

TAMING OF THE SPRUE



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

July 2010

IN THIS ISSUE

GIG Highlights	Page 2-3
Spotlight on...	Page 3-4
GF Products	Page 5
Community	Page 6
GF Dining	Page 7
Huddle Information	Page 8
Your Board Members	Page 9
Product Guide	Page 10
Membership Info	Page 11

SAVE THE DATES!

4th Annual Incredible Edible Gluten Free Food Fair

Sunday, August 29, 2010

Our Fair has grown and we're moving to Jefferson County Fairgrounds this year. Join us from 1 - 4 pm to meet your gluten-free vendors, sample their products, and purchase your favorite gluten free foods. If you know of vendors that should be there, please let the Vendor Fair Committee know by e-mailing that information to gvendorfair@DenverCeliacs.org. We will also be looking for volunteers on the day of the fair. Helping with booths and helping in general... if you would like to volunteer, please send us an e-mail.

October Meeting

Date: Thursday Oct. 7, 2010

Time: 7:00pm

Location: Wheatridge Recreation Center, 4005 Kipling, Wheatridge, Colorado.

Our speaker is Kathy Westover, Owner and Founder of To Your Health! She is a Master Nutritional Therapist who helps achieve optimal health through diet counseling, nutrient supplementation, and lifestyle recommendations. Kathy will be speaking with us about auto immune disorders and celiac disease.

Potluck Picnic Recap

Rain and 50 degree weather could not keep us away from this annual event! Despite the weather, we had a great turn out for our gluten-free picnic at Clement Park. Thank you to everyone who braved the rain and came to enjoy the pot luck. All of your side dishes and treats were amazing. It is rare to go to a picnic and be able to eat everything, so it was a treat for all of us. We would like to thank Udi's Bakery for once again donating GF bread so we could have BBQ sandwiches, and for bringing samples of their new chocolate chip muffins – delicious! For those of you who could not attend, here are some of the yummy recipes from our members.

Amazing Gluten Free Layer Bars

7 oz flaked coconut	Preheat oven to 350 and generously grease a 9x13 baking dish. Spread 2/3 of the flaked coconut evenly over the bottom of the pan. Sprinkle the butterscotch chips, chocolate chips, and peanuts over the coconut. Pour the condensed milk evenly over the entire pan. Top with sliced almonds and remaining coconut. Bake for 20 minutes in preheated oven. Cool completely before cutting.
6 oz semi-sweet chocolate chips	
½ cup sliced almonds	
1 cup butterscotch chips	
8 oz unsalted peanuts	
1-14 oz can sweetened condensed milk	

Gluten Free Chocolate Chip Banana Bread with Flax Seed

½ cup butter	3 ripe mashed bananas	Mix all ingredients except chocolate chips with mixer. Add most of the chocolate chips. Pour into small loaf pans, sprinkle with remaining chocolate chips and bake at 350 for 30-35 minutes.
¾ cup sugar	2 eggs	
1½ tsp vanilla	1/3 cup buttermilk	
2½ cups Pamela's Baking Mix	1 cup chocolate chips	
¼ cup flax seed		

Gluten Free Peanut Butter Cookies with Chocolate Chips – Bev Haney

1 cup sugar	Mix sugar, peanut butter and egg. Add chocolate chips if desired. Bake on a cookie sheet lined with parchment paper for 12 minutes at 350.
1 egg	
1 cup chunky peanut butter – use name brand such as Jiff or Skippy because the store brand is too oily	
¼ cup chocolate chips – optional	

Spinach Salad with Strawberries – Carole Kramer

1 lb fresh spinach torn into pieces	2 tablespoons sesame seeds	Place spinach in a serving bowl. Slice strawberries and arrange over spinach. Dressing: combine ingredients in a food processor or blender, process until smooth. Just before serving, pour dressing over salad and toss. Garnish with almonds.
½ cup toasted almonds	1½ teaspoons chopped onions	
1 pint fresh strawberries	¼ teaspoon paprika	
¼ - ½ cup sugar	½ cup vegetable oil	
Sesame-Poppy seed dressing	1 tablespoon poppy seeds	
¼tsp worcestershire sauce	¼ cup cider vinegar	

No Oats at Meetings

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

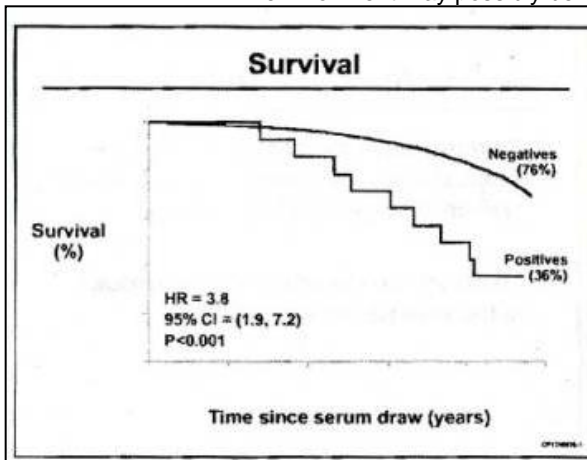
GLUTEN INTOLERANCE GROUP HIGHLIGHTS

This year's Gluten Intolerance Group Conference was held on June 4th & 5th in Minneapolis. A number of speakers had lots of great information for attendees. Here are the highlights...



