed with CD are adults, and researchers now look at CD as a disease of the entire body. All sorts of strange symptoms have been associated with CD.

Probably THE most common complaint is fatigue. People report always being tired, needing to go to bed early, sleeping 10 – 12 hours a night or more, napping, and still being tired. Of course, everyone attributes this to their stressful lifestyle, and, they often don't take it seriously.

Although a very large percentage of people will have digestive symptoms, probably less than 1/3 of adults will have terrible diarrhea. Many people will have suffered for years with severe constipation. Even more, many adults have experienced alternating diarrhea and constipation, and assumed this was "just irritable bowel". Irritable bowel is generally a diagnosis when no other cause can be found. For many people with irritable bowel, increasing fiber (such as a bowl of Bran Flakes) is very helpful. For people with CD, this treatment would just make the symptoms worse. Other typical digestive symptoms include gas and bloating, and cramps and pain; however, many other symptoms have also been reported. CD can affect the motility (the normal movement) along any part of the digestive tract, leading possibly to heartburn, difficulty swallowing, problems with the gallbladder or other similar symptoms.

Another organ quite often affected is the brain and nervous system. Very typical symptoms reported are depression and "brain fog". Other less frequent symptoms are peripheral neuropathy (constant numbness, tingling or

even burning or pins and needles of the fingers and toes), gluten ataxia (balance problems – can look just like MS), seizures, migraines, and more severe psychological problems (attention problems, behavior problems, mood disturbances, and even reported schizophrenia-type symptoms). Unfortunately, although most of the body heals well on a gluten-free diet, the nerves do not. They heal very slowly and there is increasing evidence that damage to the brain may be permanent. This is one reason why it is important to diagnose people early. Unfortunately, diagnosing CD in someone with brain symptoms may be very tricky as perhaps 2/3 of these people will not show intestinal damage.

Skin symptoms are also extremely common – not only the severe condition of Dermatitis Herpetiformis (DH), but also a variety of skin rashes, irritations, sensitivities, sores (including in the mouth), skin tags and poor wound healing. Abnormalities of the fingernails are also common, including ridges and white spots. Although only a minority of people will directly react to a skin product containing gluten (soaps, creams, make-up), it is wise for everyone to beware of these products as someone may inadvertently touch their food after using these products.

Although Celiac Disease is thought to involve major weight loss, in fact, the majority of adults have not lost weight and would be considered to be "normal" weight, not underweight. A large number of adults currently being diagnosed would even be considered "overweight". Many people also report finally being able to lose some weight after years of struggling with their weight.

Chronic infections (such as yeast or sinus infections) for months and even years are also frequently reported. Other less commonly reported symptoms include joint aches and pains, leg &/or feet cramps, hair loss, and urinary problems.

Many people do not know they have symptoms. They may have been diagnosed because of other medical conditions – such as unexplained osteoporosis or anemia, thyroid disease, Type 1 Diabetes, liver abnormalities, infertility problems or miscarriages. Many people find out because a close relative insisted they get tested. What is interesting is that some studies have found that, after being on a gluten-free diet, everyone reported an improved quality of life (meaning they felt better), even people who stated at the beginning that they had no symptoms.

It is important to diagnose and treat people early. Although children generally heal quickly and well, adults may not. It seems that the older the person, the longer it often takes to heal, and the less likely that they will heal completely (at the microscopic level). The longer someone has undiagnosed CD, the greater their risk of developing other auto-immune diseases. Adults are also at higher risk for certain cancers, although the risk will decrease to normal after about five years being gluten-free.

Because of this large variety of symptoms and because the symptoms may mimic other diseases, CD is often very difficult to recognize and diagnose. The Denver Metro CSA has a program aimed at health care providers to increase their awareness of CD in order to improve diagnosis. The medical education committee would appreciate your help in informing health professionals about this program. If you or your health provider would like more information about this presentation, please contact Diane Moyer, medical education committee chair, 720-560-3734.

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

TAX INFO FOR GLUTEN-FREE FOODS

From the Fox Valley Celiacs Newsletter

The extra cost of purchasing gluten-free specialty items required for a GF diet can be deducted under "Medical Expenses" on tax returns. For example, if a regular loaf of bread costs \$2.00 and a gluten-free loaf of bread costs \$6.00, the difference in cost (\$4.00) can be declared a medical expense.

