

Taming of the SPROUE

September, 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

October Meeting

Date: Saturday, October 6, 2007

Time: 10:30am – 12:30pm

Location: Wheatridge Rec. Center
4005 Kipling Street
Wheatridge, Colorado

Speaker: Mary Capone, the Wheat-Free Gourmet with a special Pizza Lunch

Meeting: What could be more fun than a gluten-free Saturday outing with the family with pizza and brownies? Plan to come to our next meeting at the Wheatridge Rec Center, and learn to make wonderful gluten-free brownies in a class taught by Mary Capone, the Wheat-Free Gourmet; have pizza for lunch (\$1 a slice) from Deby's Bakery and eat the brownies for dessert. Doesn't that sound like fun? We'll hope to see you there.

If you are newly diagnosed, bring your questions and talk with any board member or committee chairman. If we can't answer your question or concerns, we'll find someone who can.

Looking for new information on celiac disease? See the newest books collected by the Sales Committee. In most cases these books are for sale at our cost.

Vendors: If you would like to provide samples and products for sale at this meeting contact Jean Duane by September 29th at info@alternativecook.com or by calling her at 303-221-0771.

August Meeting – CSA Picnic



Over 120 people attended the annual Denver Chapter picnic in August. The chapter had Brothers BBQ cater the event and replaced their regular rolls with rolls from Deby's GF Bakery. It was great! A big thank you goes to BeauJo's

Pizza for providing half-off coupons for GF pizzas for everyone.

The BBQ beef & pork was so yummy; and the side dishes and desserts everyone brought were great. Recipes can be found on page 7.



Another thank you goes to Eating Gluten Free, LLC from Utah. They donated the two large chocolate cakes and chocolate cupcakes to the

chapter for the picnic. They were frosted with Pillsbury's Chocolate Fudge Creamy Supreme Frosting. Find out more about their products (including mixes for breads, pancakes & waffles) at: www.eatingglutenfree.com. Their website also has great cooking and baking tips.

The Cel-Kids group sponsored a face painter. Everyone got a new look, had lots of fun and plenty to eat! A special thanks also goes to Diz's Daisies Flower Shop (2709 West 38th Ave.) for donating the balloons!



See slideshow highlights on the Denver website put together by our great WebMaster, Arnie Peterson, at www.geocities.com/csadenver17.

December Meeting... once again, we're planning the Cookie Exchange just in time for the holidays! Look for more information in the next newsletter on where and when.

Announcements

Newsletter Deadline

November 5, 2007 is the deadline to submit articles or information for the November 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 Mireille Zerwin: **Rhumba** at 950 Pearl St. in Boulder is now called Centro. It is a Latin style restaurant with a separate GF menu.

From Dan Landis at **Watercourse Foods**:

The GF items from their bakery at 206 E. 13th Ave., contain only GF ingredients, but there can be cross contamination from the wheat items baked at the same facility. The GF baked goods are prepared on separate days, with thorough cleaning beforehand. The GF pizza crusts offered at City, O'City are made at this bakery, again with GF ingredients. At the restaurant, however, cross contamination is a factor, as wheat pizzas are baked in the same oven, on the same stone as the GF ones; and we have no knowledge of how the inside of the oven/stone is cleaned. SO...as with eating out at any restaurant, always ask about cross contamination issues and then decide whether it will be safe enough for you to eat there.



Moose Hill Cantina has a gluten free menu. Owner and manager, Shannon St. Blacque says they were getting so many requests that they started a GF menu. When family members were diagnosed recently, that cinched it. Both locations, the one at 955 S. Kipling Parkway and the one at 11911 W. Colfax Ave., have the GF menus, so ask for them when you arrive.

From Monica Poole:

Deby's has added appetizers, wraps, additional burgers and 3 new pizzas to her menu. The **West End Café** in Salida will soon be carrying her bread. At the **Java Joint**, a food cart in the Health One Centrum Medical Center at 8200 E. Belleview in the DTC, her brownies and burritos will be available. **Nancy Lou's** location in Erie is presently for sale. The last date to place an order is September 20, 2007. Last date for pickup is September 27th. Please contact her at 303/664-5468 or www.nancylous.com for further information.

Tokyo Joes has several bowls with rice that contain GF ingredients: Combo, White Chicken, Salmon, Steak, Boulder Veggie (no TOFU) and Joe's Special, along with the Nikko Salad (NO TOFU). Request their GF soy sauce, as their regular soy sauce does contain gluten. You may have the Curry sauce and Nikko dressing also.

If anyone is eating at **Noodles** and is having the Pasta Fresca with rice noodles, the sauce now contains gluten. Order it instead with olive oil ONLY!