Dr. Joseph Murray Last year, Dr. Murray spoke about frozen blood samples that were found from army recruits in the 1950's. Additional research has been conducted on the samples which continue to advance our understanding of celiac disease. The objectives of the latest studies were to 1) identify the incidence of undiagnosed CD, 2) determine the effect of undiagnosed CD on survival, and 3) determine if the prevalence of undiagnosed CD has changed over the last 50 years.

Blood had been collected from 8916 healthy army recruits between 18-26 years of age. 14 were found to have weak positive or positive results on the tTGA tests. This equates to 0.2% of those tested, where as today's research shows 1% of the population testing positive. This has prompted recent speculation that something in the environment may possibly be increasing the prevalence of CD.



Researchers were able to follow the men who had given blood samples, and found that deaths in undiagnosed men started occurring earlier and at a more rapid rate than those who did not have CD. Undiagnosed CD was associated with a nearly 4-fold increased risk of death over 45 years of follow-up.

There has been a 4 to 5-fold increase in prevalence of CD over the last 50 years. This again raises the question about environmental factors possibly affecting the incidence of CD.

Dr. Murray also discussed mucosal recovery of the intestines (healing the villi) and mortality rates in adults with CD after treatment with a GF diet. Research indicates that up to 95% of children with CD may have complete mucosal recovery within 2 years after starting a GF diet. However, mucosal recovery in adults with CD on a GF diet is less certain. Of 58 adults followed in this study, 34% had confirmed recovery at 2 years and 66% had recovery after 5 years. Dr. Murray stressed that 1 cookie, once a month, will continue mucosal damage. The study found that mucosal recovery was absent in a "substantial portion" of adults with celiac disease years after diagnosis. There is a "borderline significant association" between confirmed mucosal recovery (vs. permanent damage)

and reduced mortality in adults.

Dr. Murray mentioned that a recent Spanish study showed that children are diagnosed more quickly than adults. The children tended to be more sickly and exhibit more of the classic symptoms of CD. In Europe, more children are diagnosed, while in the U.S. more adults are diagnosed.

According to Dr. Murray, research on new treatments include: 1) worms and vaccinations in Australia, 2) probiotics in gluten sensitive mice, 3) enzymes to break down gluten, 4) drugs to block permeability, 5) drugs to block immune response.



Julianne Karow "Successful Strategies for Starting GF Life/Emergency Preparedness" Julianne focused on tips for the newly diagnosed, which are also good reminders for veterans of the GF lifestyle.

Newly Diagnosed: 1) completely clean out kitchen cabinets, refrigerator and pantry for products that contain gluten, 2) have a specified area for gluten-containing products if there are family members still using them, 3) donate unopened items to the local food bank, 4) invest in new kitchen equipment, particularly a toaster, storage containers, and a bread maker if you can't be sure that they are clean.

Purchase good quality food storage containers such as thermoses and coolers to take with you when you leave the house so you won't find yourself out and about with nothing to eat. It's easy to fill them with grapes, cheese,

crackers, protein bars, GF pretzels and drinks.

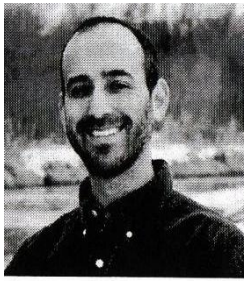
General Kitchen Tips: 1) to avoid cross contamination from dipping, use squirt bottles for condiments like jelly & butter, 2) mark GF containers with "GF", 3) use a dedicated toaster for GF items, 4) clean out silverware drawers—they're great crumb catchers, 5) replace old wooden spoons & cutting boards—they can hold gluten, 6) dedicate shelves & cabinets to be "GF Food Only" sections, 7) when cooking, make extra & freeze individual meals, 8) use separate strainers & cooking utensils when cooking GF and non GF pasta at the same time.

Save Money While Eating GF: 1) plan meals in advance, 2) buy pre-packaged foods in bulk, 3) comparison shop on the internet, 4) purchase from local farm/food stand community, 5) place group orders with your support group, 6) keep non-GF food handy for those not on a GF diet, 7) coupons/sales, 8) cook from scratch when possible (prepared foods are expensive), 9) don't throw out stale bread or baking mistakes—use for bread pudding, stuffing, croutons, bread crumbs.

