

# 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)

May 2011

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### No Oats at Meetings

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

**May is National Celiac Awareness Month!**

## 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**

You are cordially invited to our chapter's annual GF Family Potluck Picnic! Denver Metro CSA 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. Be sure 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.ifoohills.org](http://www.ifoohills.org) for a map of Clement Park. Newly diagnosed? Make it easy on yourself! Bring your favorite store bought GF cookies or prepared food, or just come anyway. There will be plenty of delicious GF food to enjoy! Also, a chapter member has generously donated an indoor grill to raffle off...you may be the lucky winner!



### 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 free event is brought to you by the Denver Metro Chapter of CSA and sponsored by Rudi's Gluten Free Bakery, BeauJo's Colorado Style Pizza, and Udi's Gluten Free Foods.

## MARCH MEETING RECAP

Dr. Stephen Wangen, owner of the IBS Treatment Center in Seattle Washington, spoke with our chapter members on March 17th. Dr. Wangen is a licensed and board certified physician specializing in the diagnosis and treatment of digestive disorders and food allergies. He is gluten intolerant and has a dairy allergy, so he can relate first-hand to many of the frustrations and experiences that most of us have encountered with addressing our medical needs.

His informative presentation began with a look at the fundamental principal of biology - natural selection - which states that only the strong survive. We as a human race have survived for millions of years, so based on this principal, we **should** be thriving as a population. But as a whole, this is not the case. Why? The timeline during which humans have roamed the earth revealed that we initially survived on vegetables and game. It is just recently that humans started harvesting grains, modifying them, and consuming grains as a major portion of our diets. According to Dr. Wangen, this is the root of the problem today in terms of the incidence of digestive disorders, food allergies and/ or sensitivities.

He cited the many symptoms, over 200, that can be associated with Celiac Disease. In his experience, he has found that most doctors - even those claiming to know about Celiac Disease - only look for the most common symptoms and disregard the others when diagnosing or treating CD. The proper diagnosis of CD has been a challenge for the medical community because it does not fit within the established medical definitions of a food allergy or intolerance. He stressed the importance of health care providers needing to treat the actual medical condition, not just the symptoms. He also shared results of several research studies which indicate that gluten-free diets have greatly improved or cured many other diseases. However, there is still much to learn about the role of gluten-free diets in the treatment of CD and other medical conditions.

Our members thank Dr. Wangen for sharing his insights with us and commend him for his dedication to improving the proper diagnosis and treatment of digestive disorders and food allergies.



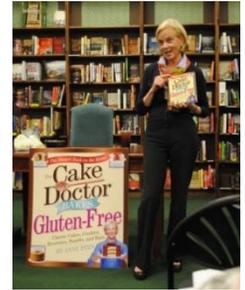
Learn more about Dr. Wangen and the IBS Treatment Center at [www.ibstreatmentcenter.com](http://www.ibstreatmentcenter.com).

We extend a very special thank you to our great gluten-free vendors that attended the meeting!!

Kim Tyler-Juice Plus  
Tom Fields-Quunch Burger

Andrea Ruccolo-Wildtree  
Katie Bauer-Nurish Health Urban Cooking

We extend one more big thank you to Anne Byrne for stopping in Denver on March 10 for a book-signing event to promote her newest publication; The Cake Mix Doctor Bakes Gluten Free...Classic Cakes, Cookies, Brownies, Bundts, and Bars. She featured unique recipes that start with a commercially available cake mix such as Betty Crocker's Gluten Free Cake Mixes.



## NATIONAL CELIAC AWARENESS MONTH Kicks Off PRWEB April 28, 2011

Omaha, Nebraska Food Banks got an unexpected boost this week. \$30,000 worth of frozen food is being donated by Glutenfreeda Foods, makers of delicious gluten-free foods. The donation is completely gluten-free and fills eight pallets.

While it wasn't planned this way, the news comes right at the beginning of National Celiac Awareness Month. Throughout May, celiac organizations around the world hope to shed light on this relatively unknown and poorly understood condition.

"It's serendipity" says Yvonne Gifford, Glutenfreeda Foods CEO. "We have this delicious food and wanted to do something to make a difference. We're just delighted that we could donate it now - to garner attention for hunger here at home, and Celiac Disease everywhere."

