

TAMING OF THE SPRUE

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

November 2010

IN THIS ISSUE

National CSA Recap	Page 2-4
Spotlight on...	Page 4-5
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

Annual Cookie Exchange

Date: Thursday, Dec. 2nd, 2010

Time: 7:00 p.m.

Location: Swedish Medical Center, 501 E. Hampden Ave., Englewood, CO 80113

The meeting will be held on the second floor of the hospital in the Spruce Conference rooms.

Three exciting gluten free vendors will give brief demonstrations: Bready North America, The Sugar Mamma, and a Deli Chef from King Soopers. Please bring 2-3 dozen of your favorite GF cookies and the recipes to share with members.*

There will be plenty of time after the presentations to exchange cookies and share in some holiday fun. Free covered parking is available in the garage at East Hampden and Pearl Streets. Hope to see you there!

*See p.9 for important allergen alert form for cookie recipes.

October Meeting Recap

Rodney Ford, MD, The Children's Clinic and Allergy Centre, Christchurch, New Zealand: Toward A Gluten-Free Planet

Chapter members enjoyed an informative presentation from Dr. Rodney Ford on October 23rd. Dr. Ford is an expert on the issues of food allergy, gluten-sensitivity (the gluten syndrome), celiac disease, and gastroenterology problems. Based on his 30 plus years of experience in his own medical clinic, Dr. Ford has concluded that 1 in 100 people have Celiac Disease, and 10 in 100 people react adversely to gluten. This means that more than 10% of the population should be on a gluten-free diet. Dr. Ford believes that many more people will be diagnosed with Celiac Disease or gluten intolerance in the coming years. Dr. Ford projects that by 2060, 1 in 50 people will have Celiac Disease and 30 in 100 people will have gluten sensitivity - more than 1/3 of the population on the planet! He believes that at some point gluten will affect such a large part of the population that the World Health Organization will declare gluten to be a toxin. Dr. Ford's vision is to one day achieve a gluten-free planet. No one knows what the future holds, but in the mean time, it's nice to know that there are doctors out there advocating a better gluten-free lifestyle for all.

A Special Thank You to our vendors at this event: Rudi's, Svelte, Solterra Foods, and Collin and Bob St. Clair, authors of Nutritious Gluten Free Cookbook. It was a great opportunity to learn about and/or taste these gluten free products. Also, a special thanks to Gluten Free Dee for donating the door prize gift baskets!

33rd ANNUAL NATIONAL CSA CONFERENCE SUMMARY

Alessio Fasano, MD, Professor of Pediatrics, Medicine and Physiology, University of Maryland School of Medicine: Changing the World for Celiacs

Dr. Alessio Fasano has been sharing current research on Celiac Disease with CSA member audiences across the United States. The Denver-Metro Chapter was honored to sponsor Dr. Fasano on the evening of November 17. Dr. Fasano also recently presented his research at the 33rd Annual CSA Conference on October 29. He began by citing research that now indicates that there are a total of 27 genes



(besides DQ2 and DQ8) involved in celiac disease. He then emphasized that no one can completely digest gluten protein, even individuals with healthy guts. He used the following example to make his point. If one were to immerse their index finger in stomach acid, the finger would be eaten to the bone within 12 seconds. In conducting the same experiment by immersing gluten instead, the gluten would still be present in the stomach acid after 12 hours.

No Oats at Meetings

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

Dr. Fasano stated that gluten is more enriched today as compared to the gluten found in wheat 70 years ago. This difference could very possibly explain the increasing prevalence of celiac disease and gluten sensitivity in our population.

He also cited a long-term clinical study which focuses on infants at high-risk for CD. The infants are fed nothing containing gluten until after their first year of life. So far, more than 700 susceptible infants are enrolled in the study and will be followed over time to see if this dietary practice can delay the onset of CD, or even prevent it entirely. It will be decades, however, before we know for certain if this strategy can prevent the disease from ever occurring. This study is being conducted by Carlo Catassi at the University of Maryland.