Traveling: 1) try to stay where you have access to a microwave & refrigerator, 2) take your celiac dining card to educate chef & staff, 3) bring your own soy sauce, hot sauce, salad dressing, 4) check with local support groups in your travel area to see what options are available, 5) snack ideas: crackers & rice cakes, fresh or dried fruit, chips/salsa/dips, fresh veggies, granola or energy bars, nuts & trail mixes, dressing/sauces, desserts/candy, cheese, sausage sticks.

GF & Medical Tax Deductions: 1) GF food (the difference in price between the regular item and the GF item), 2) full cost of some replacement items such as GF flour, xanthan gum, 3) toiletries, 4) cosmetics, 5) mileage expense, 6) restaurant surcharges (any extra fees a restaurant charges for GF food), 7) postage/shipping for special needs shopping.

What you need to have: 1) doctor's letter stating you are required to be on a GF diet, 2) receipts (do not submit with taxes—keep for any future audits). These deductions can be done on a publication 502 as long as your medical expenses are greater than 7.5% of your adjusted gross income (AGI). Contact your tax advisor for more information.



Dr. John Neustadt, Medical Director for Montana Integrative Medicine “Osteoporosis: Fracture-Proof Your Bones—The Most Important Nutrient Isn’t Calcium”. Dr. Neustadt explained that there is a 30-47% increase in fractures of all types in individuals with celiac disease. This includes a 77% increase in risk for forearm fractures and a 90% increase in risk for hip fracture. Statistics show that 20% of those suffering hip fracture die within one year. Among those who survive the first year after hip fracture, 20% require nursing home care.

Increased risk for developing osteoporosis can also be due to taking medications such as glucocorticoids (cortisone, prednisone, hydrocortisone, dexamethasone and methylprednisolone). Risk factors are also increased by low intake and/or malabsorption of calcium, potassium, magnesium, Vitamin K, as well as low concentrations of Vitamin D.

According to Dr. Neustadt, Vitamin K has 2 natural forms; Vitamin K1 and Vitamin K2. Vitamin K2 is more active at promoting bone formation and has 2 forms—MK4 and MK7. MK4 has been used in Japan since 1995 to fight osteoporosis. In clinical trials, Vitamin K2 seems to do more to decrease fractures when taken at a dose of 45 mg/day.

In conclusion, celiac disease/gluten intolerance doubles the risk for developing osteoporosis. Regardless of BMD (bone mass density), the greatest clinical risk to those with osteoporosis is bone fracture. Diet, exercise and dietary supplements are effective at decreasing that risk. Calcium & Vitamin D together decrease fracture risk by 16%. MK4 in addition to calcium and Vitamin D stop bone loss from medication and reduce fractures by more than 80%.



Dr. Jillian Sarno Teta “Inflammation and Health”. Inflammation is the largest player in the destruction of the intestinal villi and systemic consequences of CD. These can include nutrient insufficiencies, functional GI disorders, mental/emotional instabilities due to malabsorption, compromised brain chemistry, other autoimmune conditions, cancer and cardiovascular events. Strategies to combat inflammation: 1) put your life, mind & body in context, 2) exercise (movement helps create anti-inflammatory qualities), 3) sleep/lifestyle/stress (crucial for decreased inflammation), 4) nutrition*, and 5) supplements*.

Dr. Teta stated that what we eat is 85% responsible for how we feel. She recommends increasing the foods that will help you feel better and decreasing the foods that are less beneficial. People with CD have greater oxidative stress than the normal population. She suggests that we “eat the rainbow” every day by consuming several cups of fruits and vegetables to increase anti-inflammatory nutrients, phytochemicals, and antioxidants. Dr. Teta believes

that we choose with each bite, each day, to increase or reduce our inflammation. How we live our lives until the end of our days is our choice.

*Nutrition: Include spinach, blueberries, cherries, squash, raw organic cocoa powder (1-2 Tbsp in water or milk with a little sweetener or put it in a smoothie), and spices (turmeric, rosemary, oregano, clove). Eat adequate lean, clean protein like grass-fed beef, hormone-free chicken/eggs, wild salmon, white fish and pork tenderloin. Increase soluble & insoluble fiber to “sweep up” the blood stream by removing inflammatory molecules and to improve bowel motility---such as artichokes, kale, leafy greens, apples, pears, and pomegranate. Minimize foods that promote inflammation like sugar, refined sugar, refined carbohydrates (including GF baked goods), trans fats, additives, synthetic flavors, colors & artificial sweeteners. To help repair the gut, eat foods that are slimy; i.e. okra, mushrooms, and coconut.

*Supplements: Anti-inflammatory powerhouses include probiotics, fish oil—omega 3 fatty acids, curcumin complex (curcumin, curry & turmeric), fiber (especially acacia fiber for IBS symptoms). Get your Vitamin D level checked—most of us are too low.

The 2011 GIG Conference will be held in Orlando, Florida. In 2012, the GIG Conference will be held here in Denver!!!! Make plans to be a part of it!

