

TAMING OF THE SPRUE

Denver Metro • Chapter #17 of CSA/USA, Inc. • Celiac Sprue Association/United States of America, Inc. • www.denverceliacs.org

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SAVE THE DATES!

April 1st at 7pm join us to have Dr Isaac Melamed join us to talk about the role of nutrition in Immune-Related Disease!

June 12th at 11am is our Gluten Free Potluck Picnic at Clement Park, Shelter A & B. Start your summer off bringing your favorite Gluten Free dish to share and the recipe. Fill your recipe box with a bunch of great recipes to use at the potlucks and picnics for the summer ahead.

August will bring the Food Fair Back. Look for more information soon and let us know if there is a Gluten Free company that we should be inviting. E-mail vpprograms@denverceliacs.org



December Meeting Recap

The December Meeting & Cookie Exchange was a success! We had two great cookie demonstrations. The first demonstration was from Kathy and Lexi with The Last Crumb Bakery. They shared great baking tips while making their Gluten Free Snickerdoodle cookies. The Last Crumb Bakery makes their own flour blend, cookies, cakes, pies and other gluten free creations that can be ordered all year round and they also have a special holiday product list as well. Visit the website for more information www.thelastcrumbbakery.com.

The second demonstration was from Michelle Brewster who does all of her gluten free baking with buckwheat flour. She has just finished her first gluten free cookbook called *Delicious*. All of her recipes are easy to make and only require the one flour as the base. To get more info visit the website at www.delicious-gluten-free.com

Free Choice Foods also attended the meeting and handed out samples. Each of their meals is Gluten Free, Dairy Free, and Vegan and only requires water or oil to make up these quick meals. At this time the meals can be ordered from their website: www.freechoicefoodsusa.com.

A special thanks to everyone who braved the cold and joined us with their cookies on Dec. 3rd. We've included some of the cookie recipes in this issue.

Special Thanks to our Vendors

Shabtai sent in several desserts for us to try. Visit their website at www.shabtai-gourmet.com

Katz Gluten Free also sent in several cookies, cakes and breads. See page 9 for more information on this company.

Info on February 4, 2010 Meeting

Are you interested in learning more about: Gluten Free Dairy Free Whole Grains without a lot of "WEIRD" ingredients? Essential Baking tips, Substitutions that work, and ingredient comparisons? Join us Thursday February 4th at 7pm to hear Jean Duane talk about the information in her cookbook [Bake Deliciously!](#) We will be at the Wheat Ridge Recreation Center 4005 Kipling St. Wheat Ridge CO 80033. Basic Directions: Take I-70 to Kipling. Exit Kipling South. Wheat Ridge Rec Center will be on the West Side (right side) of road. We hope to see you there!

Reminder, No Oats At Meetings

In consideration of newly diagnosed members and those who have problems with oats, please do not bring snacks with oats.

PRESIDENT'S MESSAGE

This last year has seen a number of milestones for our celiac community and one can only imagine what we'll see in the next few years. It makes me grateful to companies like Betty Crocker (GF mixes) and Butterball (new gravy packet with rice flour) for seeing the value in making some main stream products gluten free. Let's hope this great trend continues.

The other huge event for Celiacs everywhere, even if you weren't directly involved, was the grand opening of the first gluten free food pantry in this country. Hats off to Dee Valdez for working towards this end and I hope it, too, is just the beginning of more gluten free pantries here in Colorado and throughout the USA. I can remember the first time I went to shop for gluten free food and left in tears when I saw the price of my first item, a loaf of bread. How could I afford to do this? Five and a half years later I've learned lots of tricks to making the gluten free food dollar stretch. But, there are some families that will never be able to stretch their dollars far enough to feed everyone in their family if any one of them has to eat gluten free.