Dr. Fasano briefly mentioned the new "Quick Test" which claims to be able to "diagnose" based on antibody levels. However, he does not consider this to be a reliable diagnostic tool and does not recommend that it be used as an alternative to diagnosis by a physician. According to Dr. Fasano, a positive diagnosis of CD can be made once an individual displays at least 4 of the 5 markers listed below:

- 1) Presence of classic signs or symptoms of Celiac Disease
- 2) Positive serology (tTg test +/- EMA results)
- 3) Positive testing for HLA- Q2 or HLA-DQ8 genes
- 4) Positive biopsy of the gut
- 5) Resolution of symptoms when following a GF diet

Dr. Fasano closed his program by announcing that doctors at the University of Maryland Center for Celiac Research have received a major boost in their efforts to find new treatments, and even a cure, for the autoimmune disease — a \$45 million donation that is a record for the university system. The donation, which was made by the family of a grateful patient from Indiana, was announced Thursday, October 28, by Dr. Fasano during a press conference in the University of Maryland BioPark in West Baltimore. This event was attended by top university administrators, staff and some patients. Fasano said the money will be used to create a first-of-its-kind institute that could eventually employ up to 200 doctors and researchers. They will not only study the often-misdiagnosed celiac disease but use it as a model to study other related diseases, including diabetes, rheumatoid arthritis and multiple sclerosis.



A special Thank You to our vendors that offered a variety of gluten-free goodies at this event: Free Choice Foods, Udi's, Svelte, Venezuelan Arepas, Carol Fenster with her new cookbook, Gluten-Free Jubilee, Broomfield Farms, Namaste, Snyder's, and 1-2-3 Gluten Free.

Neal Stenberg, Attorney at Law, Stenberg Law Office, Lincoln, Nebraska: Celiac Disease as a "Disability" Under the Americans with Disabilities Act (ADA)

Attorney Stenberg addressed the obligations of child care centers, the rights of students in connection with school lunch programs, and the rights of employees disabled by celiac disease.

The ADA defines disability as a physical or mental impairment that substantially limits one or more major life activities. Major life activities include **eating**, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. Major life activities also encompass functions of the immune system, normal cell growth, **digestive, bowel**, bladder, neurological, brain, respiratory, circulatory, endocrine and reproductive functions.

Child Care Programs: Title III of the ADA prohibits discrimination on the basis of public entities. Government agencies and privately-run child care centers are "public accommodations" and must comply with Title III of the ADA. Centers cannot exclude children with disabilities unless their presence would pose a direct threat to the health or safety of others or require a fundamental alteration of the program. Child care centers run by religious organizations are not covered.

School Lunch Programs: Section 504 of the ADA protects the rights of individuals with disabilities in programs and activities that receive federal financial assistance from the U.S. Department of Education. Hence, the USDA School Lunch Program in public schools must comply with Section 504 of the ADA. USDA guidelines state that a child with a disability must be provided substitutions in food when that need is supported by a licensed physician. These guidelines only pertain to public schools.

Employment: Title I of the ADA protects employment in stating that there can be "No discrimination against a qualified individual on the basis of disability with regard to any employment-related activities including job application, hiring, training, advancement, termination, compensation, fringe benefits, etc..." Title I requires an employer to provide reasonable accommodation to qualified individuals with disabilities who are employees or applicants for employment, unless to do so would cause undue hardship. Specific requirements must be met and thorough documentation is needed to obtain reasonable accommodation from an employer in the work place.

If discrimination is suspected in any of these situations based on CD, the Americans with Disabilities Act (ADA) is an excellent starting point in determining if further legal action should be pursued.



Chef Frank Majowicz, Executive Chef, Hyatt Regency Crown Center, Kansas City, Missouri: Changing Perceptions of Gluten-Free Cooking

Chef Frank demonstrated how to prepare 3 quick, flavorful GF meals using leftovers!!! His first recipe called for leftover seasoned halibut. Chef Frank added olive oil, jalapeno pepper, onions, garlic, black beans, red pepper, corn, salt and pepper to a saute pan. After cooking 2-3 minutes, he broke leftover seasoned halibut filets into pieces and added it to the pan. Lemon and lime juice were sprinkled over the mixture and topped with chopped cilantro. After sautéing 2-3 minutes more, this colorful and aromatic dish was transferred to a serving plate.