Update on **Brother's BBQ**: The Sweet Sauce is no longer GF...it is made with beer. Their other sauces are still GF.

Update on **BeauJo's Pizza**: Gluten Free pizza is now the 3rd most ordered item in their restaurants. Their management is very proud of this fact and they continue to work on other offerings for the gluten free crowd. Remember, be specific about needing your pizza to be gluten free so there is no mistake in your order. The GF pizzas come in a pie pan, not the regular flat board. So, if yours is not, be sure to recheck the order with your waitperson.

LOOK FOR: BeauJo's to open a restaurant in Boulder at 2690 Baseline, off Highway 36.

Carrabas Restaurant has a GF menu, but Erik Garcia, manager of the Louisville restaurant, says he now carries Redbridge Beer as well. The Denver CSA chapter will be working with the national Carrabas' office on getting GF pasta into their locations. You can take in your own GF pasta. They will cook it for you. The chain is working really hard on educating their staffs and it is greatly appreciated.

From Lynette Davis:

Café Brazil, 4408 Lowell, can accommodate a GF diet. Call 303-480-1877 for further information.

From the Colorado Springs Business Journal, July 27, 2007...CSBJ readers have chosen, again, **The Olive Branch Restaurant** as their breakfast place of choice. Owner Mark Meltzer says something new in the works is a gluten free menu. It's been located in the downtown business district for 28 years on Tejon Street. Breakfast is served until 4pm everyday.

From Tom Allen:

Just wanted to let you know about a Denver bar that is now carrying gluten free beer, the **Bannock Street Garage**, 1015 Bannock Street, in the Golden Triangle area. They're carrying Redbridge which I believe tastes the most like a regular beer. I'm sure there are a number of people out there that would love to belly up to a bar and have a beer again. Here's the link: <http://www.bannockstreetgarage.com/index.html>.

Speaking Gluten Freely

From Debbie Knapp at **Vitamin Cottage**:

Amy's has 3 new GF products: a Bistro Burger (GF veggie burger), a Tortilla Bowl Meal (casserole with black beans), and a Baked Ziti Kids Meal.

Bread of Life now is making 2 GF Mixes: baking and cookie.

Edward and Sons will soon be offering GF bouillon cubes.

More **Kinnikinnick** products are now being carried by our distributor: Animal Cookies, Brown Sandwich Bread, Blueberry and Chocolate Chip muffins, Chocolate Glazed Donuts, Cinnamon Raisin Bagels, Honey Brown Bread, Multi-grain Yeast Free Bread, Sunflower Flax Bread and Tapioca Rice Hamburger and Hot Dog Buns.

Mr. Krispers has 2 new GF flavors – Tomato Basil and White Cheddar Herb; plus GF Multiseed Crackers, Sesame crackers & Baked Almond Nut Chips.

Pacific Foods has added GF Original and Vanilla Organic Unsweetened versions of their Almond Milk.

Pamela's now has a Lemon Almond GF Biscotti flavor.

Pure of Holland is a new GF, DF and soy free organic raw food energy bar with fruit, nuts and brown rice protein.

Wellshire Farms has frozen GF Corn Dogs in Beef or Chicken.

Michael Seasons now is making GF Lite Cheese Puffs and Cheese Curls. The taste is a bit different as they are reduced fat.

Yummy Earth hard candies and lollipops are GF.

Enjoy Life Foods has two new cookies – Apple and Lemon; Not Nuts Trail Mix is also GF, with lots of chopped up dried fruits with seeds.

Cherrybrook Kitchen has GF mixes for brownies, cookies, cake, frostings and pancakes.

Gluten Free Pantry now makes a frozen ready-to-bake GF cookie.

Glutino has a GF Spinach Feta Pizza.

Manitoba Harvest organic hemp milk is gluten and soy free.

123 Gluten Free has several baking mixes; biscuits, brownies, cookies, muffins, pound cake and rolls in a dedicated Kosher, GF, nut and peanut free facility.

Mrs. May's now has Fruity Snapz, freeze dried fruit chips made with only one ingredient: fruit. Like all Mrs. May's snacks, Fruity Snapz are vegan, non-GMO, cholesterol free, dairy free, wheat free, certified gluten free, kosher and contain no artificial flavors and colors.

Flourish Breads, a company at our vendor fair in June, hopes to be producing their breads in a 100% GF facility in October. The ingredients include organic amaranth flour and tapioca starch. Contact them at www.flourishbread.com or call Sam Kimbrell at 720-495-6230 for further information.