The donated foods, although created specifically for individuals on a gluten-free diet, are delicious and healthy for everyone. It's Glutenfreeda Foods' mandate: creating delicious gluten-free foods. Their assortment of foods ranges from gluten-free granola, burritos and oatmeal to new and first of its kind gluten-free pizza wraps, cheesecakes and ice cream sandwiches.

Ms. Gifford got help from the Celiac Sprue Association, a national non-profit organization supporting individuals with Celiac Disease that is based in Omaha. They were able to liaise between Glutenfreeda Foods and the Omaha food banks, who were delighted to accept the generous offer because of their increasing need.

The Celiac Sprue Association also arranged transportation of the pallets to Omaha and storage. Currently frozen, the foods are being warehoused, free of charge, until they can be distributed. Ms. Gifford expressed gratitude to the association for all of their help. "Many people around the country are having difficulties making ends meet," she adds. "The team at Glutenfreeda Foods is very happy to be able to give something back to the community and to help those who may be experiencing difficult times." Glutenfreeda hopes those who receive the food will remember the kindness they received from a stranger and someday pay it forward.

### Did You Know...?

Denver was recently named the most "Celiac Aware" city in the U.S. by the National Foundation for Celiac Awareness! Visit [www.celiaccentral.org](http://www.celiaccentral.org) for more information about outstanding Denverites' contributions within the Celiac community and the other 4 cities that made the cut.



### WE'RE ON FACEBOOK!



The Denver Metro CSA chapter is now on Facebook! Since "Taming of the Sprue" is published on a bi-monthly basis, Facebook will allow our chapter members, families and friends quicker access to news and information.

"Like Us" on Facebook by typing "Denver Celiacs" in the search bar at the top of your Facebook Home Page!"

**Q. Help! I have gained quite a bit of weight since being diagnosed with CD. I never had this problem before. I was always able to eat whatever I wanted and never gained any weight.**

**A.** There may be several reasons which explain your weight gain since being diagnosed:

- 1. Although perhaps hard to believe, this is actually a positive sign.** Weight gain can indicate that you are healing and that your body is now absorbing the nutrients from the foods that you are eating. While consuming gluten, your intestines were being attacked and much of what you ate was not absorbed by your body. So, one perspective to focus on is the fact that you are now healthier.
- 2. You may still be in the habit of eating large amounts of food.** Because your body was not absorbing much of what you were eating, you might have been eating very large amounts of food to compensate for this. You may still be in this habit, and now need to relearn how much food your body actually needs. Try slowing down when you eat and learn to listen to your body when it says that it is comfortably full. Some helpful tips include serving your meals on smaller plates, putting less on your plate than you think you might need, and waiting 20 minutes before deciding to have a second helping.
- 3. Weight gain might also be due to the gluten-free foods that you are now eating.** Many processed gluten-free foods contain much more fat and sugar than the equivalent gluten-containing foods. This includes gluten-free breads, bagels, tortillas, crackers, pretzels, cookies and all baked goods. Manufacturers use more fat and sugar for optimal flavor and texture in their gluten-free foods. The best strategy is to base the majority of your food choices on whole, natural foods and to save all of the gluten-free processed foods for occasional treats. For example, instead of snacking on gluten-free pretzels and chips, switch to fresh fruit or vegetables. Try jicama slices with dip. Use salsa for dips or toppings instead of ranch and blue cheese dressings, or cheese or sour cream based dips. Lower fat dips can easily be made by substituting low fat yogurt or sour cream for their full-fat counterparts. Instead of sandwiches, try soft corn tortillas topped with bean dip. Experiment with spring roll wrappers (made with rice &/or tapioca) to make wraps. Instead of typical eggs and toast for breakfast, add plenty of sautéed vegetables to the eggs and serve with a diced potato fried with non-stick cooking spray. By including more whole, natural foods in your diet, you will be consuming much more of the healing nutrients that your body greatly needs. Try the recipes below to get you started!
- 4. Finally, people sometimes feel deprived when following a gluten-free diet and turn to food for emotional comfort.** If this is true in your case, try finding other ways to take care of yourself that do not involve food. For example, buy yourself flowers, treat yourself to a massage or manicure, take your dog for a long walk, or call a friend you haven't talked to in a while. More importantly, get support from others who understand your situation. Attend meetings of the Denver Metro CSA Chapter or other similar support groups to meet lots of people who are dealing with the same issues that you are. Furthermore, do not keep your feelings to yourself - share what you are going through with your loved ones. If necessary, seek professional help from a Registered Dietitian or mental health therapist expert in CD.