The cost of xanthan gum (methylcellulose, etc.) used in gluten-free baking is completely different than anything used in an ordinary recipe, so in the opinion of the IRS, the **total cost** of this item is deductible.

Suggestions:

1. Save all cash register tapes, receipts and canceled checks to substantiate GF purchases.
2. Prepare a list of grocery store prices to arrive at the differences in costs.
3. Retain a letter from your physician stating that you must adhere to a GF diet for life. You do not have to include the receipts or your doctor's letter with your tax return but keep them with your tax return in case you are ever audited.
4. Under Medical Deductions, list as "Extra cost of a gluten-free diet" the **total** amount of your extra expenses. These deductions do not need to be itemized.
5. You may want to write the Citations (as given below) on your tax return.

To obtain the benefit of the deduction, you must first be able to itemize deductions, and you must have enough non-reimbursed medical expenses to exceed the threshold of 7.5% of your AGI. The amount by which your aggregate medical expenses exceed the 7.5% is deductible.

The IRS office may refer you to Publication 17 and tell you these deductions are not permissible. IRS representatives have ruled otherwise. This is applicable throughout the US. Refer them to the following Citations:

- Revenue Ruling 55-261
- Cohen 38 TC 387
- Revenue Ruling 76-80, 67 TC 481
- Flemming TC MEMO 1980 583
- Van Kalb TC MEMO 1978

Information confirmed 2/07 by: Howard J. Kass, CPA, Partner Zinner & Co., LLP, Cleveland, OH 44122-4692 Telephone: (216)831-0733 Ext. 159 or go to hkass@zinnerco.com.

ALBA TRIALS UPDATE

May 8, 2007/Pharmaceutical Business Review/Sarah Routledge – Alba Therapeutics has released preliminary results from its phase IIa clinical trial for AT-1001 in subjects with autoimmune disease celiac disease.

Alba's study, the first phase IIa trial in celiac disease (CD) and the first to assess dosing requirements for AT-1001 in CD, was designed to evaluate the safety, tolerability and efficacy of multiple doses of AT-1001 in CD subjects during a 2-week gluten challenge. The randomized, double-blind, placebo-controlled clinical trial enrolled 86 patients who were confirmed biopsy positive for CD and in compliance with a gluten-free diet for at least six months prior to enrollment. Patients were randomized into seven drug-treated and placebo groups and challenged three times a day with gluten during a 14-day period. Four doses of the enteric coated oral formulation of AT-1001, all less than 10 mg, were given prior to each gluten challenge. Study endpoints included intestinal permeability - a marker of disease state in CD - as well as patient symptoms and outcomes. Patients on the AT-1001 drug performed better than those on the gluten/placebo arm and analyses demonstrated that several symptoms and outcomes improved at statistically significant levels. Safety and tolerability of multiple oral doses of AT-1001 in the patient population was demonstrated, with no severe adverse events reported. Based on these results, Alba said that it will advance AT-1001 into a phase IIb clinical study in CD subjects during the third quarter of 2007.

PRODUCT LIST SALES

Bonnie Atherton and her team are working like crazy on the updated edition of the product list which they're hoping will be ready for purchase at the June meeting.



If not, it will be ready shortly after that. Purchase price is \$7.00 at meetings and \$10.00 if mailed. You will find an order form at the end of this newsletter and the 2007 Chapter Product List will be sent to you hot off the press just as soon as it's off the press! Thanks, on behalf of the celiac community, to Bonnie and the many volunteers who helped her with this massive and much appreciated project.

Confidentiality

The Denver CSA chapter respects your right for privacy. On the membership renewal form, there is a new added section regarding confidentiality. We are requesting your permission to share your information with other celiac members within the organization for official CSA chapter business. The list will never be sold or given to anyone for any reason. When you renew your membership, please sign on the line authorizing CSA to share your information as needed. Thank you.

RECIPES

Lisa Calzavara, a friend of Chapter President Gina Meagher brought these to Gina's house for her St. Patrick's Day party. They looked too good to be gluten free, but they were! What a nice friend!