Spotlight ON... EATING TO REDUCE INFLAMMATION

The recent focus on inflammation, nutrition & health by Dr. Jillian Sarno-Teta (above) and Dr. Issac Melamed (April meeting) may have you wondering how you can eat to reduce inflammation for better health. In this issue the spotlight shines on our food supply, better food choices, and simple tips to increase your consumption of anti-inflammatory foods.

The food we eat is a contributing factor to the degree of inflammation in our bodies. Research has shown diets high in plant foods (vegetables, fruits, legumes, and whole grains) lower the risk for various diseases such as diabetes, heart disease, stroke and Alzheimer’s disease by decreasing inflammation in the body. Diets high in animal products, especially red meats (beef, pork, lamb) promote inflammation and increase risks for most chronic diseases found in the American population.

A very large percentage of the typical American diet is based on corn, soy, and (for people without CD) wheat. These plants contain a higher ratio of “omega 6 fatty acids” to “omega 3 fatty acids” (two types of polyunsaturated fats) as compared to the wider variety of vegetables and plants consumed in other countries. The concern is that omega 3 fatty acids may be much more helpful in decreasing inflammation than omega 6 fatty acids. Not only are we eating less of these healthier plants, but so are the animals that provide our meats and dairy products. In the United States, animals are typically grain fed. This produces animals that not only have lower contents of helpful omega 3 fatty acids, but they are also much higher in total fat, especially saturated fat. Diets higher in these fats increase the likelihood of developing digestive difficulties, obesity, many other chronic diseases, and also have negative effects on the immune system in regard to healing.

Implementing anti-inflammatory dietary practices into your daily routine are easier than you think! Small changes can make a big difference. For example, try cutting down on the portion of meat at dinner and double or even triple the quantity of vegetables eaten. Make it easy to do so by keeping several packages of frozen vegetables on hand (limit those with prepared sauces). These products are much faster to prepare and just as nutritious as fresh vegetables. Other options include buying pre-cut vegetables, or start with bagged salads and add a colorful variety of other vegetables and fruits to them. Prepare meals where the focus is more on vegetables and less on meat; i.e. stir-fry, soups, stews, and salads. Think about how many *different* vegetables you can add to a meal. For example, if you’re having a frozen meal or a canned soup or stew, you can easily add more vegetables by using the frozen vegetables already on hand.

Other creative ideas include adding grated or pureed vegetables to dishes like meatloaf, pasta sauces and baked goods. Or add a side dish of beans to meals. For example, cut the portion of meat in half and double up on the beans in soups and chili. Have one or two meatless meals each week, perhaps bean burritos or a vegetarian GF pizza with reduced fat cheese. Every week find something new in the produce section to try – make it a game with your family. If you have a busy life-style, make large quantities of these meals for leftovers or freeze them for another time.

For snacks, keep a bowl of fresh fruit within reach on the kitchen counter. Place a prepared fruit salad right in the front of your refrigerator. Make a snack mixture with nuts and dried fruits. Buy a prepared vegetable tray at your local grocery store. Limit chips, candy, cookies and baked goods by making them more of a special treat.

Try these tasty summer time recipes to get you started!

PASTA PRIMAVERA

8 oz. GF spaghetti (OR any other pasta) 1 Tbsp. olive oil 1 cup onion, cut into thin wedges 2 cups cauliflower florets 2 cups broccoli florets 1 cup carrots, thinly sliced 1 cup zucchini, diced 1 cup yellow summer squash, diced 1 cup snow peas	3/4 cup chicken broth (GF) (OR 3/4 tsp. chicken bouillon + 1/2 cup water) 6 Tbsp. fresh parsley, chopped 1/4 cup fresh basil, chopped (or 1 1/2 tsp. dried) 1/4 tsp. pepper 1/4 tsp. nutmeg 2 Tbsp. lemon juice Optional: grated parmesan cheese	<ol style="list-style-type: none"> 1. Bring pot of water to a boil. 2. Add pasta to the water and cook according to package directions. 3. In another large pot, sauté onions, cauliflower, broccoli and carrots in olive oil for about two minutes. 4. Add chicken broth, lemon juice and spices. Mix well. 5. Cover and simmer about 5 minutes. 6. Add zucchini and summer squash; mix well, and simmer another 3 - 4 minutes. 7. Add snow peas and simmer another 1 - 2 minutes. 8. Toss the vegetables with drained pasta. 9. Sprinkle with cheese, if desired.
---	--	--

