

# TAMING OF THE SPRUE

Denver Metro • Chapter #17 of CSA/USA, Inc. • Celiac Sprue Association/United States of America, Inc. • [www.denverceliacs.org](http://www.denverceliacs.org)

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## In This Issue

GF News & Research	Page 2
Ask the Dietitian	Page 3
Spotlight On...	Page 3-4
GF Community	Page 5
GF Products	Page 6
GF Dining	Page 7
Huddle Information	Page 8
Your Board Members	Page 9
GF Product Guide	Page 10
Membership Info	Page 11

### \*\*\*\*April Meeting Has Been Canceled\*\*\*\*

Please join us at the annual picnic at Clement Park in June – See the next newsletter for more details.



## SAVE THE DATES

### Gluten-Free Family Potluck Picnic

**Date:** June 11, 2011

**Time:** 11:00 a.m. - 1:00 p.m.

**Location:** Clement Park, Shelters A & B  
7306 W. Bowles Ave. Littleton, CO 80123



CSA Denver will provide BBQ and beverages. Once again, Udi's is graciously donating bread so we all can make our favorite BBQ sandwiches. Please bring your favorite gluten-free side dish or dessert to share with the crowd. Don't forget to bring copies of your recipe so we all can use them for our summer picnics. We're hoping for good weather for this event, but we'll be there and ready for some good food, come rain or shine. Shelters A&B are best accessed from Pierce Street just south of Bowles Ave. Visit [www.ifoothills.org](http://www.ifoothills.org) for a map of Clement Park.

### 5<sup>th</sup> Annual Incredible Edible Gluten-Free Food Fair

**Date:** August 21, 2011

**Time:** 10:00 a.m. – 4:00 p.m.

**Location:** The Denver Merchandise Mart  
451 E. 58<sup>th</sup> Ave. Denver, CO 80216

We had such an amazing but unexpected turn out for this event last year. As a result, we are moving our fair to the Denver Merchandise Mart and extending hours to accommodate larger crowds. Mark your calendar for August 21<sup>st</sup> and plan to attend! This event is brought to you by the Denver Metro Chapter of CSA.

## February Meeting Recap

Erin Bales with King Soopers braved the bad weather to share information with our members about King Sooper's gluten-free programs. King Soopers' goal is to be a hero to all of us living a gluten-free lifestyle. The retailer currently carries 1300 products that are labeled gluten free and can be identified by bib tags on store shelves. King Soopers has also published a gluten-free product guide which can be requested at the Customer Service desk. New gluten-free products are added daily, so check shelves regularly for new items. King Soopers conducts gluten-free store tours on the 2<sup>nd</sup> Saturday of every month from 8a.m.-5p.m. During the week prior to the tours, ads are run in the local newspapers which include many coupons for gluten-free items. If you missed out on this informative session, take a tour to learn about all that King Soopers is offering the gluten-free community at this time. Each store has trained employees that are well versed on the gluten-free lifestyle. Just ask for them if you are in need of help. Our chapter extends a special thank you to Erin Bales for coordinating the gluten-free vendors that attended this meeting. Members appreciated the great samples that were provided by the vendors.

### No Oats at Meetings

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

## A New Treatment for Celiac Disease?

According to a recent article published in *Nature*, scientists at the University of Chicago might be on the road to a new treatment for celiac disease. In a study conducted on mice, research shows that blocking the inflammatory protein, interleukin-15 (IL-15), may reverse symptoms of celiac disease and prevent the development of the disease.

The mice in this study were genetically altered to have celiac disease. Researchers then blocked IL-15 in the mice and quickly found that the celiac symptoms reversed. The mice were also able to consume gluten without any adverse side effects.

Based on this research, it is now thought that the mechanism by which people lose their tolerance to gluten has been identified. IL-15 seems to play a major role in this mechanism along with retinoids. Retinoids are derivatives of Vitamin A and enhance the effects of IL-15 in people with celiac disease.