Allen Brothers Steaks, Chicago, has a website where you can order from their huge selection of prime meats. Their Steak Dogs (gourmet hot dogs, jumbo & regular, are great!), Brats, Gourmet Sausages and a Sausage Sampler, are all gluten free. There's no GF info on the International Sausage Sampler. For questions on the GF status of any of their products, call Mark Felix, 1-800-548-7777, Ext. 8166. Web: www.allenbrothers.com.

Turtle Mountain makes a line of dairy free and many GF ice creams and novelties. They require "ingredient suppliers to provide a letter of guarantee as to the allergen content of the ingredient." When ingredients are received, they are randomly tested for the presence of allergens. Their packaging states in part; "to assure our preventative measures are effective, we sample test our product for the presence of gluten, dairy, peanut and almond allergens using state of the art testing methods." Their website - www.purelydecadent.com includes a product allergen identification table for your reference.

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!

South Denver

Fourteen members of the South Denver group met for a pot-luck dinner with great food & lots of laughter. Join them for their next outing, contact Cathy Curtiss at cmc1974@msn.com or call her at 303-771-8029.

Newsletter Changes

You may have noticed some subtle changes to our newsletter mailings. We have contracted with a mailing service. They not only print addresses directly on the newsletter but they also mail at non-profit bulk postage rates. This saves us time and money but also means that undeliverable newsletters are no longer sent back. So, if you change your address, please notify us of that change. You can call Donna DeVisser at 303-973-4613 or email Donna at sdevisser@msn.com with any changes.

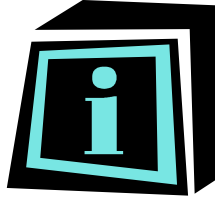
PRODUCT LIST SALES

IT'S HERE!!! The 2007 Product List is now available. Purchase price is \$7.00 at meetings and \$10.00 if mailed. You will find an order form at the end of this newsletter.



DID YOU KNOW?

Macy's has partnered with the National Foundation for Celiac Awareness (NFCA) to raise funds for celiac awareness and research projects. And, it all involves shopping! Donate \$5 to NFCA and in exchange you'll receive a 20% off card from Macys that is valid on purchases on Saturday October 13. You'll be entered to win amazing prizes such as: a \$500 gift card for Macys, home appliances, clothing and other incredible items. To join Shop for a Cause, Visit www.CeliacCentral.org and click on the Macy's logo (middle of homepage).



New Resource in Boulder -- Nutrition Care for Children in Boulder is a new resource for families. Judy Converse, MPH, RD, LD is a licensed registered dietitian whose practice began in Massachusetts in 1999 to serve families, children, infants, and non-profits serving kids with special needs. Some insurances may apply. Call 303-842-8255 or visit <http://www.NutritionCare.net> for info.

Classes Offered

Introduction To The Gluten-Free Diet And Celiac Disease

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

This 2 hour class offers an introduction to the gluten-free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, what to look for on food labels, how to stock your kitchen, eating out and more. Cost is \$45.00 (includes a copy of the Denver Metro *Gluten-Free Products List*). Call 720-560-3734 for more information.

Wild Oats Gluten-Free Cooking Classes

Diane Moyer's monthly gluten-free cooking classes are held at the Wild Oats grocery store location on Colorado Blvd. For dates, times and the menu for that month, contact Diane Moyer, 720-560-3734.

Carol Fenster, author of *Gluten-Free 101*, and other gluten-free cookbooks, has cooking and baking ideas available on her website. This month's issue of *Carol's Culinary Cues* can be found at: www.savorypalate.com.

The **Wheat Free Gourmet** in Boulder has fall classes coming up. Info at: www.wheatfreegourmet.com.

The **Seasoned Chef Cooking School** is offering a workshop called "Gluten-Free and Delicious" by award-winning Executive Chef Elise Wiggins from Panzano restaurant. Date: Thursday, October 18th from 6:30 to 9:30pm. It's \$58 for hands-on learning and eating. Go to www.theseasonedchef.com or call 303-377-3222.

******* PUBLICITY *******

Philadelphia, PA, July 26, 2007 --([PR.com](#))-- AllergiK ID, a company initially created to help parents identify and protect their food-allergic children, has broadened its mission. After countless requests from parents of children with various health issues, among them Diabetes, Asthma, Seizure Disorders and Celiac Disease, AllergiK ID is, effective immediately, Stat Kids (www.statkids.com).

Parents of children with food allergies, Celiac Disease and chronic medical issues struggle to alert teachers, caregivers and even other parents to their child's particular needs, especially as a new school year approaches. Stat Kids offers solutions...from child-sized, comfortable, red silicone wristbands that boldly state each child's health issue to bright red lunch bags that clearly label the specific health alert when mealtime is a high-risk activity. And when a substitute teacher enters their child's classroom, the Stat Kids 8-1/2" X 11" poster clearly and quickly identifies him by name, photo and specific food allergy or other health concern.