“OREO” TRUFFLES

2 boxes Pamela's Dark Chocolate, Chocolate Chunk cookies (wheat free, gluten free)
1 large (8oz) cream cheese
Candy coating such as almond bark (vanilla) or Nestle's white chocolate chips

Crush cookies in food processor, add cr me cheese. (I usually mix these together in a bowl). Roll mixture into bite size balls, place on cookie sheet and freeze for at least one hour. Melt candy coating according to directions and dip cookies. Place on wax paper until cool.

The original recipe was made with Oreo cookies but Gina's friend couldn't find the gluten free version so she substituted with the Pamela's...just as good!

AMY'S PEACH COBLER

1 stick of butter or 1/2 cup of vegan butter melted
3 cups of Peaches (Fresh or Canned)
2 cups of GF Pancake Flour (Bob's Red Mill)
2 cups of sugar
2 cups of Almond Milk (or regular milk or soy)
Cinnamon, Nutmeg
1-2 teaspoons of Vanilla

Melt butter and pour in bottom of 9x13 baking dish. Next, line the pan with the peaches and sprinkle them with the cinnamon and nutmeg to your own taste.

Blend in a mixing bowl the Almond Milk, sugar, vanilla and then add the flour to the liquid. Note: this mixture should be smooth and thin.

Pour mixture over the peaches and bake in a moderate oven at 350 for 50 min. Serve with fresh cream or ice cream.

Optional: you may use any kind of fruit in this recipe. It is very versatile.

PRETZELS AND ROLO CANDY

From *Gluten Free News* of Michigan

Rolo Candy pieces
GF Small Pretzels
Heat oven to 350 degrees. Line a cookie sheet or jelly roll pan with aluminum foil and spray with Pam. Place GF pretzels on foil and place a Rolo candy on top each pretzel. Heat in oven until soft (but not melted) and place a pecan on each Rolo.

CHOCOLATE AND PEPPERMINT ANIMAL CRACKERS

From *Gluten Free News* of Michigan

1 bag of GF MiDel Animal Crackers
Pure peppermint extract
Baker's Chocolate

In a small saucepan and low fire, melt about 1/2 of the bowl of chocolate chunks. Stir with a metal spoon on the side of pan. Hold the pan sideways quite a bit so that all the chocolate stays in one area. Add a few drops of peppermint extract. (Take off of fire, this extract is flammable-by experience!) Mix. Layer a cookie pan with wax paper. Dip one cookie in at a time, making sure the top has chocolate on it. Place down, chocolate side up, on the wax paper. Place in refrigerator for about 20 minutes and enjoy.

TACO SOUP

From Lynn Jiter, Fox Valley Celiacs

1 lb. ground beef, cooked and drained
1 pkg. dry Hidden Valley Ranch Dressing
1 pkg. Taco Seasoning (or to taste)
1 large can diced tomatoes with green chilies, undrained
1 15 oz. can GF creamed corn
1 15 oz. can black beans
1 15 oz. can pinto beans
1 C. GF broth or water, optional

Simmer approximately 20 min. Top with crushed taco chips, shredded cheese and sour cream.

7-LAYERED SALAD

From Julie Juedes, Fox Valley Celiacs

Layer the following ingredients in a 9x13 inch dish:

1/2 - 1 head of lettuce, broken into pieces
1/2 package frozen peas
2 Tbsp. minced onion
Chopped celery
1 C. Hellmann's (Best) mayonnaise
2 C. GF shredded cheddar cheese
Hormel bacon bits
Cover with foil. Refrigerate overnight.

FRESH VEGETABLE SALAD

From Helen Morris, Fox Valley Celiacs

1 head cauliflower
1 bunch broccoli
1 10-oz. bag frozen peas
1 C. celery, chopped
1 large sweet onion, chopped
1 can water chestnuts, sliced
2 C. GF salad dressing or mayonnaise
1/4 C. Parmesan cheese
1 C. GF sour cream
1/3 C. sugar
1 tsp. garlic salt
1 tsp. black pepper

Cut vegetables into bite-sized pieces. Combine ingredients. Refrigerate several hours before serving.