So, this need has been recognized and it may be baby steps now with one pantry available, but who knows what it will lead to. Perhaps someone reading this will be inspired to help open the next...and then the next. While gf food donations will always be needed and anything, anytime, you can send or take will be greatly appreciated, they could also use time...time...30 minutes or an hour now and then, to help sort the gluten free items from the everyday items that are sent to them, in order to make it available to the gluten free pantry. If you're good at reading labels and can loan some time...it would be a big deal to the House of Neighborly Service in Loveland...and who knows what it will lead to!

A Happy Gluten Free New Year's Wish to you all!

Karen Cranford

UPDATE TO 2009 GLUTEN FREE PRODUCT LIST – WYETH CONSUMER HEALTHCARE

Here is an updated statement about the gluten status of Wyeth Consumer Healthcare products, to replace information in the 2009 Gluten Free Products List.

Gluten may be present in the following US products:

Centrum Chewables, Silver Chewables, Kids Complete (due to the presence of wheat derived mannitol)

Other US Products

Wyeth does not add gluten during the manufacturing of these products, however we are not able to confirm its presence or absence since the end product is not tested for gluten:

- Advil: Liquigels, Migraine Liquigels, Advil PM Liquigels, Cold and Sinus Liquigels, Gel Caps, Tablets, Caplets, PM Caplet, Allergy Sinus Caplet, Cold and Sinus Caplet, Multisymptom Caplet, Junior Strength, Childrens Advil Cold, Childrens Advil Suspension, Infant's Advil Concentrated Drops
- Centrum Millennium, Silver Millennium, Silver Ultra Womens, Silver Ultra Mens, Ultra Womens, Ultra Mens, Cardio, Performance Millennium
- Caltrate 600 + D + Minerals, 600 + D, 600 Tablets, Colon Health, 600 + D+ Minerals Chewables
- Alavert Products
- Anbesol Products
- Preparation H Cooling Gel, Preparation H HC Cream, Ointemnt, Suppositories, Wipes
- Dristan Cold Multisymptom, 12-Hour Nasal Spray
- Robitussin Products
- Dimetapp Products
- Chap Stick Products

GLUTEN FREE AT CU AND CSU

There are two challenges that I believe today's college student faces when living on their own and selecting food choices: (1) having the appropriate food choices available and (2) making the appropriate food choices. Dining Services at the University of Colorado helps college students with both challenges – having the appropriate food choices available, and providing nutritional guidance in choosing foods from the daily offerings.

We are in the second year of our A⁹ Allergen Labeling Project, which works to identify and minimize potential allergen risks in dining centers across campus. In addition to labeling the top eight foods in the US causing an allergic or intolerance reaction, our program also identifies foods containing gluten. By labeling potential allergens in the foods offered, enforcing safer cooking and preparation processes in the kitchen, and increasing student awareness, the CU A⁹ Allergen Project strives to make the dining centers as safe as possible for all of our customers living with food allergies and intolerances.

In addition, Dining Services is continually expanding gluten free options. This past fall we held a taste test with our incoming freshmen residents who follow a gluten free diet. Because of favorable feedback from these students, we have added gluten free sandwich rolls in all dining centers, and gluten free personal size pizzas at both the Alley@Farrand and Sewall Dining Centers. There are some gluten free bases we are currently taste testing that look promising (the beef and chicken bases commonly used in restaurants to add flavor often contain wheat). With these new gluten free bases, we hope to proclaim several of our meat items gluten free soon.

Dining Services conducts regular training for dining staff on food allergens, including identification of allergens, dangers of cross-contamination and the importance of recipe consistency. Dining Services also works with individuals to best meet their nutritional needs while avoiding potential food allergens and intolerances. Although none of our facilities are allergen free zones, CU Dining Services strives to provide nutritious and safe food choices for all of its customers. If your son or daughter is attending CU Boulder in fall 2010, please do not hesitate to contact me.