For children who require emergency medication, such as an Epi-Pen or Inhaler, the Stat Kids bright red, personalized travel pack stays with the teacher or caregiver at all times--on the playground, on a field trip, or in a school assembly. Traditionally, schools have locked these treatments in classroom cabinets or in the nurse's office instead of having it with the child and available within seconds... when every second is critical...for more information, visit www.statkids.com or call (610) 667-5877.

From the Ft. Collins Coloradoan, 9/4/2007, comes an article by Cari Merrill titled, "Eateries get allergy-friendly...Gluten-free choices among the ways restaurants cater to all customers." The story highlights Austin's American Grill, BeauJo's and Noodles and Company for making allergy-free foods available to people with those needs.

The 9/5/07 issue of the Sarasota, FL, Herald-Tribune had an article by T. Susan Chang titled "The Business of Counting Calories Starts to Add Up." It talks about companies that restaurants and food processors turn to for performing nutritional analyses of their products. There are quotes from Denver's Julie Bush and Rebekah Spetnagel of On The Menu company, aka The Gluten Detectives, about their role in today's food business.

The Denver CSA Chapter has ½ lb. bags of xanthan gum for sale for \$5.00 a bag. These bags will be available for purchase at the October meeting.

VACATION VIBES

From Denver Chapter President, Gina Meagher: 'IRISES - Cafe & Wine Bar' restaurant on 20-22 City Hall Pl. in Plattsburgh, New York, (518.566.7000), www.irisescafe.com, serves GF food and has a separate GF menu, including dessert. The food & atmosphere were wonderful. If you find yourself in upstate, NY you'll want to visit this restaurant.



Barbara Novick, a chapter member for one year, just returned from a Moscow to St. Petersburg Viking River Cruise for 13 days. She enjoyed every one of her gluten free meals, which were all on board, thanks to the Restaurant Manager Andrey Tofimov. If you would like to know more about the trip call Barbara at 303-771-6271 or e-mail her at B2novick@fastermac.net.

Karen Cranford, Newsletter Editor, ate pizza that was just like the real thing at Picazzo's Pizza in Flagstaff, Arizona. It comes on a flat board just like real pizza and you can pick it up and eat it like real pizza! It was great! They also have locations in Scottsdale, Tempe and Sedona, Arizona.

Medical Education Committee – Update

If you were at the June 2006 meeting, you saw the kick-off of the presentation developed by Denver CSA's medical education committee. Their goal was to present this program to doctors and other health professionals, in order to raise awareness and knowledge about Celiac Disease.

Over the past year, the committee has presented this program approximately 20 times to different groups. The groups were fairly diverse: mostly dietitians and nurses, some doctors, also food service managers – of schools, nursing homes and other facilities, and one presentation to the Down Syndrome Association. Most of the presentations were in Denver, but there were also some in Colorado Springs, Fort Collins and one in Grand Junction. All of the presentations have been extremely well received, with participants asking many questions and wanting to learn more. It seems that at most presentations, after becoming aware of the large diversity of symptoms, people always come up afterwards wanting to talk about the fact that they themselves, a relative or a close friend seem to show many of these symptoms, and want advice about how to proceed. Many of the health professionals also start to wonder about some of their patients who exhibit many of these symptoms.

Most of the presentations have been done by Diane Moyer, M.S., R.D., C.D.E. Mary Anderies was the primary presenter to the Down Syndrome Association.

A few presentations are set up for the Fall with a few more in the works. You can help by contacting doctors and other health professionals to let them know about this program. The committee will be having a meeting soon to devise a plan to promote these presentations. If you would like to help, or you have any other ideas for this group, please contact Diane Moyer, 720-560-3734.

HOW CAN THIS BE????

"Celiac Sprue," she said. I immediately thought of Sourdough Bread from San Francisco, the multi-grain breads I grew to love while living in Switzerland, and my mother's homemade bread. I heard myself saying, "Shoot me now! I can't live without bread!" The nurse on the phone wasn't amused, nor was I.

I realized that I was facing a major transition, one that had to do with loss and grief. I was losing so much all in one fell swoop: a long-time relationship with bread, the security of being able to eat anything I wanted, the way I cooked, the way my family would eat and plans for another trip to Europe (that included eating breads of all sorts). It seemed too much at the time.