CORN TORTILLA LASAGNA

From Mark Hoppe, Fox Valley Celiacs

- 1 ½ lbs. ground beef (chuck)
- 1 small onion
- ½ tsp. minced garlic
- 1 10-oz. pkg. frozen chopped spinach, thawed and squeezed dry
- 1 14.5-oz. can diced tomatoes
- 1 8-oz can tomato sauce
- 1 large red pepper, diced
- 1 24-oz. jar medium picante sauce (Pace)
- 12 corn tortillas
- 2 C. Monterey Jack Cheese, shredded
- 2 C. GF sour cream (Daisy)

In a large skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in 16 oz. of the picante sauce, spinach, tomatoes, red pepper and tomato sauce. Arrange 6 tortillas in greased 13x9x2 inch baking dish. Top with half the meat mixture, 1 C. cheese and remaining tortillas. Spread with sour cream. Top with remaining meat mixture, cheese and picante sauce. Bake uncovered at 350 degrees for 30 to 40 min. or until heated through. Let stand for 10 min.

PEANUT BUTTER CREAM PIE

- ¾ C. powdered sugar
- 1/3 C. GF creamy peanut butter
- 1 GF baked (9-inch) pie crust
- 1 C. milk
- 1 C. GF sour cream
- 1 pkg. (4-serving size) Jell-O Instant French Vanilla Pudding & Pie Filling Mix
- 5 peanut butter candy cups, divided (Reeses)
- 2 C. thawed nondairy whipped topping

Combine powdered sugar and peanut butter with fork in medium bowl until blended. Place evenly in bottom of pie crust. Place milk and sour cream in large bowl. Add pudding mix. Beat with wire whisk or electric mixer 1 to 2 min. or until thickened. Pour half of filling over peanut butter mixture. Coarsely chop 4 candy cups; sprinkle over filling. Top with remaining filling. Spread whipped topping over filling. Cut remaining candy cup into 8 pieces; place on top of pie. Refrigerate. Makes 8 servings.

LEMON ANGEL FOOD CAKE

From Lynn Duncan, Fox Valley Celiacs

- 1 GF angel food cake mix
 - 3 cans Wilderness Lemon Pie Filling
 - 8 oz. contained Cool Whip
- Add one can of pie filling to dry cake mix. Stir. Pour into a 9x13 in. greased pan. Bake at 350 degrees for 20 to 30 minutes. Cool. Spread last two cans of pie filling over cake. Top with Cool Whip.

DIPPING SAUCE FOR FRUIT

- 1 16 oz. can GF prepared chocolate frosting (Pillsbury)
- 6 ounces raspberry jam
- Fresh fruits, such as apples, pears, strawberries, bananas, kiwi

Spoon the frosting into a small saucepan. Heat frosting over medium heat, stirring frequently until hot and thinned. Stir in raspberry jam. Heat, stirring constantly, until the jam dissolves. Pour the sauce into a bowl. Cover the bowl with plastic wrap and place in refrigerator to chill for 3 or more hours. Just before serving, wash and cut fruit into bite-sized pieces. To serve, place the dipping sauce in the center of a plate and surround it with the cut fruit. Use toothpicks for dipping the fruit.

Makes 14 3-tablespoon servings of sauce.

Variation: Use vanilla frosting & cinnamon apple jelly.

CORN DOG CASSEROLE

Lynn Jiter, Fox Valley Celiacs

Make your favorite GF corn bread recipe. Spray a 9x9in. or an 8x8in. square pan. Cut up 5 GF hot dogs (like Ball Park) and mix into the corn bread mixture. Pour into pan and bake as directed for the corn bread.

GF PEANUT BUTTER CHOCOLATE BROWNIES

From Karen L. Sipp, Fox Valley Celiacs

Beat until creamy:

- ½ C. peanut butter (Jif or Skippy)
- 1/3 C. soft butter
- ¾ C. firmly packed brown sugar (C&H)
- ¾ C. granulated sugar

Beat in:

- 2 eggs
- 1 tsp. vanilla (McCormick)

Add:

- 1 C. Montina baking flour
- 1 tsp. baking powder (Calumet)
- 1 tsp. salt

Set aside:

- 2 C. Nestle Semi-sweet Chocolate Chips
- Spread mixture into greased 9X13pan. Sprinkle chocolate chips over the surface. Place in 350 degree oven for 5 minutes. Remove from oven and run knife through to marbleize. Return to oven for 18-20 minutes. They are best if "undercooked" a bit.