Lauren Heising, RD
Coordinator of Sustainable Dining, Housing & Dining Services
University of Colorado at Boulder
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At Colorado State University we currently provide students with any type of gluten intolerance several options. First year students have a live in requirement which includes a meal plan. Our meal plan choices are designed to meet individual needs with 6 options, each containing a different number of meals and/or options to meet a wide range of dining choices. Students are able to supplement the dining center meals by doing their own cooking in any of the student kitchens that are provided in each Residence Hall, if they so choose.

Initially I have one-on-one meetings with those students, in order to better inform them of their choices in all our Dining Centers, provide suggestions about meal-planning, trouble shoot through any problems and allow them to make suggestions. I also provide accurate information about the ingredients in our foods as well as suggestions of how to complete nutritious meals. Ingredients may change due to product availability and students are alerted to these changes. I act as a source of information and as a support person as they are transitioning from eating GF at home, where they are in control of their diet, to a dormitory situation, where they are depending on others to provide them safe GF foods.

In our Dining Centers we offer the following: At Braiden & Durrell there is a GF self-service refrigerator and GF products such as bread, salad dressings, waffles and cereal, provided for the students. Designated serving lines in Corbett & Ram's Horn serve only foods that are GF for lunch and dinner. Choices include main dishes, vegetables and GF condiments. Both Corbett and Braiden also provide a GF toaster for self-service as well. If you need further information about eating GF at CSU, please contact me directly.

Brittney Stuard, RD
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First Gluten Free Food Bank in the Nation Opens in Colorado

The first-ever gluten free food bank in the United States opened right here in Colorado on December 15th. Loveland's House of Neighborly Service is the test site for the new program put together by Dee Valdez, also of Loveland, aka Gluten Free Dee. Valdez, who was diagnosed with Celiac Disease 17 years ago, believes there's a need to 'develop a systematic approach to establishing Gluten Free Food Banks across the nation.'

About 15 years ago, Valdez remembers talking to a mother with a sick 7 year old who had Celiac Disease. The exasperated mom said she had to choose between feeding her whole family or just feeding her sick daughter the very expensive gluten free food she could find. The distraught mother said, referring to her Celiac daughter, "She's just going to have to live with diarrhea."

Valdez gathered as much gluten free food as she could and left it on her doorstep. However, that experience has been the driving force to implementing the first food bank in the country in order to help offset the extra expense of gluten free food for families that need it, but can't afford it.

Valdez also runs a blog support group and can be contacted at www.GlutenFreeDee.com.

Denver's Raquelita's Tortillas has set up a corporate giving program where 1% of the sales of their new Gluten Free Flatbread, Sandwich Petals, will be donated each month to a gluten free food bank. Sandwich Petals creator, Rich Schneider, has challenged other corporations to do the same. Sandwich Petals are not available for sale to the public yet; however, they can be purchased online at www.SandwichPetals.com. They come in three flavors: Spinach/Garlic Pesto, Chimayo Red Chile and Agave Grain.

Recipients for the gluten free food bank still have to meet food bank income guidelines and live in the Loveland area. A family of four, for example, has to earn less than about \$32,000 a year, and there won't be an income exception for people with celiac disease.

In addition to the flatbread, other gluten free food donations are now being accepted at House of Neighborly Service, 565 N. Cleveland, Loveland, CO 80537. It is asked that the food be identified as gluten free when dropped off or shipped. If you'd like to volunteer for the first-ever gluten free food bank, they could really use sorters to help pull out the gluten free items from their usual food donations. Contact Erin Becerra, Food Program Manager at 970-667-4939 or email her at ebecerra@honservice.org. Find out more about House of Neighborly Service and the area they serve at www.honservice.org.



Karen Cranford, Denver CSA's President, talks at the event



Erin Becerra (center with scissors), Food Program Manager for Loveland's House of Neighborly Service, and Dee Valdez (far right) officiate at the ribbon cutting ceremony.



Left: Bill Eyl of Berthoud, CSA's national President, speaks at the grand opening ceremony.