Currently, a drug that can block IL-15 in humans is only theoretical. This type of drug would not be used as a cure for all of those with celiac disease. It would be used along with a gluten-free lifestyle and would only be considered as a treatment for those who have a very severe form of celiac disease and do not show any response to a gluten-free diet. WebMD Health News, Feb. 9, 2011



## Hydrolyzed Wheat OK for Celiacs?

A recent article published on About.com suggested that hydrolyzed wheat protein could be safe for Celiac Disease sufferers. Betty Barfield, President of the North Texas Gluten Intolerance Group, sent the article to Dr. Alessio Fasano of the University of Maryland's Celiac Disease Research Center to get his opinion on this matter. Dr. Fasano's response was that those with celiac disease should NOT consume hydrolyzed wheat flour. Dr. Fasano has a detailed statement about this issue on his Facebook page, [www.facebook.com/pages/Center-for-Celiac-Research/128798800407?ref=ts](http://www.facebook.com/pages/Center-for-Celiac-Research/128798800407?ref=ts)

## Gluten-free Vitamins

When on any kind of restricted diet, such as a gluten-free diet, it is especially important to make sure that you are getting the nutrients your body needs. One way to do this is by taking vitamins or supplements. But beware, these too may contain gluten! One way to avoid gluten-containing vitamins is to look for packages that clearly state "No Gluten" or "Gluten-Free". Below are 9 major brands that do not contain gluten and that can be found in most drug stores and health food stores.

Hero Nutritionals Gummy Vitamins  
Country Life Vitamins  
NOW Vitamins  
Bluebonnet Vitamins  
Pioneer Vitamins  
Natural Factors Vitamins  
Nature Made  
Centrum (most varieties)  
Kirkland Brand (Costco)



Always be sure to double-check with the manufacturer if you have any uncertainties before purchasing their product.

\*List of vitamins provided by Lisa Velick on January 18, 2011 - 13 Shevat 5771, Boulder Jewish News, and Diane Moyer, MS, RD.

### Gluten- Free Manufacturer Schar Building New Jersey Facility

European gluten- free food manufacture, Schar, has started construction of its first U.S. manufacturing facility in Logan Township, New Jersey. The new \$15 million, 50,000-square-foot facility is expected to create about 50 jobs, the company said. This manufacturer of gluten free breads, rolls, pasta, cookies, crackers and frozen meals already markets its products in the United States; Schar USA was incorporated in 2007.

*"This new state-of-the-art gluten-free facility marks yet another important step in Schar's continued growth in the United States,"* said Donna George, president and COO of Schar USA. *"We will continue to introduce innovative gluten-free foods into supermarkets and health food stores across the country. As we look to become the US market leader in gluten-free foods and innovation, New Jersey is a perfect location to support our national distribution and growth."*

Food Navigator-usa.com

16-Feb-2011

- Q. I have been gluten free for a few months and feel better. My doctor just checked my blood work and told me that my celiac antibodies are still very high. I am now very discouraged and frustrated. What's going on?
- A. If you feel like you are getting better, that is the most important thing. However, there are several possibilities as to what might be happening:
- First, what blood test did your doctor run? Quite often, the doctor may have only tested the tTg IgA antibodies (tissue transglutaminase). These antibodies change very slowly, both going up and coming down. After going gluten free, it may take 6-12 months for an elevated tTg level to drop a significant amount. If rechecked too soon, levels may still be quite elevated even though gluten has been removed from the diet. One option is to wait a few more months and have it rechecked at that time. This also explains why this test is not an accurate reflection of occasional contamination with gluten in the diet. tTg levels often will not be raised unless one is consistently eating a significant amount of gluten. There is some evidence that the newer test, DGP (deamidated gliadin peptide), may be a quicker indicator of gluten changes in a person's diet.
  - The next possibility to investigate is the continued ingestion of gluten. You may have eliminated all of the major sources of gluten (breads, pasta, cereal, pizza, baked goods), but may not have checked all of the labels on your processed foods [sauces, spice blends, ice creams, processed meats (cold cuts, sausages, hams), frozen potato products, candy, etc. Many of these products DO contain gluten. Medications and supplements are another possible source of gluten. Are you using a separate toaster? Toasters are a frequent source of cross-contamination. I have even worked with a woman that did not improve until she changed her make-up (many make-ups contain gluten).
  - How often are you eating out? Even at the best establishments, there is always the risk for cross-contamination with gluten. When one is first diagnosed, they may not always recognize when they have eaten food contaminated with gluten, and their body may still be reacting. For this reason, we encourage people to eat out as little as possible while healing.
  - Finally, are you eating oats? Even though some oats may be labeled "gluten free", this does not mean that they will not cause the same reaction in your body as wheat, rye, and barley. The term "gluten-free oats" simply means they are grown and milled separately from wheat, rye, and barley. The protein in oats is very similar to the protein in the other gluten-containing grains and frequently sets off the same reaction in many people, often without their feeling ill. (See the *Taming of the Sprue*, May 2006 newsletter for further discussion of oats.) We recommend eliminating oats from the diet for the first year after diagnosis or until well healed, exactly for this reason – feeling better, but still reacting on the inside. Be aware that there are many products now labeled "gluten free" but actually contain oats and oat flour. It is important to read labels for these ingredients, too.