CHILI

From Lynn Jiter, Fox Valley Celiacs

- 3 (15 oz.) cans Del Monte Tomato, Green Pepper & Onion
 - ½ tsp. ground red pepper
 - 3 lbs. ground beef
 - 1 clove garlic, minced
 - 2 (16 oz) cans Wal-Mart chili beans
 - 2 tsp. salt
 - 1 tsp. each pepper, cumin and oregano
- Fry your ground beef & drain. Add rest of ingredients and simmer.

Chapter Board Members

Gina Meagher, President 303-279-9382
gmeagher@mines.edu

Jean Duane, Programming V.P. 303-221-0771
info@alternativecook.com

Program Team Mary Anderies
John Gordon

Marjie Reece, Membership V.P. 303-756-6836
denvermetrocsa@comcast.net

Chuck Reece, Treasurer 303-756-6836
reececwr@hotmail.com

Anita Pollock, Secretary 303-507-2101
apollock@stmaryland.com

Karen Cranford, Newsletter 303-979-8094
crankaren@aol.com

Sherman Lambert, Electronic Communication
303-781-3119
sherman@allwellco.com

Donna DeVisser, Database 303-973-4613
sdevisser@msn.com

Joan Van Loozenoord, Librarian 303-933-1565
jkvanlooz@comcast.net

Mary Morgan, Sales-Meetings 303-290-9134
stumorgan@comcast.net

Carol Kendall, Sales-Meetings 303-470-3261
bealsio@qwest.net

Don and Jeanne Smith, Mail Order Coordinator
303-794-7258
donsmith6834@comcast.net

Arnie Peterson, Web Master 303-683-1461
csadenver17@yahoo.com

Bonnie Atherton, Product List 303-756-8970
rjath@earthlink.net

Carol Fenster, Media/Publicity Person
303-741-5408
carol@savorypalate.com

Laura Determan, Retired Dietician
303-757-3982
lddet@email.msn.com

Diane Moyer, MS, RD, CDE 720-560-3734
dhmoyer@juno.com

Tom Borgen, Past President 303-791-7731
Thomasborgen@qwest.net

Mary Ann Peterson, Past President
303-683-1461
mapete1130@aol.com

Dr. Ed Hoffenberg, Pediatric Med Advisor
303-861-6669
Hoffenberg.edward@tchden.org

Dr. Robert Dahl, Medical Advisor
303-463-3900

CEDAR Project, Iman Taki, CEDAR Coordinator
303-724-7544
iman.taki@uchsc.edu

Common issues, concerns and questions expressed by our members:



- Q.** Where do I find the restaurant cards to help me with my traveling this summer?
- A.** There are several sites that provide these professional restaurant cards that will help your servers and chefs understand your needs. Cards are available in several languages as well as English. They include: www.csaceliacs.org, www.menudata.com, www.triumphdining.com and www.dietarycard.com.
- Q.** How do I find out about the celiac-related chat rooms available?
- A.** There are several good sites open to everyone and you can access them through Yahoo Groups. The first is called Sillyyaks which can be found at www.sillyyaks@yahogroups.com. Delphi Forums has a group at <http://forums.delphiforums.com/ceciac> and www.celiac.com has a message board/forum. Celiac List Serve has a site found at CELIAC@listserv.icors.org. This site has provided an invaluable service, offering opportunities to share information, links to the latest research, great recipes and a good information search feature. To access the List Serve, participants must register but there is no charge for registering or participating. When registering for any of these sites, consider requesting that you not receive email updates directly, but opt instead for checking them periodically. There is a lot of activity on many of them and it can fill your mail box quickly.
- Q.** Can you tell me a few Gf toothpastes?
- A.** Among those that are GF are Aim Tartar Control, Colgate, Crest, Aquafresh, Pearl Drops, Pepsodent Original, Tom's of Maine and the Shaklee brand. Sensodyne is NOT GF.

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.

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.