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 [dietitian@denverceliacs.org](mailto:dietitian@denverceliacs.org). Responses to all inquiries will be published in future issues of the newsletter.

### Sample Low-Fat Recipes

<u>SPICY BEAN DIP</u>	<u>BASIC SPRING ROLLS</u>	<u>YOGURT FRUIT DIP</u>
1-15 oz. Can Pinto Beans, drained and rinsed 1 Tbsp. Onion, Chopped - or 1 tsp. Dried Minced Onion 1 tsp. Chili Powder ¼ tsp. Cumin ¼ tsp. Garlic Powder ¼ tsp. Red Pepper 1 Tbsp. Vinegar (try balsamic or other GF flavored vinegar) 2 tsp. Fresh Parsley  Place all ingredients in a food processor or blender, and whirl until smooth. Serve with baked corn chips or on top of soft corn tortillas, along with grated cheese, chopped tomatoes and lettuce. Perfect for a quick lunch.	Rice Paper Wrappers Include your choice of any of the following: Shrimp, Crab, Tuna Bean Sprouts Cooked Rice Spaghetti or Vermicelli Thin Strips of Jicama, Carrots, Cucumber, Avocado, Snow Peas, Water Chestnuts Chopped Basil Chopped Cilantro  Dip spring roll wrapper in a plate of water until slightly softened, about 1 – 2 minutes. Transfer to a dry plate and place your choice of fillings on top of wrapper. Fold bottom over the filling, and then roll up. Serve with your choice of Asian GF dipping sauces. (Try Thai Kitchen or Simply Boulder brands).	1 Carton (GF) Vanilla Low-Fat Yogurt -Cinnamon to Taste -Optional: add a dash of any of the following: Ginger, Nutmeg, Cardamom, Cloves  Serve with your choice of cut-up fruit.

### 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 On... To 1 in 133, It Is A Big Deal!

On May 4, the first ever Gluten-Free Food Labeling Summit took place in Washington, D.C. to protest the FDA's inaction on the issue of gluten-free food labeling standards. To the millions of Americans who must eat gluten-free food, this inaction is A BIG DEAL!

The group organizing the Summit, 1 in 133, cleverly chose their name based on the startling statistic that 1 in every 133 Americans has Celiac disease, a life-threatening auto-immune disease triggered by the ingestion of gluten. Of the 3 million people in the United States believed to have Celiac Disease, only about 300,000 have been correctly diagnosed. Recent estimates indicate that as many as 18 million Americans are gluten sensitive. Activists want the FDA to adopt a gluten-free labeling standard that was due in August 2008, under the Food Allergen Labeling and Consumer Protection Act (FALCPA) of 2004. Also overdue is an assessment of the proposed gluten standard of 20 parts per million.

In order to draw attention to FDA's inaction and to galvanize the burgeoning gluten-free community, leading members of this community hosted Capitol Hill legislators, noted celiac disease researchers, gluten-free community leaders and food corporations at the Summit. The event coincided with the newly recognized National Celiac Awareness Month, and also featured the world's largest gluten-free cake which stood 15 feet tall and weighed 1 ton! The baked behemoth, assembled by volunteers from 180 half-sheet cakes made with special gluten-free flour in Whole Foods' Gluten-Free Bakehouse, was constructed to send a message to Congress and the FDA about the importance of "clear, accurate, reliable labeling" of packaged foods for Americans who must avoid gluten for medical reasons.

Mike Taylor, the FDA deputy commissioner for foods, commented that "we really understand that there's a big population out there and this is really a serious problem for them, and labeling can help and we want to do our part... I want people to understand that the FDA gets it," Taylor explained, "We're on this. We'll get this moving."

Currently, there are no laws governing the labeling of gluten-free foods in the United States. Companies can voluntarily seek certification from the Celiac Sprue Association, or the Gluten Intolerance Group's Gluten Free Certification Organization (GFCO) that products contain less than 10 parts per million (ppm) of gluten – far more restrictive than the European Codex which labels products gluten free if they contain less than 20 ppm of gluten. Companies who do not choose certification label their products based on their own good-faith standard.