If you are still challenged with adapting to the gluten-free lifestyle, I recommend making an appointment with a Registered Dietitian expert in Celiac Disease for additional assistance with your personal needs.

Please submit your questions to the Dietitian on our chapter's website at [www.denverceliacs.org](http://www.denverceliacs.org). Click on Contacts and then select [dietician@denverceliacs.org](mailto:dietician@denverceliacs.org). Responses to all inquiries will be published in future issues of the newsletter.

## Did You Know...?

In a recent survey conducted by Tricia Thompson, MS RD, 57% of the 1000 respondents want the FDA to define the term "gluten-free" to mean no detectable gluten in their final ruling on gluten-free labeling of food. Another 12% want it to mean less than 5 parts per million (ppm) gluten, and another 9% want it to mean less than 10 ppm gluten. In total, 78.8% of respondents want "gluten-free" to mean an amount lower than 20 ppm gluten in the FDA's proposed ruling. To learn more about Ms. Thompson's survey, visit [www.glutenfreedietitian.com](http://www.glutenfreedietitian.com).

## Spotlight On... "Gluten-free" Seals on Food Packaging

As the wait for the FDA's final ruling goes on, there is hope and help available to make wise food choices about the GF foods that we buy and consume. Programs include the Gluten Intolerance Group's Gluten-Free Certification Mark, the Celiac Sprue Association's Recognition Seal and the National Foundation for Celiac Awareness's GREAT Business Associations. The common goal of all three agencies is to add a layer of confidence about the safety of gluten-free foods. However, the means by which this is achieved varies with each organization.

The Gluten Intolerance Group (GIG) was the first to establish a widespread certification program, the Gluten-Free Certification Organization (GFCO). Certification is set up to independently supervise GF food production according to a consistent, defined, science-based standard that is confirmed by field inspections. For each certified product, GIG auditors review ingredients, perform on-site inspections of the production facility and test for gluten. In addition to certifying food products for purchase in the supermarket, the GIG program also certifies ingredients that many GF food manufacturers use in their products. While you will rarely see these products on a store shelf, GF baking companies can buy them with assurance that they are GF. There are currently more than 125 participants in this

The CSA Recognition Seal can only be used on products that do not contain wheat, barley, rye or oats or any ingredients made from them. Unlike the GFCO program, oats are not permitted in products bearing the seal because CSA believes that some people with CD cannot tolerate them. Testing for gluten in finished foods is only part of the program. The process focuses on the effectiveness of the company's Hazard Analysis Critical Control Points (HACCP) plan to consistently produce the most risk-free products for those following a gluten-free diet. This includes a review of handling of ingredients and packaging materials, allergen control, employee training, and sanitation practices. CSA also certifies ingredients used by GF food manufacturers. There are currently more than 50 participants in this program.

Although the National Foundation for Celiac Awareness's GREAT Business Association does not certify or recognize products in the same way as GIG or CSA, its symbol is found on some food packages. The symbol means that the food manufacturer has agreed to investigate ingredients, test products to 20 ppm of gluten and properly label products. NFCA offers training programs so members can complete requirements on their own. NFCA currently lists 40 association members. A summary of program requirements for each certification program is found in the table below:

			
Testing Threshold	<10 ppm gluten	<5 ppm gluten	20 ppm gluten
Ingredient Review	Yes	Yes	Yes – by manufacturer
Truth in Labeling	Yes	Yes	Yes – by manufacturer
On-site Inspection of Production Facility	Yes	Yes	No
Controlled Cross-contamination in Shared Facilities	Yes	Yes	Not required until FDA's final ruling is issued
Review of Company HACCP Plan	No	Yes	No
Approval Required for Formulation and Ingredient Changes	Yes	Yes	No
Random Testing of Finished Foods Bearing Seal	Yes	Yes	Yes – by manufacturer

There are many GF food manufacturers that do not participate in any of these programs, but are committed to following good manufacturing practices which include testing of products for gluten contamination. The terms "gluten-free", "certified gluten-free", "recognition seal", etc... are excellent starting points for conversations with food manufacturers. Contact them by phone or email to find out what measures they are taking to assure that their products are gluten free.

Ratner, Amy. "Looking at Labels: GF Seals Send a Message." Gluten-Free Living. Number 4/2010 p.16-17, 50.

Thompson, Tricia MSRD. "CSA's Recognition Seal & GIG's Certification Mark: Testing Methods & Protocols." Gluten-Free and Nutritious Too! [www.glutenfreedietitian.com](http://www.glutenfreedietitian.com). February 16, 2011.

**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.

## Love of Beer fuels GF Brewer



Leonord Dorr is a beer lover and also has Celiac Disease, both of which are the driving forces behind his homebrew store - The Homebrew Connection. Dorr caters to beginners as well as professional brewers. He offers a complete range of GF ingredients and equipment for making wine or gluten-free beer. Customers can find everything from Colorado grains, specialty sugars, malt extracts, and the equipment needed to magically turn those ingredients into a favorite brew. The Homebrew Connection is located just off Main Street at 20 S. Nevada Avenue in Montrose, Colorado. Store hours are 10 a.m. - 6 p.m. Tuesday through Friday and 10 a.m. - 5 p.m. Saturday. [www.thehomebrewconnection.com](http://www.thehomebrewconnection.com).

### Beer Punch Recipe

1 bottle of beer (substitute GF)  
1 1/3 cup Vodka (substitute GF vodka)  
1 liter Club Soda  
1- 6 oz. can frozen limeade concentrate  
Mix together and pour over ice. Add lime slices if desired.  
Food Network. Pat & Gina Neelv

## Gluten free Oats® Goes Big Time



The Wyoming State Loan and Investment Board recently awarded Gluten Free Oats® \$267,795 in addition to the \$450,000 Business Committed Grant approved last January. The new monies will be used to expand the Powell, Wyoming facility which will allow Gluten Free Oats® to expand distribution throughout the United States as well as export to Europe and Australia. The business will remain local from field to delivery truck. By keeping Gluten Free Oats® a local company, the city of Powell estimates that \$758,701 will go back into their community for projects such as park developments.

The Denver Metro Chapter of CSA congratulates Seaton Smith, his family, and Gluten Free Oats® on this amazing business opportunity. We also thank the Smith's for all of their hard work and contributions within the gluten-free community.



## Gluten-free Recipe Contest

Announcing the first 1-2-3 Gluten Free Recipe Contest! There are 2 categories: (1) gluten-free (including sweet, savory, sides and main dishes); and (2) vegan gluten-free (no egg or dairy allowed). By entering, you could win 4 cases of 1-2-3 Gluten Free products and a one-year subscription to Gluten Free Living magazine; prizes valued over \$200! [Entry form and contest rules are available on the 1-2-3 Gluten Free website at www.123glutenfree.com](#). Good luck and happy baking!

## Cel-Kids Is Back!

### What is CSA's Cel-Kids Network?

In an effort to meet the unique needs of children and youth with CD/DH, the Celiac Sprue Association formed CSA's Cel-Kids Network. Coordinated through each of the 100+ CSA chapters located across the United States, CSA's Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group who are also living with CD/DH.

### Why join CSA's Cel-Kids Network?

Being a part of CSA's Cel-Kids Network allows youth to meet others who know how they feel. Along with get-togethers, they learn important things about staying healthy and living confidently every day. It's nice to know that they are not alone in the world with this weird-sounding disease and can't eat the same foods as their friends. <http://www.csaceliacs.org/CelKidsNetwork.php>



If you are interested in having your children participate in Kid-involved activities, please email Maria Brotherston directly at [maria2xbass@gmail.com](mailto:maria2xbass@gmail.com). Gluten-intolerant children are also welcome to participate in our chapter's Cel-Kids activities.