Chef Frank's next recipe focused on leftover grilled chicken breast. Vegetable oil, garlic, chopped tomatoes, salt, pepper, red pepper flakes, fresh basil and vegetables were added to a saute pan. While these ingredients cooked, Chef Frank cut the leftover chicken breast into pieces and added this to the pan. The mixture was sautéed for an additional 2-3 minutes and then poured over pieces of grilled polenta. Chef Frank had prepared another wonderful GF meal in just minutes using leftovers and a little creativity!

Chef Frank's final recipe called for left over vegetables and cooked beef to prepare a simple stew. Vegetable oil, diced potatoes, carrots, turnips, parsnips, fennel, beets and beef cubes were added to a saute pan and heated through. He added a small amount of beef stock and continued to heat until bubbling. This quick, hearty, steaming dish was transferred to a large serving bowl.

Chef Frank offered the following advice when preparing GF meals:

- Include foods and ingredients that you like and leave out those that you don't care for. Do not feel obligated to include all ingredients listed in a recipe.
- When planning to use leftovers in another dish, be sure to complement the seasonings or flavors in the original dish.
- Get creative and don't be afraid to make leftovers into another great meal.

The Hyatt Regency Crown Center is just one of five food service establishments in the country that is recognized by CSA, thereby allowing the use of the CSA Recognition Seal on their menus. This means that the restaurant has agreed to adhere to CSA's standards in representing menu items to be free of wheat, rye, barley, oats, their crosses and derivatives in product, processing and packaging. Each restaurant in this Hyatt has gluten free options, as does Milano's Italian Restaurant and the Crayola Café, which are located in the Crown Center Shopping Center. Chef Frank oversees the daily operations in each restaurant to assure compliance with CSA's standards for gluten-free menu offerings. Conference attendees enjoyed Chef Frank's meals which emphasized creative, well-seasoned and very tasty entrees and side dishes.



Patricia Duprey, MD, Board Certified Dermatologist, Danville, Virginia: Common Nutritional Deficiencies in Celiac Disease

Vitamin and mineral deficiencies are not uncommon in individuals with Celiac Disease. In an open forum format, Dr. Duprey addressed some of the more common nutrient deficiencies and medical testing required to diagnose and treat these deficiencies.

Given the fact that awareness of Celiac Disease is now just beginning to increase in the medical community, many physicians and health care providers may have long overlooked testing patients for the following nutrient deficiencies:

Iron: Hemoglobin level indicates the amount of iron in the blood, but does not indicate the total amount of iron stored in the body. While hemoglobin levels may be normal, the stores of iron in the body can be low at the same time. Ask your health care provider to also request an analysis of ferritin along with TIBC (total iron binding capacity). If found to be iron deficient, Dr. Duprey recommends slowly building iron stores by supplementing diet with ferrous fumarate (18mg) along with 500 mg of Vitamin C/day. This dosage apparently lessens the side-effects of nausea associated with iron supplementation.

Vitamin B12: Dr. Duprey recommends that Vitamin B12 testing be done in conjunction with MMA (methylmalonic acid). MMA indicates how well the B12 is working. Without MMA, B12 cannot be adequately absorbed by the body.

Vitamin D: This nutrient exists in several different forms in the body with 25-OH being the more active form. Dr. Duprey recommends having 25-OH levels tested to determine Vitamin D status. Normal test levels range widely from 32 - 110. She stated that a minimum range of 60-70 is desirable. Dietary and supplemental Vitamin D are available in different forms but she feels that Vitamin D₃ is best absorbed by the body.

Note: The information provided above are guidelines suggested by Dr. Duprey. Please discuss any concerns regarding these and other nutritional deficiencies related to your own health with your personal doctor and/or healthcare provider.

NATIONAL CSA CONFERENCE SUMMARY...CONTINUED

David Sands, PhD, Professor of Plant Pathology, Montana State University: Better Foods - Discovery, Innovation, and Production

Gluten is the springy, flexible protein found in wheat flour which gives bread its light and fluffy texture. This protein evolved to provide nutrition to the germinating seed of grain, not specifically for human consumption. Gluten is very hard to digest, as less than half of the amino acids are released in the digestive tract. Furthermore, the sky-rocketing incidence of health problems such as obesity and diabetes over the past 20 years has been related to the over-consumption of foods with under-nutrition.