Now eight months later, I am more comfortable with the transition, despite the loss. I have learned to find the adventure in cooking, while making necessary adjustments and finding many recipes that I wouldn't have tried otherwise. I now recognize that I can make breads of millet, rice, and soy flour. The taste reminds me of the richness of the Swiss multi-grain breads. I realize there are many choices of things to eat so that I don't have that nagging stomach ache.

The adjustment has been a rollercoaster of emotions as I have sometimes avoided the truth, or refused to recognize the loss. As with any loss, I have had recurring periods of emotions ranging from bewilderment, denial, anger, hurt, depression, acceptance and even contentment.

While experiencing these various reactions I have come to more readily accept my diagnosis, and I have had moments of joy and excitement in finding yet another choice of something gluten-free. I have found resilience and hope for a complete and gluten-free life, with the support of family, friends, websites, and organizations such as the Denver Metro Chapter of CSA/USA. I can now say: "DON'T shoot me! I CAN live with a diagnosis of celiac disease."

David Johns is a Psychotherapist with CENTUS Counseling, Consulting & Education specializing in grief/loss, transitions, anxiety, and depression. 303-639-5240 ext 12, djohns@centus.org. He enjoys shopping at Har-Mart in Aurora (Parker and Yale) for gluten-free products.

RESEARCH UPDATE

Does breastfeeding prevent – or lower the risk of developing Celiac Disease?

Breastfeeding is associated with numerous benefits for the baby, and lowering the baby's risk of developing Celiac Disease has been reported to be one. Indeed, the research studies support this approach. However, the reality may be a bit more gray. Studies do seem to show that breastfeeding, especially during the period when gluten is being introduced (currently recommended at between 4 – 6 months and in very small quantities), may prevent the child from developing the classic symptoms of celiac disease (severe gastro-intestinal symptoms, failure to thrive, etc). However, the child may still end up developing CD, perhaps at a bit older age and more likely to have "atypical" symptoms. In other words, they may not be so severely sick, but experience a wider range of symptoms (rashes, anemia, mood or behavior problems, problems with the teeth, short stature, delay of puberty, etc.) Unfortunately, because they are not so sick, their symptoms are often overlooked or unrecognized and it may take much longer for these children to be diagnosed with CD. So, what is the best advice? For a multitude of reasons, breastfeeding is still recommended as the best for babies. However, any child of a parent with CD is considered at high risk for developing the disease, themselves. It might be a good idea to gene test the baby (using a cheek swab test – no blood – available from Kimball Genetics: www.kimballgenetics.com or call 1-800-320-1807) to identify if the baby does carry one of the currently identified genes. If so, watch the child for any strange or seemingly abnormal changes as they grow, and know that their development of the disease may not start with terrible digestive symptoms.

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



The Art & Science of Gluten-Free Gastronomy™

The last two Gluten-Free Lecture Series at the Phipps Mansion comes up in October and November. 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 from 6:30pm to 8:30pm. Arrive at 5:30p.m. for prelecture gf foods, visiting and to tour the mansion. Registration is required. A portion of proceeds benefit the Celiac Sprue Association Denver Metro Chapter #17.

Still to come: 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.

Membership Renewals

In the past, all membership renewals became due as of January 1st of each year. The board recently voted to allow memberships to renew on a rotating basis. So, if you join the chapter in July, your membership will be up for renewal the next July. This is effective immediately for new memberships. To determine when your membership expires, look at the mailing label on your newsletter. The top line lists the date your membership expires. To help the chapter save the cost of renewal cards, please pay your dues before the expiration. Use the form on the last page of the newsletter. Call Donna DeVisser at 303-973-4613 or email her at sdevisser@msn.com with any questions about your membership.

BOOKS

Denver CSA has these newest books for sale: Full Of It: The Shocking Truth About Gluten and Are You Gluten Sensitive? Both books are by Dr. Rodney Ford. The first book addresses the association of gluten and pathologies of the brain and nervous system. The second hits on the differences between gluten sensitivity and celiac disease. CD may affect 1 in 100, but 1 in 10 may have gluten sensitivity and he thinks we all benefit from a gf diet. Nearly Normal Cooking for Gluten Free Eating by Jules Shepard and Bon Appetit - Without the Wheat by Julie Ambrose. These have recipes with ingredients found in most kitchens and grocery stores. Healing the New Childhood Epidemics – Autism, ADHD, Asthma and Allergies by Dr. Kenneth Bock. Through numerous studies the author seeks to treat the root causes of illnesses and help the body heal itself through nutritional and medical therapies. Recognizing Celiac Disease by Cleo Libonati, RN. This reference guide, which is useful to healthcare providers, dietitians and patients, gives signs, symptoms, associated disorders and health manifestations of celiac disease.