# Gluten-free Rice Krispies



Kellogg's will be adding to their extensive line of cereals this year as they begin test marketing a gluten-free version of the very popular Rice Krispies cereal. If successful, this means gluten-free rice treats that taste more like the "real thing" for us! However, in order for this product to succeed in the market place, it will need a lot of support from the gluten-free community. Create a demand for gluten-free foods, like these new Rice Krispies, by asking your local grocer to carry them. The greater the demand, the more store shelves will be stocked with the gluten-free foods that you want to eat!

## Speaking Gluten Freely – New Gluten-free Products

- Against the Grain Gourmet - Bagels, baguettes, thin crust family-style pizza and sandwich rolls. Made in a dedicated GF, corn, rice, soy, sugar and yeast-free facility.
- Blue Horizon Seafood - GF fish sticks-possible cross-contamination with other wheat products.
- Bob's Red Mill - GF Sweet Rice Flour in 24 oz. bags.
- Bolthouse Farms - Yogurt dressings.
- Crunchmaster – Sea Salt multigrain cracker.
- Enjoy Life Foods - Reformulated GF, nut free, soft-baked cookies for better taste.
- Ian's - Value sized packages of GF Chicken Nuggets and Alpatots.
- Katz - Kosher frozen Challah breads and rolls, Honey muffins, Marble cake, Rugelach and sliced white bread.
- Late July - Organic chips in Dude Ranch, Mild Green Mojo and Sea Salt by the Seashore flavors.
- The Laughing Giraffe – 3 GF varieties of organic macaroons and 2 GF varieties of organic granola. Manufactured in a dedicated GF facility.
- Lucini - Chickpea Frittata Mix, known as Cinque e Cinque, comes in 3 GF flavors.
- Mary's Gone Crackers - Chocolate GF cookie.
- O'Dough's - Frozen GF breads in whole and half loaves, cake loaves, buns for sandwiches and a Flax Pizza Kit with single serve crusts and packets of sauce.
- Popcorn Indiana - GF triangle-shaped snacks with the texture of rice cake in 4 flavors. Made in a GF facility.
- Solterra Foods - Thin personal pizza that bakes in a bag, pasta, cake mixes, brownie mix and sweet pepper relish.
- Think Thin Crunch Bars - Mixed Nuts bar.
- Free Choice Foods - GF entrees and side dishes are now available in the grocery department at the Lafayette, Ft. Collins, South Colorado Springs, and Monument Vitamin Cottage locations. Manufactured in a dedicated GF facility.
- Dreyers – Frozen slow churned Shakes and Smoothies, just add milk and stir. All flavors except the Cookies 'n Cream shake are GF.
- 35 different grocery store chains will carry Shabtai Gourmet GF products during Passover this year. For locations visit [www.shabtai-gourmet.com](http://www.shabtai-gourmet.com)
- Safeway - Simple Nutrition green tags have been placed on many of their products. Fat Free, Gluten Free, Low Fat, Organic, and Sugar Free are some of the features.

\*A very special thank you to Debbie Knapp of Vitamin Cottage and our contributing members for providing the invaluable information above to our members.

**\*\*Please remember to read labels - even on products that you are familiar with! Products may not remain gluten-free and ingredients statements and manufacturer disclaimers can change at any time.\*\***

### WHEAT ALLERGY ALERT, Feb. 7, 2011

American Spoon Foods is recalling "Apple Chipotle Salsa," "Maple BBQ Grilling Sauce," and "Pumpkin Chipotle Roasting Sauce" due to undeclared wheat. The products were sold in American Spoon Foods stores in Michigan, by via mail order from American Spoon Foods, and through specialty food retailers in Arkansas, Florida, Illinois, Indiana, Massachusetts, Michigan, New Hampshire, New Jersey, New York, North Carolina, Utah, Washington, and Wisconsin. The product is packaged in glass jars. Lot codes, the first four numbers of a 12-digit code, are printed on the back of the jars. This recall affects the following products:

- Apple Chipotle Salsa, 13.5-oz. jar, UPC code 019363016047
  - All codes from 9301–9363, 0002–0365, and 1002–1034
- Maple BBQ Grilling Sauce, 15-oz. jar, UPC Code 019363014371
  - All codes from 9301–9363, 0002–0365, and 1002–1034
- Pumpkin Chipotle Roasting Sauce, 14-oz. jar, UPC Code 019363014173
  - All codes from 9301–9363, 0002–0365, and 1002–1034

Consumers with questions should contact the company at (800) 222-5886 or e-mail the company at [info@spoon.com](mailto:info@spoon.com) with any questions.