Above: DeAnna Olson (left) and her sister, Laura Nederbragt (right) along with Laura's sons Joshua (holding the Betty Crocker mix) and Jacob, show some of the gluten free items donated to the new gluten free food bank. An Associated Press reporter in front of them takes their picture.

General Mills Website

CSA Benefactor Member General Mills has created a new website to provide consumers with information on the company's gluten-free products and recipes. The site is www.liveglutenfreely.com and lists those General Mills products which are labeled gluten-free as well as kitchen-tested recipes for preparing an array of gluten-free foods.

The list includes Betty Crocker Dessert Mixes, Betty Crocker Fruit Flavored Snacks, Chex Cereal, Larabar, Progresso Soups, and Yoplait Yogurts. The site was created in response to the frequent inquiries to the customer service department of "Which General Mills products are gluten free?" Consumers will now have 24/7 access to this information. People may also subscribe to an electronic newsletter to receive product information and recipes directly to their inboxes.

Consumers are reminded, however, to always read ingredient labels.

Wheat Allergy Alert - December 7, 2009

College Inn is recalling "College Inn[®] No MSG Chicken Broth" due to undeclared wheat. The product was distributed nationwide. The 14 ½-oz. cans are mislabeled "No MSG" and bear any "best by date" with UPC 2400032230. Consumers may return the product to the place of purchase for a full refund. Consumers with questions may call (800) 552-7684 or visit www.CollegeInn.com.

Kinnikinnick TV

Each week, Hosts Chef Lori Grein and Kim Reiniger will cover some of the issues that often come up in Gluten Free baking and cooking but most importantly, they'll show you just how easy it is to make "Great Food, Gluten Free" The show will be released about once a week, with episodes running from 15-25 minutes. The site will let you watch the videos, view the recipes for each video and any links mentioned in the show. It's free to watch and available on the web at <http://www.kinnikinnick.tv/kinntv.html>

Dr. Fasano Named "Researcher of the Year for 2009"

The University of Maryland, Baltimore (UMB) honored Dr. Alessio Fasano as part of its 4th annual Founders Week celebration, October 19-22, 2009.

"Although the current climate in higher education presents us with some challenges, we have more reason than ever to celebrate the achievements made at UMB in 2009," says President David J. Ramsay, DM, DPhil.

The Researcher of the Year is Alessio Fasano, MD, professor in the School of Medicine, who directs both the School's Center for Celiac Research and its Mucosal Biology Research Center. Work at the two centers has led to more than 200 pending and issued patents worldwide and the establishment of Alba Therapeutics, a biopharmaceutical company spinoff of the University of Maryland.

Fasano's inquiries have led to greater understanding of celiac disease, a condition once mistakenly considered to be rare but that is now believed to affect 1 out of 133 Americans.

In 2000, he and his colleagues discovered a protein, zonulin, that regulates the permeability of the intestine. The group's most recent findings on the protein recently appeared in an article in the September issue of the Proceedings of the National Academy of Sciences. Please see the university website <<http://www.celiaccenter.org/>> for the full article.

WEST NEIGHBORHOOD HUDDLE REPORT

Neighborhood resource contact Bev Haney reports that the West neighborhood huddle met on November 7th at Beau Jo's Pizza in Evergreen. Two newly diagnosed Celiacs were particularly excited to get information and support from those of us who have been living the celiac life for a while.

They plan to meet again in April or May 2010. Please contact Bev at mrsbevins@aol.com or (303) 670-0063 if you have ideas for a place to meet at that time. For a list of neighborhood huddles, see page 10.