CHICKEN WITH EGGPLANT SAUCE

1 Lb. boneless skinless chicken OR 4 pieces (legs, breasts) Pepper to taste 1 Tbsp. oil 2 large onions, sliced 6 large cloves garlic, minced (2 Tbsp.) 3 Lb. eggplant, 1" cubes (10 cups) 1 Lb. tomatoes, cubed (OR 1-16 oz. can diced tomatoes with juice)	1/2 cup red wine vinegar 1 cup dry white wine (OR substitute GF chicken broth) 1 cup GF chicken broth 2 bay leaves 1/2 tsp. thyme 1/4 - 1/2 tsp. red pepper flakes Optional: grated cheese	<ol style="list-style-type: none"> 1. If using boneless skinless chicken, cut into cubes. 2. Season the chicken with pepper, set aside. 3. In a large skillet, sauté the onions, garlic and eggplant in oil for about 3 - 4 minutes. 4. Stir in tomatoes. 5. Add the remaining ingredients and bring to a boil. <i>Note: if using canned tomatoes, other liquids (wine or broth) can be cut down.</i> 6. Add the chicken to the skillet; cover and simmer about 20 minutes. (If using whole pieces, simmer about 30 - 40 minutes). 7. Remove bay leaves. 8. Serve over rice, GF pasta, quinoa, etc. 9. Sprinkle with grated cheese if desired.
--	---	---

BLACK BEAN JICAMA SALAD

1-15 oz. can black beans, drained & rinsed 1/2 cup corn kernels 1/2 cup red or green pepper, diced 1/2 cup jicama, diced 1/2 cup tomato, diced 2 Tbsp. red onion, minced 1 jalapeno pepper, minced	3 cloves garlic, minced 2 Tbsp. fresh cilantro, minced 3 Tbsp. olive oil 3 Tbsp. lime juice 1 - 1 1/2 Tbsp. red wine vinegar 2 tsp. ground cumin Salt to taste	<ol style="list-style-type: none"> 1. Combine vegetables in a large mixing bowl. 2. In another bowl, whisk together remaining ingredients for dressing. 3. Pour dressing over vegetables and stir to coat evenly. 4. Cover and refrigerate 2-4 hours for best flavor.
--	--	---

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

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.

Spotlight... is a new feature in the bi-monthly publication of *Taming of the Sprue*. This column will highlight popular topics in the news and their relevance to celiac disease. Is there a topic that you would like to know more about? Contact us at newletter@denverceliacs.org.

SPEAKING GLUTEN FREELY – LIST OF NEW GLUTEN FREE PRODUCTS

- New Planet Beer Co. in Boulder is now offering Tread Lightly Ale a new gluten-free beer. A six pack of bottles is \$8.99.
- Oyivo Exchange now offers Scintilla, a gluten-free pancake mix that is also low-fat and trans-fat-free. www.oyivo.com
- Outside the Breadbox has just introduced a new and improved version of its Imagine Bread. The loaves are now a more traditional sandwich shape, with a lighter consistency and milder taste. Outside the Breadbox products are available at Natural Grocers by Vitamin Cottage.
- Redbridge Beer is being reformulated and will have an alcohol content of 3.2%. The lower alcohol content will allow this product to be sold in Colorado grocery stores. Unfortunately, it will be less likely to be sold in liquor stores as these businesses prefer to sell beers with higher alcohol contents.
- General Mills will begin national distribution of their gluten-free Bisquick in late July to mid-August.
- www.glutenfreeregistry.com provides feedback on restaurants, bakeries, and grocery stores across the country.
- Nestle has announced that they will be reformulating five of their most popular soups to be gluten-free.
- Crunchmaster, the #1 selling brand of certified gluten-free crackers, now has a Facebook community. Check it out at www.facebook.com/pages/crunchmaster/10150093091080405
- Annie's Homegrown has a deluxe GF Mac and Cheese with a sauce pouch, GF Bunny Grahams and cocoa and vanilla animal snack crackers.
- Bakery on Main has made their Fiber Power Granola GF. There is no risk of cross contamination and GF testing is done in-house.
- Beanitos GF tortilla chips are made from beans and rice and are available in Black Bean, Pinto Bean and Flax flavors. They do not contain corn or soy.
- Bora Bora bars, which contain nuts, seeds and fruit are GF, Kosher and organic and come in 10 flavors.
- Boulder Canyon has snack-size bags of Adzuki Bean & Rice Chips, now in 2 different flavors.
- Coconut Secret has a number of items made from the fermented sap of coconut palm trees – coconut flour and sugar crystals, liquid aminos (soy-free; used as a seasoning like soy sauce), raw coconut nectar (like molasses or agave) and raw vinegar.
- DeBoles new kids pasta is GF Tubettini - little pasta pieces made from corn.
- Forbies (metro Denver delivery only) has GF bagels from Deby's GF, also all purpose flour blend, bread crumbs, cookie crumbs, pound cake and soft baked goods flour blend.
- Good Karma now offers an unsweetened shelf-stable aseptic box rice milk which is also dairy-free.
- Imagine Foods Almond Dream ice cream is available in frozen pints and chocolate-covered ice cream bites.
- Michael Seasons now has GF baked Cheese Puffs in Jalapeno flavor, along with snack sizes of GF Cheese Curls, Cheese Puffs and Multigrain chips.
- Pure Fit chewy protein bars' new flavor is Granola Crunch with certified GF oats.
- Smart Treats has added GF granolas, seasoned GF croutons and some breads, along with cakes and cookies.
- Natural Nectar GF Cracklebread flatbreads are available in Multigrain, Original and Sun-Dried Tomato.
- New England Natural has a crunchy, organic, fruity GF cereal in a resealable pouch.
- Organicville has organic GF mustards, non-dairy 1000 island dressing and organic pasta sauces made with agave.
- Tasty Baby organic gummy snacks are GF, vegan, made with real fruit juice and are available in Mixed Fruit, Sportfruit and Superfruit flavors.
- UNC student, Torie Christensen, has written her own cookbook, "A Bite of Heaven" that is adaptable to almost any allergy. The book is available through Amazon.com, Barnes & Noble Online, and Christensen's website at www.biteofheaven.com for \$21.94. To learn more visit www.greeleytribune.com