# Dining Out



**The Comfort Café** offers homemade goodness using fresh and local ingredients. The menu changes daily and there are always multiple gluten-free and vegan options. With their unique concept, you order at the counter by choosing what you want, how much you want, and then pay what you want for your meal. Breakfast and lunch are served Wednesday through Sunday, with a special First Friday dinner buffet paired with art or music events. Located in Northwest Denver 303-728-9251 [www.thecomfortcafe.net](http://www.thecomfortcafe.net).



**The Lodge at Sunspot** in Winter Park at the top of the Zephyr Express chair lift has gluten-free hamburger buns, cookies, and brownies. They will even make sure the grill is clean before toasting the gluten-free buns. More info can be found at [www.winterparkresort.com](http://www.winterparkresort.com).



**Jose O'Shea's** Mexican restaurant in Lakewood has an extensive gluten-free menu. View the whole menu on their website at [www.joseosheas.com](http://www.joseosheas.com).

## Continental Sausage

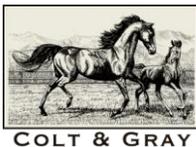


**Continental Sausage** offers several gluten-free sausages and they do not use any MSG, soy proteins, etc. in their spices or in any of their products. Located at 911 E. 75th Ave. Denver 303-288-9787 [www.continentalsausage.com](http://www.continentalsausage.com).

**Olive Garden** now offers several gluten-free menu choices, including pasta dishes. They are all listed on their website at [www.olivegarden.com](http://www.olivegarden.com).



**Earls Kitchen & Bar** has three locations in Colorado; Downtown Denver, Cherry Creek, and Park Meadows, all of which serve a gluten-free menu [www.earls.ca](http://www.earls.ca).



**Colt & Gray**, a new upscale neighborhood restaurant in the heart of downtown Denver, is known for their gourmet small plates and award winning cocktails. They are more than willing to cater to the gluten-free diner [www.coltandgray.com](http://www.coltandgray.com).



**Table Mountain Grill & Cantina** located in the heart of Golden, serves both a gluten-free lunch and dinner. Their staff has personal experience with celiac disease, and they are very knowledgeable. <http://www.tablemountaininn.com/restaurant/>.



**Lime an American Cantina** is a trendy destination with several locations around Colorado. They now offer gluten-free, American style, Mexican cuisine. For locations and information, check them out at [www.eatatlime.com](http://www.eatatlime.com).



**My Pie** in Wheat Ridge now offers Bolder Baking's hand crafted, gluten free crust, made from brown rice & bean flours. They have a creative selection of Honor Roll pizzas or you can select your own toppings [www.welovemypie.com](http://www.welovemypie.com).



**House of Windsor** located at 1050 S. Wadsworth Blvd. in Lakewood serves gluten-free scones, desserts, and sandwiches. A gluten-free, full afternoon, tea service is also offered. The food is delicious and the atmosphere is that of a fine English tea room. Their staff is very knowledgeable about the gluten-free diet. [www.HouseofWindsor.net](http://www.HouseofWindsor.net) 303-936-9029.



**Pug Ryan's Steak House Brewery** located in Dillon, has a fun mountain atmosphere with several gluten-free menu options [www.pugryans.com](http://www.pugryans.com).

**\*\*Please be advised that all restaurants have their own safety standards regarding the preparation of gluten-free menu options. It is your responsibility to always double check with the restaurant to assure that the food you are served is in fact gluten free.\*\***

# Neighborhood Huddle Information

## Meet Your Neighborhood Celiac Resource Contact

Below are the resource contacts in eleven neighborhood areas in the Denver Metro area as well as resource contacts throughout Colorado. If you have questions or are not sure which area is your neighborhood, please contact Karen Cranford, at (303) 979-8094 or email [president@denverceliacs.org](mailto:president@denverceliacs.org).