Dr. Sands stated that in order to address these problems, grains with better and more nutritious protein should be developed to replace conventional grains. These new grains should also be safe, non-allergenic (including GF), contain high levels of amino acids, be completely digestible, and neutral in flavor. Grains containing higher omega-3 oil contents may help reduce inflammation associated with CD and other diseases. More dietary fiber and affordability are also key attributes to consider in development of these new grains. Agricultural practices to breed such plants must focus on higher nutritional value, value added non-commodity crops, and most importantly – human health.

Dr. Sands stated that “In the future, the safest, most nutritious food may well be both in combination: organically grown and genetically modified”. Under the USDA’s National Organic Program, organically grown plant and animal products may not be genetically modified.

Dr. Sands and Montana State University have been credited with the development of and/or rediscovery of GF grains with higher nutrient content. These include Montina (Teff), Proatina (GF Oats) and Timtana (Timothy), all of which are commercially available and accessible on the internet.

Did you know...?

There is no reason why people with Celiac Disease cannot donate blood. Beware that donating blood regularly can deplete iron stores. If you tend to have low iron stores, consider donating blood less frequently.

New Gluten-Free Online Community

Glu.fi is the largest online community for celiac patients in Finland and it is finally available to the rest of the world. Glu.fi has versatile features for celiacs created by fellow celiacs; GF forums for conversation and peer support, maps of GF shops and restaurants, recipe ideas, a comprehensive list of GF products, links to interesting GF services, and much more! Best of all Glu.fi is FREE!
www.glu.fi/en/

Spotlight ON... GLUTEN-FREE HOLIDAY MEAL PLANNING

The holiday season is upon us – bringing us time to reflect on our blessings and to gather for memorable meals with family and friends. Food, wonderful food to be enjoyed by all – including those of us with special dietary needs!

Have you found yourself anticipating holiday meals and feeling your anxiety level on the rise? Are you fretting over what foods will be served? Which dishes are safe? What can you eat? What can you bring? What can you make? Relax! The keys to calm and happy holiday meals are planning and preparation. Whether you’re the host or the guest, these tips will help you enjoy every bite of your holiday meals!

You’re the Host: Is the holiday celebration being held at your place? Ask guests ahead of time about their special dietary needs and plan your menu accordingly. Gluten and other food allergens are easily avoided with advanced planning. Here are some GF and allergy-friendly items that guests can bring to the table:

Steamed Fresh Vegetables
Baked Potatoes or Sweet Potatoes
Brown or Wild Rice
Cranberry Sauce (hold the nuts!)
Wine (look for no added sulfites)

Fruit or Vegetable Tray
Salad Greens with Oil & Vinegar Dressing (hold the croutons!)
Real Fruit Juices or Sparkling Apple Cider
Flowers for the Table



You’re the Guest: No one wants you to go hungry, especially on a holiday! Use this opportunity to educate your host about your special dietary needs. Offer menu suggestions, recipes, and even special ingredients so your host is not left wondering what to prepare. Cheerfully offer to help prepare the meal.

Spotlight ON... GLUTEN-FREE Holiday Meal Planning CONTINUED

Honor the food traditions that you love and miss the most – fresh baked bread, stuffing, green bean casserole... Prepare your own recipes and bring enough to pass around the table. And don't forget dessert! There's always room for one more pie.

Other tips to keep in mind:

Inform your host about any cross-contamination concerns.

Meaty matters: Suggest brands of turkey or ham that are gluten-free, or suggest fresh cuts of meat to roast.

Ask your host not to stuff the bird. Instead, bring your own gluten-free, allergy-friendly stuffing to share.

Bring along safe condiments, sauces, croutons, or any other items to season your meal.

Ask the host if you can serve yourself before problem dishes are dressed (i.e. hold the butter sauce and salad dressing!) Prepare your plate ahead of time and set it aside until the group is served.