Metro Denver Areas	Contact	Phone	E-Mail
BD: Boulder, Lafayette, Louisville, Longmont	Barbara Sanford Beth Macht	303-499-7259 303-665-7558	barbarasanford@comcast.net elizabethwm@yahoo.com
DEN-C: Central Denver City/County	Laura Determan Andrea Loughry	303-757-3982 303-722-6284	lddet@msn.com oppermanda@netzero.net
DEN-N: Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	720-214-3144	kdarci@yahoo.com
DEN-S: Centennial & Grnwd Vlg. (W/I-25), Englewood, zips: 80120,-21,-22,	Cathy Curtiss Louise Williams	303-771-8029 303-798-3415	cmc1974@msn.com willou@comcast.net
DEN-W: Lakewood	Betty Morris	303-238-5145	wabe22204@comcast.net
E: Aurora, zips: 80231 & 80247			
NW: Arvada, WheatRidge, Zips: 80021&80212	Laura Meek	303-467-0608	lmbmeek@juno.com
S: Highlands Ranch, Lone Tree, Castle Rock	Mary Ann Peterson Cheryl Borgen	303-683-1461 303-791-7731	mapete1130@aol.com pricer15@qwest.net
SE: Centennial & Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth	Gale McGrevey	303-766-7096	gmcgrevey@att.net
SW: Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Jennifer Parker Nancy Lindsey	303-933-1565 303-933-5992 303-973-1279	jkvanlooz@comcast.net ierparker@comcast.net n-lindsey@comcast.net
W: Golden, Evergreen, Morrison	Marjie Reece	303-756-6836	denvermetrocsa@comcast.net

Other Colorado Area Contacts

Colorado Springs Area	Marie Pizzolatto Ginger Ludwig	719-572-0548 719-598-6748	celiacfamily@yahoo.com qinglud@aol.com
Northern Colorado			
Ft. Collins	Judy Siple	970-493-9674	jabms@frii.com
Berthoud	Bill Eyl	303-772-3155	bill eyl@yahoo.com
Loveland	Dave Shaw	970-669-4233	davshaw49@comcast.net
Greeley	Mary Grauerholz	970-352-6122	mholz@aol.com
Western Colorado			
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 For more information, call Donna DeVisser at 303-973-4613

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 5/07 NL

For information on the national CSA/USA, call 1-888-272-4272
 or go to www.csaceliacs.org

ORDER FORM
DENVER METRO CHAPTER CSA/USA

2007 GLUTEN-FREE PRODUCTS LIST

Quantity: _____ **X \$10.00** = \$ _____
 (includes postage) Total

NAME: _____ PHONE: _____

ADDRESS: _____

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. For questions, call
 Don Smith at 303-794-7258.

**CELIAC SPRUE ASSOCIATION/UNITED
STATES OF AMERICA, INC.
DENVER METRO CHAPTER #17
2675 VAN GORDON DR.
LAKEWOOD, CO 80215-7001**

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WIN A GLUTEN FREE BUFFET

The CSA chapter that recruits the **most** new CSA members (over and above 25 people) for the year 2007 will win a buffet dinner for a maximum of 150 people. Chef Aaron Flores will work with a local restaurant in the area, adapting a celiac-style menu for the event. Join CSA/USA now and get a substantial discount on the Sept. Conference, help us win a GF dinner, **and** help other celiacs, too! Join online at <http://www.csaceliacs.org/>

CSA RECOGNITION SEAL

Application forms are available for the CSA Recognition Seal. Local food companies that make GF products may want to participate and boost their sales. The CSA seal assures the products have below 3 ppm of WBR or O and any of their derivatives in product, processing and packaging. CSA makes an inspection of dedicated facilities and processes, and tests the products. If you know of a company that might be interested, go to www.csaceliacs.org or phone 877-csa-4-csa.



The Kids Health website, www.kidshealth.com is hosted by Nemours, founded in 1936 by Alfred duPont, and is dedicated to improving the health and spirit of children. It's easy to navigate and has 3 sections: one for parents, one for teens and one for kids. Subjects include everything from Staying Healthy and Dealing with Feelings to Games and Kids Talk. And better yet—there are recipes for kids with special diets including those with celiac disease! Click on either the Kids or Teens section, click on Recipes, then scroll down to the Recipes for Kids with Celiac Disease section.