*A very special thanks to Debbie Knapp of Vitamin Cottage and our contributing members for providing the invaluable information in this list.

DO YOU HAVE ADVICE?

If you have a child with type 1 diabetes and celiac disease, one of our members needs your help. The family, in the Wheat Ridge area, has a 7 year old boy who was recently diagnosed with both diabetes and celiac disease. They are finding the diets challenging and the boy is having trouble adapting. If you can give some phone support and possibly even some play-date support, please call Jeanette at 303-238-8023. She is looking for any information and support she can get.

Carol Fenster's Culinary Cues

Stay informed about the latest in gluten-free culinary techniques with my Carol's FREE monthly e-mail called Carol's Culinary Cues. Every month you'll receive an e-mail that will remind you to visit this site, and get the most recent "Carol's Culinary Cues" with the latest tips on baking techniques, new ingredients for your gluten-free kitchen, and ways to make sure your cooking turns out perfect, each and every time. Plus, she sends special announcements to help you use her cookbooks more successfully. Sign up at <http://www.culinarycues.com>

GLUTEN FREE SUMMER Camps for Kids

GF Summer Camp

This gluten free camp is organized by Michigan Capital Celiac/DH Group, Lansing, MI. MCCDH is working with the YMCA camp to assure the gluten free diet will be strictly followed.

At this co-ed camp, you'll stay overnight! There are 10 kids to a cabin, placed by age and gender.

This is the 3rd year of camp and due to popularity a Teen Group has been added with extended activities planned according to the interests of the group.

Dates: August 15-20, 2010

Ages: 7 - 12

Teens: 13 - 17

Camp: Manitou-Lin
1095 N. Briggs Rd.
Middleville, MI 49333

Contact/Information

For any questions, please email
glutenfreemichigankidscamp@yahoo.com
phone: 517-505-1143 or 517-349-0294

Cel-Kids online

health.groups.yahoo.com/group/cel-kids

Michigan Capital Celiac/DH Group

micapitalceliacs.atspace.com

Gluten Free Camp at Manitou-Lin

www.campmanitou-lin.org



Registration Information

Camp - \$450.00

Register by August 1, 2010

Deposit - \$75.00 non-refundable required to reserve space.

Full amount required due by August 1, 2010.

Once deposit is received, the registration form, activity information and list of items to take to camp will be mailed to your address.

Please make checks payable to YMCA Camp Manitou-Lin.

Send completed Registration Form and Deposit to:

Michigan Capital Celiac/DH Group • Celiac Camp

PO Box 23222 • Lansing MI 48909

Teen Group

New this year - Teen Group, Ages 13-17.

Teens will have extended activities determined by their interests, as well as a one night campout.



TAKE ME OUT TO THE BALLPARK!

To celebrate Celiac Awareness Month, [ARAMARK](#), a food service company that manages concessions at sports and entertainment venues around the world, sent out a press release announcing where gluten-free food can be found at MLB parks in the U.S. Redbridge gluten-free beer began popping up at some parks last year, followed by gluten-free food options in some areas. This year, baseball fans have even more options at more parks around the country:

- **Citi Field, New York, NY** (World's Fare Market): Hot dog and hamburger on gluten-free bun, gluten-free snacks, gluten-free beer.
- **Citizens Bank Park, Philadelphia, PA** (Section 128): Hot dog on gluten-free bun, gluten-free beer.
- **Coors Field, Denver, CO** (Section 143): Hot dog, hamburger and chicken sandwich on gluten-free bun, potato chips, cookies and brownies, gluten-free beer.
- **Oriole Park, Baltimore, MD** at Camden Yards (Charm City Market): Gluten-free crab cake, Asian noodle salad, hummus and vegetables, hot dog and sausage on gluten-free bun, gluten-free beer.
- **Turner Field, Atlanta, GA** (Section 112): Grilled sirloin burger served on tapioca-organic rice roll, hot dog on gluten-free bun, potato chips and popcorn, cookies and brownies, gluten-free beer.