CEL-KIDS NETWORK

It was great to see so many of you at the chapter picnic and also at the Cel-Kids pancake breakfast the following weekend – it was a wonderful time at both events! A parents meeting will be held sometime in September or October and the topic will be school issues – dealing with school cafeterias, ideas for packing lunches, and dealing with classroom parties and birthday treats. Please join us to share your ideas and learn how others handle these situations. The Denver Area Cel-Kids Network operates through an online Yahoo group account – please contact Karin Parker at 303-797-4808 or email her at karinparker@juno.com if you would like to join and/or be notified of upcoming events.

IN MEMORY



The Gluten-Free Gourmet, Bette Hagman, a true pioneer in the world of gluten free cooking, passed away in August at the age of 85. Bette was not a baker until she was diagnosed with celiac disease late in life.

The condition forced her to re-learn how to cook, and then revise favorite recipes, a daunting task for even the most experienced pastry chef. An author of mystery novels, she soon turned to writing gluten-free cookbooks instead, which was a natural for her. Her daughter asks that in honor of Bette's dream of the celiac community working together, that memorial donations be made to the American Celiac Disease Alliance (ACDA). Donations can be made online at www.americanceliac.org. Please put 'Memorial Donation for Bette Hagman' in the Notes section. If you wish to donate by mail: send your donation to: American Celiac Disease Alliance, c/o GIG, 31214 – 124 Ave SE, Auburn WA 98092. All donations will support the efforts of the ACDA in representing a unified voice for the celiac community. All donations are tax-deductible. You may send cards and emails to Karol Mehan, Bette's daughter, through the GIG office.

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.

CSA PICNIC RECIPES

Jalapeno Poppers

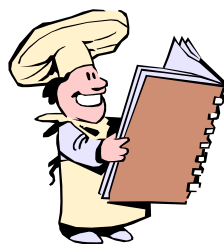
From Diane Sandvall

Jalapeno peppers-halved and seeds removed

Cream cheese-gf (Wal-mart brand)

Bacon-gf (Wal-mart brand)

Stuff peppers with cream cheese and wrap with 1/2 slice of bacon. Use toothpick to secure bacon. Bake at 350 for 30 minutes; then broil for 2 minutes to get bacon as crispy as possible. You can just use a cookie sheet or use a rack on the cookie sheet or broiler pan to drain the bacon grease.



Banana Cranberry Bundt Cake

From Catherine Felknor

Note: this is a modification of a recipe in Bette Hagman's The Gluten-Free Gourmet Makes Dessert (p.68, Carrot-Cranberry Bundt Cake). I substituted bananas for the carrots.

Cake Ingredients:

1 ½ cups Four Flour Bean Mix (2/3 part Garfava bean flour; 1/3 part Sorghum flour; 1 part Tapioca flour; and 1 part Cornstarch)

1 tsp xanthan gum ½ tsp. salt

1 ½ tsp baking soda 1 ½ tsp. cinnamon

1 tsp Egg Replacer ½ tsp. nutmeg

1 cup mashed bananas

½ cup whole cranberry sauce (canned or fresh – I broke whole berries in half with a spoon)

1 cup sugar

2/3 cup canola oil (I substitute apple sauce for about half of this – reduces fat)

2 eggs, beaten with a fork

If you want to add a glaze use ½ cup confectioners sugar and 1 to 2 Tbsp. fruit juice.

Preheat oven to 350 degrees. Spray/grease a 10 to 12 cup bundt pan with cooking spray or Crisco and dust with rice flour.

In a large mixing bowl blend the dry ingredients (1st seven; do not include sugar). In another bowl, mix the mashed bananas, cranberry sauce, sugar, oil or applesauce, and beaten eggs. After mixing add to dry ingredients in large bowl. Beat until well blended.

Spoon into the prepared pan. Bake 40-50 minutes. Cool slightly and turn from pan onto a cake plate.

For glaze, combine the confectioners sugar and enough fruit juice to make a consistency that will drizzle from the spoon. Drizzle over the cake in thin lines.

Recipe can be doubled if you are using the 12 cup bundt pan. Increase baking by at least 10 minutes. This will make a higher/taller cake.

Frog Eye Salad

From Shanon Schmitz

1-16 oz. bag rice spaghetti pasta(Tinkyada-brokenup)

1 C. sugar

3 beaten egg yolks

2 Tbsp. potato starch

½ tsp. salt

2 Lg. cans crushed pineapple, drained (reserve liquid)

1 ¾ C. reserved pineapple juice (add water to make 1 ¾ C.)