DINING OUT



Sweet Escapes (www.sweetescpastries.com), which has a retail location at 1111 Kimbark Street, Longmont now has their products at a number of local restaurants. Melissa Degen provides extensive training to each restaurant prior to letting them serve her products. Locations include:

Abrusci's - 3244 Youngfield Street, Wheat Ridge
Bagalis, New Orleans Inspired Italian - 570 Zang Street, Broomfield
Blue Sky Café - 14403 West Colfax, Lakewood
Carelli's Restaurant of Boulder - 645 30th Street, Boulder
Gindi Café - 3601 Arapahoe Street #181, Boulder
Le Peep - 1699 South Colorado Blvd., Denver
Mancinos - 2610 South Lemay Avenue #30, Fort Collins
Restaurant 4580 - 4580 North Broadway, Boulder
Sun Rose Café - 379 Main Street, Longmont



Lefty's Pizza (www.leftysgourmetpizza.com), is now serving gluten-free pizza.. Try Lefty's Greek Goddess pizza; made with garlic and olive oil sauce, spinach, artichoke, red pepper, feta cheese or Christopher's Dream; made with pesto, fresh tomato, sun dried tomato, prosciutto, chevre, and shrimp. Pick up, dine in or delivery to Niwot, Gunbarrel, and South Longmont. (303) 652-3100.

The Sink (www.thesink.com) located 1165 13th Street in Boulder, CO will be topping The Gluten Free Bistro's crust with pizza favorites like the Slauterhouse V, the Buddah Basil, and the Perfect Pesto. Chef Scott will also be using the Bistro's crust for making their unique and delicious sandwiches.

Shanahan's

Shanahan's — co-owned by former Broncos coach Mike Shanahan — offers steaks on and off the bone, seafood entrees, vegan and gluten-free dishes, along with a kids' menu. Located in DTC at Belleview and Syracuse



Mike Garcia, the manager for Outback Restaurant near Southlands in Aurora, CO now serves Redbridge beer, which is gluten free!



Udi's Pizza Café Bar is now open in Old Town Arvada. A gluten free menu is available featuring everything from appetizers to sandwiches or pizza to nightly specials and dessert. They are located at 7600 W. Grandview in Arvada. You can also purchase Udi's products there like their pizza crust, breads and their NEW gluten free granola. The photo to the left is the grand opening!

Einstein Brothers Bagels is doing a gluten free test market here in Denver! Three stores, (Yale and Colorado; Colorado and University in Highlands Ranch (NE corner of that intersection and yes, Colorado Blvd. and University eventually intersect in Highlands Ranch); and 120th in Broomfield, are now carrying a sleeve of 6 bagels that are made by Udi's. This makes the bagels GF and no worries about cross contamination while baking. The staff isn't trained to toast them yet, but they sell the bagels by the sleeve or sell you a single and you can buy their cream cheese to put on it, if you don't mind it not toasted. They're pretty soft anyway, so it's still a treat! Help support the cause, and make sure you get a yummy bagel!



RECIPE BOX – RECIPES FROM OUR DECEMBER COOKIE EXCHANGE

Coconut Drops from Abbie Keyes

2 1/4 c. shredded raw coconut (*look for the large pieces and ingredients should be just coconut or coconut and a preservative for whiteness...no extra sugar*)

1/2 c. raw sugar

1 egg

Preheat oven to 350 degrees

Mix sugar and egg until it is harmonious. Coat the coconut with the egg mixture as evenly as possible.

Drop onto parchment lined cookie sheets by the spoon full.

I use a regular spoon. Bake in oven for approx 15 minutes.

Mexican Wedding Cookies

3 C. GF flour

3/4 C. powdered sugar

3 sticks butter

1 1/2 C. chopped pecans

1 1/2 tsp. vanilla

Large pinch of salt

Preheat oven to 350 degrees. Mix flour, sugar, salt and nuts.

Stir in vanilla and work in soft butter until mixture forms a ball. Shape into 36 balls. Bake on cookie sheet for 30 minutes.

Cool slightly and dust with sifted powdered sugar.