While some companies are vague at best when it comes to GF labeling, others go to great lengths to ensure that their products are manufactured in a gluten-free environment. Many manufacturers produce in gluten-free facilities. If not, reputable manufacturers follow strict cleaning and sanitation procedures to thoroughly clean equipment to prevent cross-contamination with gluten. Certified companies are required to regularly test raw materials and finished goods, and will happily provide evidence of gluten-free certification upon customer request.



National Celiac Disease Awareness month is a legislatively-designated, nationally-recognized month for Celiac Disease awareness which takes place in May. However, the National Celiac Sprue Association recognizes October as Celiac Awareness Month as Samuel Gee, the doctor who discovered celiac disease, was born in that month.

We here at the Denver Metro Chapter of CSA say "HOORAY" for recognizing Celiac Disease twice each year!!!! What other disease gets that much attention??? Since Denver was recently voted the most "Celiac Aware" city in the country, let's show the rest of the country how to celebrate Celiac Awareness in October! We'd like to hear your suggestions for programs or events that our chapter can sponsor in October. Individuals that provide the top suggestions will win a gift certificate to a local gluten-free friendly restaurant. Submit your suggestions to [newsletter@denverceliacs.com](mailto:newsletter@denverceliacs.com) or drop your suggestion in the basket at the Potluck Picnic on Saturday, June 11.

## LOCAL STUDENT AWARDED INTERNSHIP WITH DR. ALESSIO FASANO

My name is Andrew Dodson, and starting in mid-June, I have the unique opportunity to work alongside Dr. Alessio Fasano at the Center for Celiac Research in Baltimore, Maryland. This is a summer internship that runs for 7 weeks. While working with Dr. Fasano, I will split my time between the research laboratory and the clinical lab. I will periodically write a column for the CSA newsletter and write a blog describing my experiences and the current state of affairs in Celiac research. I expect the blog to be up and running by mid-June.  
<http://insideceliac.blogspot.com>

I was born in Washington D.C. and moved to Denver in the summer of 1998. I graduated from Cherry Creek High School in 2009 and now major in Chemistry at University of Michigan. In addition to my studies, I currently hold the office of Vice President of the Delta Chapter of Delta Tau Delta Fraternity. After graduation, I hope to work in the pharmaceutical industry doing research and development.

Celiac Disease has had a very large impact on my life. Even though I personally do not have the condition, my mother, sister, aunt, and several of my cousins suffer from Celiac Disease. Though we cannot be sure, many of my family members suspect that my grandmother died from undiagnosed Celiac Disease. Considering my interests and my family background, this internship is the perfect place to focus my time and effort. My ultimate goal is to find a treatment (if not an outright cure) for Celiac Disease in order to make life easier for my family and the thousands of those currently diagnosed and living with Celiac Disease.

I am very grateful to the Denver Metro Chapter of CSA for sponsoring me in this amazing internship opportunity. I will put forth my best effort to effectively describe the research being done at the CFCR and the potential benefits to the Celiac community.

Thank you,  
Andrew Dodson



# THE SAFETY OF TRANSGLUTAMINASE (A.K.A MEAT GLUE) IN QUESTION

A recent article on Celiac.com warned those living the GF lifestyle to beware of transglutaminase, also known as meat glue. This is an enzyme powder used by some chefs in expensive restaurants to “reform” scraps of meat into larger, more premium pieces of meat. On a much broader scale, transglutaminase is used in the food industry to create inexpensive, uniform meats such as chicken fillets, nuggets, fish fillets, seafood, sausage, and beef steaks. These products are sold in fast food restaurants and in grocery stores. Meat glue does not change the flavor of meats, and in most cases is undetectable.

The enzyme alone is not a source of gluten. The safety of consuming foods containing meat glue is an issue for some individuals as some forms contain maltodextrin and/or sodium caseinate. Maltodextrin may be sourced from corn or wheat, and sodium caseinate is derived from milk. The unintentional consumption of these ingredients may explain why some with CD or gluten, dairy, and/or corn intolerance are not recovering despite strict dietary compliance. FDA regulations state that the term ‘enzyme’ should be listed in the ingredient statement to indicate the presence of transglutaminase in a product. USDA permits the terms ‘enzyme’, ‘TG enzyme’, or ‘TGP enzyme’ on product labels. These enzyme powders are used at such low levels that the presence of wheat/gluten, milk and corn are not required to be disclosed. Avoid transglutaminase by choosing fresh, organic bone-in cuts of meat. Buy from your local butcher or rancher. Consume processed and fast food meat items with caution or not at all. Check with chefs at your favorite restaurants to be sure that meat glue is not a part of your preferred menu items. This topic will be addressed in future issues as more information becomes available.