GLUTEN-FREE RECIPE CONTEST

Pamela's Annual Gluten-Free Recipe Contest is [HERE!!](#)

Pamela's is delighted to host the [5th Annual Pamela's Gluten-Free Recipe Contest](#) again this year! **Starting June 1, 2010** entries can be submitted for judging. Let's celebrate the world of small plates, finger food and bite sized delights. Do you have a favorite food in mini form? Can you miniaturize your pizza, shrink a muffin, or reduce your pie? Whatever your desire, make it small. You could win a \$200 gift certificate to a kitchen supply store! Here's what you need to do ... Create your favorite recipe, in miniature, using any of the Pamela's Products brand items. Then send it along to us using our online form (available June 1 through August 16). Be sure to read the [contest rules](#) for more information. All qualified entries will receive a small gift (one gift per entrant). Good luck!

http://www.pamelasproducts.com/recipe_contest/

Dining Out



Burger King now has a Gluten-Sensitive list of menu items which do not contain wheat, barley, oats or rye! Check it out on their website www.bk.com (Please note that this list is not intended for people with a severe gluten intolerance). Be sure to verify items with your local BK.



Abo's Pizza now has a gluten-free pizza at their C-470 and South Kipling location in Littleton www.abospizza.com



The Gluten Free Bistro products can now be found at Papou's Pizzeria in Denver, Union-An American Bistro in Castle Rock, Boulevard Pizza Kitchen in Castle Rock, Pasta Jays (www.pastajays.com) (Pearl St., Moab and Lone Tree locations), Antica Roma (www.anticaroma.com), Laudisio (www.laudisio.com), Arte Pizzeria (www.artepizzeria.com) in Loveland, and 7 West (www.7westpizza.com) in Longmont. www.theglutenfreebistro.com



Pasquini's www.pasquinis.com, now offers gluten-free pastas from Gluten Free Bistro at all three of their Denver locations.



The Melting Pot has worked with The Gluten Intolerance Group to launch a gluten-free menu at their restaurants nationwide. www.meltingpot.com



Root Down a new bistro in Northwest Denver has an extensive gluten free menu. They also cater to a variety of other dietary restrictions and have had a number of excellent reviews for their organic, natural and locally based ingredients and creative preparation. Plan ahead and make reservations! 303.993.4200 www.rootdowndenver.com



Angelina's Italian Restaurant 8100 Crestline in Littleton now offers a full line of gluten free meals including pastas and breads. Their bread supplier is Gluten Free Warehouse out of Milwaukee, Wisconsin. Their product line is Toro and they use Tinkyada pasta. Chef Bob says that he will not serve any product unless it is premium quality. Check out Angelina's website at www.AngelinasItalian.com



Perella's Pizza has excellent gluten free pizzas and gluten free beer. You can order almost any of the pizzas on the menu, gluten free, and there are plenty to choose from. Rob Perella, the owner is great and is interested in getting more gluten free items on his menu. So check it out! www.perellaspizza.com



Continental Airlines Due to popular demand Continental Airlines now has gluten-free meals again! www.continental.com



Marco's Coal-Fired Pizzeria in the ballpark neighborhood of Denver (2129 Larimer) just launched their Gluten-Free Monday event. This is a weekly event in which they will be making gluten-free pizzas all night! Gluten-free 'zas are going to be made with Caputo's brand new 'FioreGlut', gluten and dairy free flour. www.marcoscoalfiredpizza.com



Rio Grande has a full gluten-free menu including appetizers, soups and salads, and entrees! www.riograndemexican.com



Colorado Local Market www.colocalmarket.com provides Central Colorado with an easy and convenient way to purchase locally produced food. You can purchase fresh, healthy, locally grown food from many Colorado farms and food producers such as Gluten-Free Bistro! Orders will be pre-packaged for easy pick-up in Buena Vista and Salida, Colorado.



Woody's Wood Fired Pizza - all locations now have gluten free pizza. The staff has been trained about GF food preparation. The 7095 E. Evans location also has chicken sandwiches and hamburgers with gluten free buns.

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	cathycurtiss@q.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	billeyl@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