GF, Dairy, Soy, Egg Free Peanut Butter Cookies from Mary Anderies

1/2 C. shortening (Spectrum used)

1/2 C. peanut butter (Peter Pan is soy free)

1/2 C. granulated sugar

1/2 C. brown sugar (packed)

1 egg **or** replace egg with 2 Tbsp. water plus 1/2 tsp. Egg Replacer plus

1/8 tsp. gelatin (mix separately)

1/2 tsp. xanthan gum

1 1/4 C. + 2 Tbsp. GF flour mix

3/4 tsp. soda

1/2 tsp. baking powder

1/4 tsp. salt

Mix thoroughly shortening, peanut butter, granulated sugar, brown sugar and egg (or egg substitute). Blend in all other ingredients. Cover and chill.

Heat oven to 375 degrees. Shape dough into 1 inch balls. A small scoop works well here. Place on lightly greased baking sheet. Flatten balls in a crisscross pattern.

Bake 10-12 minutes until edges brown.

Holiday Pretzel Bites from Karen Cranford

1 bag Hershey's Kisses

GF Pretzels (Glutino)

1 bag Hershey's Hugs

1 bag Plain M&M's in Holiday Colors
(*the crispy kind is not GF*)

Preheat oven to 170 degrees. Set GF pretzels (1 for each treat) in a single layer on a cookie sheet lined with parchment paper. Top each pretzel with an unwrapped kiss or hug. Bake for 4 to 6 minutes (the white chocolate will melt quicker) until the chocolates feel soft when touched with a wooden spoon.

Remove the cookie sheet from the oven and quickly press an M&M's candy into the center of each kiss. Allow the treats to cool for a few minutes, then place them in the refrigerator to set.

Chinese Almond Cookies

1 C. rice flour (before adding to any always sift ingredients)
½ C. superfine granulated sugar
1 2/3 C. finely ground almonds
1/3 C. soft butter
1 ½ Tbsp. water
1 tsp. almond extract
30 whole almonds (approx) for garnish

Preheat oven to 350 degrees and grease a cookie sheet.
Blend all ingredients together to form a dough of rolling consistency. Form the dough with your hands into little balls, size of a quarter. Place an almond in center of each ball. Place cookies on cookie sheet. Bake at 350 for 15-18 minutes. Approx. 2 ½ dozen cookies.

3 Ingredient Cookie Bars (*Great first dessert for young pastry chefs!*)

1 bag crushed GF graham crackers (Outside the Breadbox)
1 can Eagle Brand Sweetened Condensed Milk (*not evaporated milk*)
6 oz. Chocolate Chips

Combine in a large bowl.
Grease 7" x 11" pan, and spread mixture evenly in it.
Bake 350 degrees for 25 minutes. Cool and cut into pieces.
(You can also add coconut, nuts, sunflower seeds, etc.)

Raspberry Meringue Kisses from Nita Nydegger

3 egg whites
1 tsp. Heinz vinegar
3 ½ Tbs. dry raspberry jello
1 C. Choc. Chips – Nestle reg. or small
1/8 tsp. salt
¾ C. sugar

Beat egg whites with salt until foamy. Add raspberry jello and sugar, gradually. Beat until soft peaks form and sugar is dissolved. Mix in vinegar and fold in chocolate chips.

Drop from a teaspoon onto cookie sheet covered with ungreased foil. Bake in 250 deg. oven for 25 min. Turn off oven & leave cookies in oven 20 minutes longer.

Makes 8 dozen.

Pretzel Cashew Bark from Michele Wallick of GF Adventures LLC

18 ounces of Chocolate
3 C. GF pretzels (broken, not crushed)
2 C. cashews

Line a cookie sheet with parchment or waxed paper. Melt the chocolate in a double boiler over simmering water until smooth and completely melted. Stir in the pretzel pieces and cashews. Stir well with a flexible spatula. Spoon onto the prepared cookie sheet, spreading the mixture out so that ingredients are relatively evenly distributed. Allow for the chocolate to cool for several hours at room temperature or refrigerate. Break into pieces.