2 cans mandarin oranges and juice (Walmart)

1 pkg. tiny marshmallows (Walmart)

1 Lg. Cool Whip (Kraft)

In a saucepan, stirring constantly, cook pineapple juice, sugar, yolks, starch and salt until thickened. Let this cool overnight in the frig. Next day, cook pasta per pkg. directions. Rinse in cold water and drain well. Cut cooked pasta into small pieces. Fold in all remaining ingredients. Enjoy!

Gluten Free Chocolate Donuts

From Betty Morris

1 C. sugar
1 ½ C. GF flour mix
½ C. Cocoa
1 tsp. soda
½ tsp. xanthan gum
½ tsp. salt
½ C. oil

2 eggs
1 tsp. vanilla
½ C. Buttermilk (2 TBS dry buttermilk & ½ C. water)
½ C. boiling water

Heat oven to 350. Sift all ingredients. Add oil and mix well. Add eggs & vanilla, mix well. Add buttermilk & boiling water, a little at a time, mixing well. Bake in donut pans about 12-14 minutes. Makes 12 large donuts. Use the remaining batter for a small cake (5" pan) or about 4 medium cupcakes which will need to bake 25 minutes. Original recipe was printed in Gluten Free High Altitude Cook Book (blue binder).

Cream Cheese Frosting: Mix together & frost

3 oz. Softened cream cheese
6 TBS butter
1 Tbs. Milk (as needed)
2 tsp. Vanilla 1 ¼ cups powdered sugar

Dry Jello Salad

1 – 12 oz. small curd cottage cheese
1 – 15 ½ oz. crushed pineapple, well drained
1 – 8 oz. Cool Whip
Small can Mandarin Oranges (optional)
Mix above ingredients.
1 – 3 oz. orange jello, dry--sprinkle this over cheese mix; fold in well & refrigerate for at least 8 hours.

Baked Beans

From Flora Bryant

1-28 oz. can Bush's Baked Beans
½ C. Heinz Ketchup
¼ C. Grandma's Molasses
¼ C. brown sugar
4 slices Kroger bacon, cooked & crumbled
Put all in dish, stir and microwave 20-25 minutes.
Serve warm or cold.

Chilled Spring Salad

1-14 ½ oz. can cut black beans; drained-Kuner's
1-14 ½ oz. can whole kernel corn; drained-DelMonte
12 cherry tomatoes, quartered
½ C. chopped red onion
½ C. chopped green (or red) pepper
1/3 C. chopped fresh parsley or cilantro
½ C. white wine vinegar (Regina)
4 Tbsp. vegetable oil
3 Tbsp. sugar
Salt & Pepper
Combine black beans, corn, tomatoes, onions, green pepper and parsley (cilantro) in a bowl. In a separate bowl, whisk together vinegar, oil and sugar. Pour over vegetables and toss to coat. Add salt and pepper to taste. Cover and chill for at least 2 hours or longer. Drain excess dressing from salad before serving.

"Dirty" Rice

From Kathryn Wilder

1 C. Long Grain Rice ¾ C. water
1 ¼ C. Organic Mushroom Broth (Pacific Natural Foods—GF) salt to taste
Put all in pot, cover & cook for 25 minutes 'til done.

Grandma Anderies' Date Cake

From Mary Anderies

¾ C. shortening
1 C. sugar
2 eggs
2 C. GF flour blend
1 ½ tsp. soda
½ tsp. salt
Topping: 1 small pkg. chocolate chips
¼ C. sugar

1 Tbsp. cocoa
1 tsp. xanthan gum
1 ¼ C. boiling water
1 C. chopped dates
Add the boiling water to chopped dates & let cool.
½ C. chopped nuts

Preheat oven to 350. Mix dry ingredients in a separate bowl. Cream shortening and sugar; add eggs and beat well. Add date mixture to shortening, sugar and eggs, alternate with dry ingredients. Begin and end with dry ingredients. Top with chocolate chips, sugar and nuts before baking. Bake in a 9x12 pan for 35-45 min.

Mom's Macaroni Salad

2 C. uncooked macaroni (6 oz. small elbows-(Tinkyada Fusilli)
1-2 hardboiled eggs, diced
¼ large green bell pepper, finely chopped
1-2 green onions, finely chopped
1-2 stalks celery, finely chopped
Mayonnaise to taste (Best Foods Lite)
Mustard to taste (French's Deli Brown Mustard)
Cook & rinse macaroni with cold water, do not overcook. Toss cooled macaroni with other ingredients until the taste and texture pleases you. Salad may need additional mayonnaise the next day, unless you like a drier salad.