## Membership on the Move

Our chapter would like to welcome Heidi Lyster, Debbie Allen, and Jerrine Hicks to the Huddle leadership. Heidi will be joining Maria Brotherston as co-leader of the East Huddle (primarily Aurora), Debbie will be joining Laura Determan as co-leader of the Denver Huddle (central), and Jerrine will be taking on the South Huddle (Highlands Ranch, Lone Tree and Castle Rock). Our Huddle leaders are great resources for your gluten and gluten-free questions.

METRO DENVER AREAS	CONTACT	PHONE	E-MAIL
<b>CENTRAL</b> Denver City and County	Laura Determan Debbie Allen	(303) 757-3982 (303) 782-4841	<a href="mailto:lddet@msn.com">lddet@msn.com</a> <a href="mailto:deb@webdeb.com">deb@webdeb.com</a>
<b>NORTH</b> Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	(720) 214-3144	<a href="mailto:kdarci@yahoo.com">kdarci@yahoo.com</a>
<b>SOUTH</b> Centennial & Greenwood Village (W/I-25), Englewood, zips: 80120,-21,-22	Cathy Curtiss	(303) 771-8029	<a href="mailto:cathycurtiss@q.com">cathycurtiss@q.com</a>
<b>WEST</b> Lakewood	Betty Morris	(303) 238-5145	<a href="mailto:wabe22204@comcast.net">wabe22204@comcast.net</a>
<b>EAST</b> Aurora, zips: 80231 & 80247	Maria Brotherston Heidi Lyster	(303) 752-0958 (303) 503-6166	<a href="mailto:maria@brotherston.us">maria@brotherston.us</a> <a href="mailto:blueeyes-80110@yahoo.com">blueeyes-80110@yahoo.com</a>
<b>NORTHWEST</b> Arvada, Wheat Ridge, Zips: 80021&80212	Melissa McLean Jory	(303) 868-7790	<a href="mailto:Melissa@glutenfreeforgood.com">Melissa@glutenfreeforgood.com</a>
<b>SOUTH</b> Highlands Ranch, Lone Tree, Castle Rock	Jerrine Hicks	(303) 688-1327	<a href="mailto:hicksfamily86@gmail.com">hicksfamily86@gmail.com</a>
<b>SOUTHEAST</b> Centennial & Greenwood Village (E/I-25), SE Aurora, Parker, Elizabeth	Becca Konen	(303) 693-3795	<a href="mailto:beccakonen@gmail.com">beccakonen@gmail.com</a>
<b>SOUTHWEST</b> Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	<a href="mailto:jkvanlooz@comcast.net">jkvanlooz@comcast.net</a> <a href="mailto:n-lindsey@comcast.net">n-lindsey@comcast.net</a>
<b>WEST</b> Golden, Evergreen, Morrison	Beverley Haney	(303) 670-0063	<a href="mailto:mrsbevins@q.com">mrsbevins@q.com</a>

## Other Colorado Area Contacts

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

**\*Any member can attend any huddle/activity by calling the huddle's contact. Regardless, the Denver Metro Chapter #17 is the umbrella organization for all of our members wherever they live.**