Swedish Ginger Cookies

½ lb. butter or margarine – softened
1 1/3 C. sugar
2 T. molasses
1 tsp. soda
1 egg
3 C. GF flour
3 tsp. cinnamon
1 tsp. clove
1 tsp. ginger
¾ tsp. xanthan gum

Mix in order given. Chill.
Remove & let warm a little.

Roll out – cut. Bake 350 degrees for 8 minutes.

All information contained within this newsletter has been collected and/or generated by the Denver CSA Chapter #17 for the benefit of its members and other interested parties. Opinions expressed are not necessarily endorsed by the national organization or the local chapter. Products mentioned or omitted do not constitute endorsement. Food manufacturers' ingredients may change at any time and may not be reflected on labels. No liability is assumed for the use of this information by Denver CSA Chapter.

MORE GLUTEN FREE OPTIONS



Katz Gluten Free (www.katzglutenfree.com) is not satisfied with just great tasting gluten free food. We wanted to be sure. That's why we are Certified Gluten-Free by the Gluten Intolerance Group. This is a seal of approval for our complete state of the art manufacturing facility where we produce all of our gluten free food. Our strict standards make sure that no gluten foods reach your home from us. We fully understand the effect of gluten foods on gluten intolerant individuals and take this responsibility seriously. Along with this we also understand that in the vast sea of gluten foods it is hard for someone with gluten allergies to find a tasty selection of gluten free foods. That's why we always strive to be creative and innovative in our products. We are constantly introducing new items to our menu which could only be found as gluten foods before. We carry one of the largest collections of gluten free food for any gluten free trading company.

Katz bakes cookies, cupcakes, breads, pizza crusts and more online. You can find some of their products here in the Denver area at the East Side Kosher Deli, 499 South Elm Street, Denver, 80246

Diane Moyer, M.S., R.D., C.D.E. presents *Introduction to the GF Diet and Celiac Disease*. This 3 hour class offers an intro 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. This class is \$45 and includes a copy of the Denver Metro *Gluten Free Products List*. Call 720-560-3734 for more information.

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Your chapter Board Members are working hard to bring you meetings, events in the community and this newsletter. But we can't do it without your help.

If you are interested in volunteering, please reach out to any of the Board Members listed here.

Neighborhood Huddle Information

Meet Your Neighborhood Celiac Resource Contact

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 Mike Brook, at (303) 858-0822 or email mikebrook@aol.com.

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
CENTRAL Denver City and County	Laura Determan Andrea Loughry	(303) 757-3982 (303) 722-6284	lddet@msn.com oppermanda@netzero.net
NORTH Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	(720) 214-3144	kdarci@yahoo.com
SOUTH Centennial & Greenwood Village (W/I-25), Englewood, zips: 80120,-21,-22	Cathy Curtiss	(303) 771-8029	cmc1974@msn.com
WEST Lakewood	Betty Morris	(303) 238-5145	wabe22204@comcast.net
EAST Aurora, zips: 80231 & 80247	Maria Brotherston	(303) 752-0958	maria@brotherston.us
NORTHWEST Arvada, Wheat Ridge, Zips: 80021&80212	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
SOUTH Highlands Ranch, Lone Tree, Castle Rock	OPEN HUDDLE POSITION	If you are interested in this position, please contact Karen Cranford, president@denverceliacs.org or (303) 979-8094	
SOUTHEAST Centennial & Greenwood Village (E/I-25), SE Aurora, Parker, Elizabeth	OPEN HUDDLE POSITION	If you are interested in this position, please contact Karen Cranford, president@denverceliacs.org or (303) 979-8094	
SOUTHWEST Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
WEST Golden, Evergreen, Morrison	Beverley Haney	(303) 670-0063	mrsbevins@q.com