Chocolate Bliss Cookies

From Kathye Holland

2 pkg (8 sq. each) Baker's Semi-Sweet Baking Chocolate (divided)
¾ C. firmly packed brown sugar (Great Value)
¼ C. butter or margarine, softened (Land O' Lakes)
2 eggs
1 tsp. vanilla (Kroger)
½ C. GF flour mix

¼ tsp. baking powder
2 C. chopped walnuts (opt)
½ tsp. xanthan gum

Preheat to 350. Coarsely chop 8 choc. squares; set aside. Microwave remaining chocolate in large microwavable bowl on high 2 min; stir until melted. Add sugar, butter, eggs and vanilla; stir with wooden spoon to well blended. Add flour, baking powder and xanthan gum; mix well. Stir in chopped choc. & nuts. (If omitting nuts, add ¼ C. more flour). Drop rounded tablespoons of dough 2" apart on ungreased baking sheets. Bake 12-13 min until puffed & shiny. Cool 1 min; remove, cool completely on wire racks. Makes 2 ½ dozen cookies. - - -Recipes continue on page 12---

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Common issues, concerns and questions expressed by our members:

- Q.** I have heard a lot lately about coconut flour. Can you tell me more about it?
- A.** Coconut flour is a delicious, healthy alternative to wheat. It is high in fiber, low in digestible carbohydrate, and a good source of protein. It contains no gluten so it is ideal for those with celiac disease. Coconut flour can be used to make a variety of delicious baked goods, snacks, desserts, and main dishes. Coconut is naturally low in carbs and it provides many health benefits. For recipes like Banana Coconut Flour Muffins or Coconut Cream Cheese Squares, go to http://www.tropicaltraditions.com/recipe_list.htm.
- Q.** Is MSG gluten free or not? I've heard both that it is and isn't gluten free.
- A.** Amy Ratner with Gluten Free Living Magazine says this on the subject: "A few years ago we did a story about yeast in which we said that autolyzed yeast is comprised of several things, including glutamate. We said glutamate is gluten free and that it is also known as MSG. Just as a side note we wrote that MSG is blamed for the reaction people say they have to Chinese food. We said sensitivity to MSG is not thought to be connected to celiac disease. That is as far as my knowledge of the subject goes. Just FYI, the Canadian Celiac Association categorizes MSG as an allowed ingredient in its publication Acceptability of Food and Food Ingredients for the Gluten Free Diet. This would agree with what our story said."
- Q.** I heard that Trix cereal is now GF. True?
- A.** Lani Thompson of Clan Thompson says Trix is now GF. The old formula has wheat in it and those old boxes may still be on the shelves. So check the labels. If there's no wheat, you must have a new box! As always, beware, still, of the possibility of cross contamination.

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	mcholz@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: _____

____ This is a renewal ____ There is no change in my address/phone ____ Interested in Volunteering

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

NAME	Circle one	NAME	Circle one
	Child/Adult		Child/Adult
	Child/Adult		Child/Adult

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 9/07 NL

For information on the national CSA/USA, call 1-877-272-4272
 or go to www.csaceliacs.org

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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.	

More CSA Picnic Recipes:

Italian Salad Mix

From Jackie Liebman

12 oz. artichoke quarters with brine
9 oz. sliced mushrooms
8 oz. roasted red pepper
½ C. chopped onion
½ C. chopped green pepper
6 oz. medium black olives
Sea salt to taste & black pepper to taste
Mix together and enjoy!

GF Bean Dip from Connie Murphy

2-15 oz. Kuners Black Beans, drained-mash 1 can
1-14oz. can Kuners Diced Tomatoes
2 cans Ortega Diced Green Chilies (mild or hot)
1 C. Sargento NATURAL shredded mozzarella
1 C. Pace Chunky Salsa (mild)
1 tsp. Durkee/Spice Islands Cilantro
Mix all in microwave-safe bowl. Heat until cheese
is melted, stir once halfway through. Serve with
GF chips!

Baked Potato Salad

From Lori Priegnitz

4 large russet potatoes
3 hardboiled eggs, chopped
3 Tbsp. olive oil
3 Tbsp. rice vinegar
1/3 C. lite sour cream (Albertsons)
1/3 C. lite mayonnaise (Kroger)
¼ C. sweet onion
1 tsp. celery seed
½ C. minced celery

¼ C. seeded cucumber – minced (opt.)
salt & pepper to taste
Bake potatoes until tender. Cool to
handle & peel. Cut into bite-sized pieces.
Make dressing with olive oil & rice vinegar
and whisk with some salt & pepper. Toss
with potatoes while they're still warm. Cool.
Add rest of ingredients. Add more mayo &
sour cream if needed & any garnishes you like.