Adapted from Easy [and Delicious!] Thanksgiving, by Jules E. D. Shepard, *Living Without*, October/November, 2010.

SPEAKING GLUTEN FREELY – NEW GLUTEN-FREE PRODUCTS

- Back to Nature - Multiseed and Sesame Flavored Rice Crackers.
- Boulder Canyon - Hummus and Hummus with Sesame Seeds Tortilla Chips..
- Boulder Soup Works - All varieties are in the refrigerator case.
- Forbies GF- Granola bars in the refrigerator case at Denver-Metro stores only.
- Glutino- Pepperoni Pizza, 5 types of boxed cold cereals, and breadcrumbs.
- Ian's Frozen Foods - French Bread Pepperoni Pizza.
- Immaculate Baking - Ready to Bake GF Chocolate Chip Cookies are in the refrigerator case. Wheat products made in the same facility.
- Free Choice Foods - 6 premium varieties of entrees/side dishes are in the ethnic and/or GF sections of Denver-Metro stores only. Certified GF by CSA and made in a dedicated GF facility.
- Inka Crops Cassava Chips, Picante or Sweet Plantain Chips and Sweet Potato Chips. Made in a dedicated facility.
- Kinnickinnick Foods - Chocolate Animal and Graham Animal Cookies, Fudge Sandwich Cremes, GF Panko-Style Breadcrumbs and Graham Crumbs.
- Let's Do Organics - GF Ice Cream Cones.
- Livin Spoonful - Raw GF Crackers in 5 flavors.
- Mary's Gone Crackers - 3 types of GF cookies; Chocolate Chip, Ginger Snap and 'N' Oatmeal Raisin, which has no oats.
- 1-2-3 Gluten Free - Yellow cake mix has no sugar- add your own sweetener.
- Natures Path - Enviroidz Peanut Chocolate bars come in an 18-ct bag.
- Snyder's - Pretzel Sticks. Certified GF by GFCO.
- Sunbutter - Sunflower Seed Butter available in single packets that come in a 10-ct box.
- Tambo Bamba - 3 Nuevo Latino side dishes and 3 Mojo rice bowls that are both GF and vegan.
- WOW Baking Company - Several flavors of GF ready-to-bake refrigerated cookie dough in tubs and boxes. Only GF products are made in their facility. The oatmeal cookies contain GF oats.
- Deby's Gluten Free - A new line of soft, artisan rustic breads that are very low in modified food starch (6%), and available in small and large loaves. Varieties include French, Brown Pumpernickel, Zesty Italian, Cinnamon, and Maple Pecan. Deby's standard bread line is also available in the freezer section, in several flavors.
- Namaste Foods is now available at several Colorado Target locations. Check their website for a location near you! www.namastefoods.com.

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

CAROL FENSTER INDUCTED INTO DENVER CHAPTER OF LES DAMES d'ESCOFFIER INTL.

Carol Fenster, a leading culinary authority on the gluten-free lifestyle and author of 10 gluten-free cookbooks, has been inducted into the Colorado chapter of Les Dames d'Escoffier International (LDEI), an organization of woman leaders in the food, beverage, and hospitality industry. Induction into LDEI is by invitation only. Named for legendary French chef, restaurateur and culinary writer Georges Auguste Escoffier, Les Dames d'Escoffier inspires women to develop their leadership skills in culinary professions. Established in 1986 and based in Louisville, Ky., the organization has more than 1,500 members in 27 chapters across the United States and Canada. "I am extremely honored to be a member of this prestigious society," said Fenster, who has lived without gluten for 22 years and is widely regarded as a pioneer in the gluten-free culinary world "and I will continue to educate others about the gluten-free lifestyle."

WHEAT-FREE MODELING COMPOUND FOR Kids!

Soy-Yer Dough is a wheat-free modeling compound that can be enjoyed by children who otherwise would have missed out on all of the squishy, rolling, slicing fun of modeling dough. Many of us grew up with the vibrantly colored store bought products or had fun helping mom mix up a homemade batch in the kitchen. Sadly, kids with celiac disease or other conditions that keep them away from wheat – and other gluten containing products – couldn't experience this popular childhood pastime. Soy-Yer Dough is not only gluten free, it is non-toxic and comes in an array of colors! Presently, Soy-Yer Dough can be purchased directly from the Soy-Yer Dough website, www.store.soy-yer.com.