Other Colorado Area Contacts

AREA	CONTACT	PHONE	E-MAIL
Berthoud	Bill Eyl	(303) 772-3155	bill eyl@yahoo.com
Boulder	Barbara Sanford	(303) 499-7259	barbarasanford@comcast.net
Boulder County (CSA Chapter #138)	www.bouldercountyceliacs.com		
Colorado Springs	Marie Pizzolatto Ginger Ludwig	(719) 572-0548 (719) 598-6748	celiacfamily@yahoo.com ginglud@aol.com
Ft. Collins	Judy Bushnell	(970) 493-9674	jabms@frii.com
Grand Junction	Kathye Holland	(970) 255-0511	
Greeley	Mary Grauerholz	(970) 352-6122	mcholz@aol.com
Lafayette/Louisville	Beth Macht	(303) 665-7558	elizabethwm@yahoo.com
Longmont	Tiffany Jakubowski	(303) 834-8685	
Loveland	Dave Shaw	(970) 669-4233	davshaw49@comcast.net

MEMBERSHIP APPLICATION FORM

DENVER METRO CHAPTER # 17 of CSA/USA INC.

A NON-PROFIT ORGANIZATION

To see when your membership expires, look at your newsletter mailing label. Renew today so you won't miss a single issue. For questions, call Donna DeVisser at 303-973-4613.

The Denver Metro Chapter is your best local resource for celiac information, support and gluten-free socializing. Annual dues are \$15.00/year. 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 _____

Email: _____

_____ This is a renewal _____ There is no change in my contact info _____ 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

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

2009 GLUTEN-FREE PRODUCTS LIST ORDER FORM (available July 2009)

Please mail this form to: Don Smith, 6834 S Franklin Circle, Centennial CO 80122 (303) 794-7258

Qty: _____ x \$10.00 (price includes postage) = \$ _____
Total

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip _____

Email: _____

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

NON PROFIT ORG
US POSTAGE PAID
DENVER, CO
PERMIT NO.621

KING SOOPERS GLUTEN FREE TOURS

King Soopers will begin offering gluten free tours monthly on a Saturday from 8 -5 pm at 28 King Soopers and 7 City Market stores throughout Colorado. The first tour was Saturday January 9, 2010. They will be advertised the week before in the Sunday paper. During this week numerous gluten free items will be on sale and these will be listed in the Wednesday ad flyer. Eventually this information will be on their website.

Tours will be expanded to additional stores in the near future.



King Soopers Gluten Free Tour Locations

15200 West 64th Ave., Arvada
18211 East Hampden Ave., Aurora
3600 Table Mesa Dr., Boulder
1650 30th Street, Boulder
2355 West 136th, Broomfield
100 Founders Parkway, Castle Rock
815 Cheyenne Meadows Road, Co. Springs
9225 North Union Blvd., Co. Springs
3620 Austin Bluff Parkway, Co. Springs
3250 Centennial Blvd., Co. Springs
1155 East 9th Ave., Denver
2750 South Colorado Blvd., Denver
2810 Quebec Street, Denver
1173 Bergin Parkway, Evergreen
2602 South Timberland Rd., Ft. Collins
2100 35th Ave., Greeley
6000 South Holly Street, Greenwood Village
4910 South Yosemite Street, Greenwood Village

8673 South Quebec Street, Highlands Ranch
1545 South Kipling Parkway, Lakewood
8126 South Wadsworth Blvd., Littleton
1375 South Boulder Road, Louisville
1275 Eagle Dr., Loveland
995 South Hoover St., Longmont
1070 West Baptist Road, Monument
17031 East Lincoln, Parker
3050 West Northern Ave., Pueblo
102 W. 29th St., Pueblo

City Market Gluten Free Tour Locations

6 Town Plaza Shopping Ctr.,
Durango
508 East Main Street, Cortez
250 East Valley Rd., El Jebel
569 32 Road, Grand Junction
16400 South Townsend,
Montrose
165 Country Center Drive,
Pagosa Springs
1825 Central Park Plaza,
Steamboat Springs