# Chapter Board Members

Karen Cranford, <i>President</i>	☎	(303) 979-8094	💻	<a href="mailto:president@denverceliacs.org">president@denverceliacs.org</a>
Katie Uhlenbrock, <i>VP Programs</i>	☎	(303) 819-5531	💻	<a href="mailto:vpprograms@denverceliacs.org">vpprograms@denverceliacs.org</a>
POSITION AVAILABLE, <i>VP Membership</i>	☎		💻	<a href="mailto:vpmembership@denverceliacs.org">vpmembership@denverceliacs.org</a>
Kathy Craig, <i>Treasurer</i>	☎	(303) 480-9347	💻	<a href="mailto:treasurer@denverceliacs.org">treasurer@denverceliacs.org</a>
Jennifer Leeson, <i>Secretary</i>	☎	(303) 550-5983	💻	<a href="mailto:jennifer.leeson@hmboftherockies.com">jennifer.leeson@hmboftherockies.com</a>
Kathy Lewis, <i>Newsletter</i>	☎	(303) 513-5737	💻	<a href="mailto:newsletter@denverceliacs.org">newsletter@denverceliacs.org</a>
Danielle Daubenspeck, <i>Newsletter</i>	☎	(303) 669-2926	💻	<a href="mailto:newsletter@denverceliacs.org">newsletter@denverceliacs.org</a>
Diane Moyer, <i>Dietitian</i>	☎	(720) 560-3734	💻	<a href="mailto:dietitian@denverceliacs.org">dietitian@denverceliacs.org</a>
Donna DeVisser, <i>Database</i>	☎	(303) 973-4613	💻	<a href="mailto:database@denverceliacs.org">database@denverceliacs.org</a>
Joan Van Loozenoord, <i>Librarian</i>	☎	(303) 933-1565	💻	<a href="mailto:jkvanlooz@comcast.net">jkvanlooz@comcast.net</a>
Don Smith, <i>Mail Order Coordinator</i>	☎	(303) 794-7258	💻	<a href="mailto:donsmith6834@comcast.net">donsmith6834@comcast.net</a>
Bonnie Atherton, <i>Product List</i>	☎	(303) 756-8970	💻	<a href="mailto:productlist@denverceliacs.org">productlist@denverceliacs.org</a>
Carol Fenster, <i>Media</i>	☎	(303) 741-5408	💻	<a href="mailto:carol@savorypalate.com">carol@savorypalate.com</a>
Gina Meagher, <i>Past President</i>	☎	(303) 279-9382	💻	<a href="mailto:gmeagher@q.com">gmeagher@q.com</a>
Dr. Robert Dahl, <i>Medical Advisor</i>	☎	(303) 463-3900	💻	

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!**

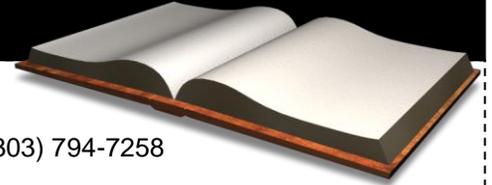


It's time to start working on the new 2011 Gluten-Free Food Product Guide! This is an important publication for our chapter, members, and the GF community. It's a big job to compile all of this information, so we need your help! For information about how you can volunteer, please contact Bonnie at [productlist@denverceliacs.org](mailto:productlist@denverceliacs.org).

**Webmaster Needed!**  
 Help manage Denver Metro Chapter CSA website including updating information on meetings & restaurants; sending email blasts to our members; and adding one's personal touch & creativity to enhance our website. If you or someone you know may be interested, please contact Gina Meagher at [webmaster@denverceliacs.org](mailto:webmaster@denverceliacs.org) or 303.279.9382.

**VP of Membership Needed!**  
 Connect with new members and help our huddle leaders become gluten-free resources for the gluten-free community. If you are people-oriented and willing to share your experiences living the gluten-free lifestyle to help others, this may be the position for you. For more information contact Karen Cranford at 303-979-8094 or [president@denverceliacs.org](mailto:president@denverceliacs.org).

# 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) = \$ \_\_\_\_\_

Total

Name: \_\_\_\_\_ 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](mailto:sdevisser@msn.com) telling us that you wish to opt into email delivery. For questions, please call Donna at 303-973-4613.

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# Membership Application Denver Metro Chapter #17 of CSA/USA

## 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](http://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 OR visit our website at [www.denverceliacs.org](http://www.denverceliacs.org) to renew online.**

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! \_\_\_\_\_

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[www.foodallergytherapist.com](http://www.foodallergytherapist.com)

Email: [jennifer.leeson@hmboftherockies.com](mailto:jennifer.leeson@hmboftherockies.com)

Jennifer is a Licensed Clinical Social Worker with an expertise in changing negative emotions, thoughts, and behaviors. She has also been diagnosed with Celiac Disease and understands that changing your entire lifestyle around food goes beyond knowing what to eat and what to avoid. Learn how to make effective choices to maintain your emotional and physical health. Increase acceptance of your new lifestyle, improve communication skills about your dietary needs, decrease anxiety about social situations and learn to focus on the positives of this life transition!

**Call today for a free 15 minute phone consultation!**

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