GLUTEN-FREE CULINARY SUMMIT

The Armchair Edition

GF Culinary Productions, Inc. is pleased to announce that it will present its 2010/11 Fifth Annual Gluten-Free Culinary Summit in a new Armchair Edition format. We invite you to sit back and relax in the comfort of your home or office and enjoy top caliber gluten-free culinary and baking education via our live phone conferencing seminar series that begins on Saturday, December 4, 2010 and continues through April 30, 2011. The Summit features over 22 hours of gluten-free baking and cooking education throughout 30 a la carte phone seminars.

Exciting Summit details are featured at www.theglutenfreelifestyle.com.

"I NEED HELP" BRACELET



Do you have a special needs child or adult in your life that could benefit from an "I Need Help" bracelet? When words or facial expressions are not understood, these bracelets provide an easy form of communication between those special needs people and their parents, physicians, therapists and teachers. One side of the bracelet reads, "I Need Help" while the reverse side contains icons that function as visual aids. Diet restriction bracelets are available for "Gluten-Free Diet" or "Casein-Free Diet" as well as medical condition bracelets reading "I have Diabetes", "I have Epilepsy", "I have a Pacemaker" or "I have Autism". Many other icons are also available. Find out more at www.ineedhelpcommunicationbracelets.com or call 507-744-2027 or email sherri@means.net.

YUMMEE YUMMEE RECIPE IDEAS FOR BUSY STUDENTS

The Yummee Yummee Team works everyday to make eating gluten-free fast and effortless. That's why they've developed a series of recipes for the microwave. These recipes are for gluten-free college students or anyone with a busy lifestyle. Most of these recipes take only minutes to prepare and enjoy. Make pizza, brownies, cookie bars, enchilada pie, and much more. Designed for the gluten-free diet; quick to make; and great to eat. Microwave recipes are free with a purchase of the "student pack" of 8 microwave pizzas, which costs less than \$20 including shipping and processing. Purchase online at www.yummeeyummee.com.

DINING OUT



HACIENDA
COLORADO

Hacienda Colorado Restaurants have a gluten-sensitive menu which includes appetizers, salads, entrees, and desserts. Gluten-sensitive meals are served on different colored plates to ensure order accuracy. There are four locations in and around Denver. www.haciendacolorado.com.



Jason's deli

Jason's Deli offers a gluten-sensitive menu at all of their Colorado deli restaurants. Jason's has also eliminated artificial trans fats, processed MSG, artificial colors & dyes, and high fructose corn syrup from its food. Find your deli at www.jasonsdeli.com.



3 Guys Pies located in Capital Hill has a great gluten-free pizza. Their chef makes each gluten-free pizza crust from scratch and takes great pride in their taste and consistency. Check them out at www.3guyspies.com.



The Denver Cupcake Truck travels the streets of Denver selling conventional cupcakes but they usually carry a couple of gluten-free, as well as vegan cupcakes and brownies on board. They don't have a specific route but check their daily locations on Facebook or Twitter! The Denver Cupcake Truck is part of the service provided by Cake Crumbs Bakery located at 1422 E. 22nd Ave., Denver, CO 80205 (303) 861-4912. This is not a gluten-free facility. They take special orders for gluten-free cupcakes and cakes.



Angel Food Ministries has not discontinued their Allergen Free Box due to popular demand! Each Allergen Free Food Box has 5 pounds (1 lb. each) of breaded chicken nuggets, strips, chicken breast patties, wings, and cubed steaks. These items are minus the top 8 allergens including gluten. For more information visit their website, www.angelfoodministries.com.



Tony's Market produces several spices and packaged seasonings which are gluten free as well as MSG free. From now on, all of their gluten-free spices and seasonings will say "Gluten-Free" on the packaging. For locations visit their website, www.tonymarket.com.



Shabtai Gourmet Gluten Free Bakery has just won the Kosherfest Best New Passover Product Competition for the 4th time. This time the winning item was their Gluten-Free Yidels Mini Swiss Chocolate Rolls. Visit their website for a complete product listing, www.shabtai-gourmet.com.