CHAPTER BOARD MEMBERS

Karen Cranford, <i>President</i>	☎	(303) 979-8094	💻	president@denverceliacs.org
Sue Doerner, <i>Co-VP Programs</i>	☎	(720) 234-7928	💻	vpprograms@denverceliacs.org
Abbie Keyes, <i>Co-VP Programs</i>	☎	(303) 335-8857	💻	vpprograms@denverceliacs.org
Katie Uhlenbrook, <i>Co-VP Programs</i>	☎	(303) 819-5531	💻	vpprograms@denverceliacs.org
Mike Brook, <i>VP Membership</i>	☎	(303) 858-0822	💻	vpmembership@denverceliacs.org
Kathy Craig, <i>Treasurer</i>	☎	(303) 480-9347	💻	treasurer@denverceliacs.org
Cheryl Lindberg, <i>Secretary</i>	☎		💻	lindche@gmail.com
Kathy Lewis, <i>Newsletter</i>	☎	(303) 513-5737	💻	newsletter@denverceliacs.org
Danielle Daubenspeck, <i>Newsletter</i>	☎	(303) 669-2926	💻	newsletter@denverceliacs.org
Diane Moyer, <i>Dietician</i>	☎	(720) 560-3734	💻	dietitian@denverceliacs.org
Donna DeVisser, <i>Database</i>	☎	(303) 973-4613	💻	database@denverceliacs.org
Joan Van Loozenoord, <i>Librarian</i>	☎	(303) 933-1565	💻	jkvanlooz@comcast.net
Don Smith, <i>Mail Order Coordinator</i>	☎	(303) 794-7258	💻	donsmith6834@comcast.net
Bonnie Atherton, <i>Product List</i>	☎	(303) 756-8970	💻	productlist@denverceliacs.org
Carol Fenster, <i>Media</i>	☎	(303) 741-5408	💻	carol@savorypalate.com
Gina Meagher, <i>Past President</i>	☎	(303) 279-9382	💻	gmeagher@g.com
Dr. Robert Dahl, <i>Medical Advisor</i>	☎	(303) 463-3900	💻	

Two year terms are coming to an end for some of our board members, which means, we will be accepting nominations for the following positions:

President
VP Membership
Secretary

For more information or to submit a nomination please email president@denverceliacs.org

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

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



GLUTEN-FREE Food Product Guide

2009 GLUTEN-FREE PRODUCTS LIST ORDER FORM



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

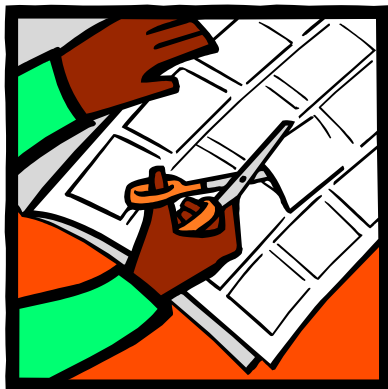
Qty: _____ x \$10.00 (price includes postage) = \$ _____

Name: _____ Total
Phone: _____

Address: _____

City: _____ State: _____ Zip _____

Email: _____



PLACE YOUR AD HERE

...AND REACH 100's of GLUTEN-FREE shoppers!

FOR DETAILS AND PRICING CONTACT NEWSLETTER@DENVERCELIACS.ORG

MEMBERSHIP EXPIRING?

Review your mailing label on this newsletter to determine when your membership expires. Be sure to renew before the expiration date so you won't miss any newsletters. If you have questions about your membership, call Donna at 303-973-4613. (For information on the national CSA/USA, call 1-877-272-4272 or go to www.csaceliacs.org)

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



Our Chapter is Going Green!

Our chapter is looking to the future by finding ways to be more efficient and economical. You can do your part by signing up for email delivery of your newsletter. Thank you to those who have already signed up for Email delivery. We've had a very positive response. You will get information quicker and more efficiently and the chapter will be able to reduce newsletter costs. This allows us to keep our membership dues at a low annual fee of \$15. Remember that your membership not only pays for the newsletter, but also covers expenses for the meetings and speakers, provides the facilities and the main dish at the Family Picnic, and enables us to stage the Incredible Edible Gluten Free Food Fair. Please send an email to sdevisser@msn.com telling us that you wish to opt into email delivery. For questions, please call Donna at 303-973-4613.

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



*Legendary Pizza
Since 1973*

**WE USE EXTREME CARE IN CREATING
OUR GLUTEN FREE PRODUCTS**

- **Gluten Free Pizza Shells/
Sandwich Bread**
(produced by Deby's Gluten Free Bakery)
- **Pizza Shells, Sandwich Bread and
Parchment Paper stored in a
flour free environment**
- **Sauce's handled separately**
- **Pizza/Sandwiches cooked &
served on parchment paper**
- **Specific Gluten Free utensils**
- **Knowledgeable kitchen staff
trained in safe procedures**




15% OFF
ANY FOOD PURCHASE


Valid at participating locations only. Please present coupon with order. One coupon per table. Not valid with any other offers or discounts. Not valid with groups or parties. Please call ahead for take out. Expires 9/30/10.

Participating Locations

Arvada
7805 Wadsworth
303.420.8376

Denver 
2710 S. Colorado Blvd.
303.758.1519

Ft. Collins
100 N. College Ave.
970.498.8898

Boulder 
2690 Baseline Road
303.554.5312

Evergreen
Downtown Evergreen
303.670.2744

Idaho Springs 
Historic Downtown
303.567.4376

Sustained by Earth, Wind and Sun
For all 10 locations, visit www.beaujos.com

facebook  twitter  YouTube 