Red Lobster

Red Lobster Diners at locations nationwide will gain access to information about food allergens more easily over the next few months. Red Lobster has been testing an allergen menu which will become available nationwide sometime in the fall. For more information, visit www.redlobster.com.



New Planet Gluten Free Beer of Boulder took home a bronze medal at this year's Great American Beer Festival and they received a great write up in the Denver Post! A new flavor-Off Grid Pale Ale will be released in late Dec./Jan. Check them out at www.newplanetbeer.com.



JOLLY PUMPKIN ARTISAN ALES
DEXTER MICHIGAN

Jolly Pumpkin Master-brewer Ron Jeffries took home a gold medal from the Great American Beer Festival for a gluten-free beer. His beer won in a respected competition against beers malted with barley. For beer lovers, gluten-free people, and gluten-free beer lovers, this is an earth-shaking achievement! See all of their gluten-free options at www.jollypumpkin.com.



Every Day with Rachael Ray website now offers 700+ gluten-free recipes, www.rachaelraymag.com.

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	(303) 757-3982	lddet@msn.com
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	Becca Konen	(303) 693-3795	beccakonen@gmail.com
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.org		bouldercountyceliacs@yahoo.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
Katie Uhlenbrook, <i>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>Dietitian</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@q.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. We are accepting nominations for the following positions:

President-Help guide this growing chapter

Cel-Kids-Provide activity ideas for the younger members of our chapter

If you're new to the Celiac world, consider getting involved with our chapter. Help a great non-profit organization, be a part of the exciting events the Denver chapter will host over the coming years, all while learning about the different aspects of celiac disease.

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 here!

Please fill out this card and bring it with your treats for the cookie exchange!

Name Of Item:

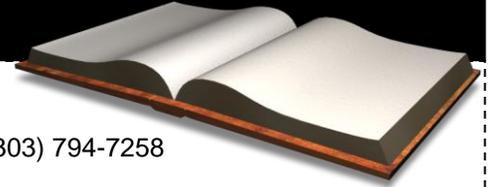
ALLERGEN ALERT

THE TOP 8 ALLERGENS	Does Not Contain	Contains	May Contain Traces	Don't Know
Gluten	X			
Milk/Dairy				
Eggs				
Tree Nuts				
Peanuts				
Soy				
Fish				
Shell Fish				

OTHER SENSITIVITIES

Corn				
Certified GF Oats				

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: _____



Our Chapter is Going Green! Choose Email Delivery of Your Newsletter!

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.

Gluten Free, Goodness Loaded



Rudi's Gluten-Free Bakery bread is certified  but very worthy of your . Each delicious slice has real fresh-bread taste to make the whole  happy, bring a  to your day and add  to your life.

All-natural and organic ingredients.
 No artificial chemicals or preservatives.
 Tastes like real bread because it is real bread.



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: _____ This is a renewal

Address: _____ Phone: _____ There is no change to my info

City: _____ State: _____ Zip _____ Email: _____ 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 Please send my Newsletter by Email! _____

FREE CHOICE FOODS®
 Gluten-Free Meals Made Simple
 ✓ Gluten Free ✓ Dairy Free ✓ Soy Free ✓ Vegan

Simplify living the gluten-free lifestyle with these unique nutritious main meal dishes!

- Premium Quality Natural Ingredients
- Based on Whole Grains and Legumes
- No Preservatives, Additives, MSG
- No GMO's
- Quick and Easy - Ready in 30 Minutes or Less

Try All 12 Varieties!

Wild Rice Pilaf Mix with Roasted Pecans
 Made with Natural Ingredients
 Complete Protein Source • High in Dietary Fiber
 See Nutrition Information for Protein & Fiber Content

NET WT. 6.6 oz. (188 g)

For a list of retail locations visit our website at www.freechoicefoodsusa.com

PLACE YOUR AD HERE

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

FOR DETAILS AND PRICING CONTACT NEWSLETTER@DENVERCELIACS.ORG

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





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 1/31/11.

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 Broccoli Yourself!