## CHEF PURPOSELY SERVED PATRONS GLUTEN

We at the Denver Metro CSA Chapter try to help to make each member’s journey down the gluten-free path easier in every way possible. We do our best to inform you of helpful restaurants, great new products to make cooking easier and tastier, and warn you of trouble spots...and we have come upon a real trouble spot right here in Colorado. By now, most of you have heard the stories on local news stations about the ‘chef’, Damion Cardone, in Glenwood Springs. Cardone posted on his Facebook page that he had deliberately been serving regular wheat pasta to customers asking for gluten-free pasta in ‘his restaurant’. He stated that he had done this many times and, since no immediate reactions occurred in his patrons, he believes that our need for gluten-free foods is all in our heads. His posts have since been removed, but you can imagine the response this has generated across the country! A blogger checked out some of the restaurants where Cardone had worked in the past and identified both BeauJo’s Colorado Mountain Pies and Florindo’s Italian Cuisine, both of which are located in Glenwood Springs. We want to make sure all of our members and friends know that these restaurants are **not** associated with Cardone’s malicious actions.

At *Gluten Free Works*, a well known gluten-free website, John Libonati was so angered by this situation that he fired off a letter to the Colorado Attorney General’s office. You can find his letter on the following link:

<http://glutenfreeworks.com/blog/2011/03/30/chef-damian-cardone-brags-about-feeding-gluten-free-patrons-high-gluten-pasta/>

It is unfortunate that the ranting of an unknowledgeable and ignorant person, in a few strokes of a keyboard, could cause so much needless worry to those of us requiring a medically-necessary diet. Furthermore, a major concern is the potential damage that may have been done to a business that supports our community. Please help us spread the word that BeauJo’s had nothing to do with this incident.

Very sincerely,  
Karen Cranford, President, Denver Metro CSA Chapter 17

## DURHAM MAN GETS 11 YEARS IN PRISON

By Jay Price, Newsobserver.com

RALEIGH, NC – Paul Seelig of Durham was convicted on April 11 for falsely representing baked goods he sold at street fairs and on the Internet as gluten-free, sickening more than two dozen customers. Seelig, 48, was found guilty of 23 counts of obtaining property by false pretense after a trial in which he was painted as a prolific liar.

A handful of his former customers attended the two-week trial in Wake County Superior Court, and several testified against him. The next day many of those customers returned to hear Judge Carl Fox sentence Seelig to 11 years in prison. They were joined by officials from the state agriculture department, which investigated the case, and even members of the jury.

Several of his customers with the disease testified during the trial that Seelig’s products had made them ill. One woman said that she had delivered her baby prematurely, something that can be triggered in celiac patients by exposure to gluten.

Seelig’s company, Great Specialty Products, sold baked items that he claimed were homemade. Instead witnesses, including a former employee, testified that he bought bread from a commercial baker in New Jersey and bagels from retailers such as Costco. He then repackaged them in his home kitchen and sold them at the State Fair, street fairs and by home delivery.

He advertised that the bread was made in a 150,000-square-foot commercial kitchen and that the company raised its own grains on a 400-acre farm.

He sold some of those products as gluten-free, though they weren’t. Customers and investigators tested the products and found high levels of gluten. Seelig claimed that he tested his bread for gluten weekly, though he couldn’t produce test records for the trial. He also maintained that he got his gluten-free products from an Amish baker in Ohio, who had no phone, no street or e-mail address, and said that he paid in cash, so there were no payment records.

Gluten-free products sell at premium prices, but there is no federal standard for them. Seelig’s conviction was an unusual courtroom victory for celiac sufferers, who have to rely on the honesty of food companies and restaurants that claim to produce products without gluten.

# THE CELIAC Kid



“Thanks for the over-whelming response to our “Free Celiac Kid Book” offer. We appreciate all the great reviews. It has been fun and rewarding to read about how this book has helped, enlightened and entertained so many children and adults alike. We believe that there is a great need for this type of children's literature and you have proved it. Although our “free book” offer is over, we are currently offering The Celiac Kid at a reduced price of \$6.50 (regularly \$7.95) on our website. [www.celiackidbook.com](http://www.celiackidbook.com).”

Thanks again!  
Anneliese Bennion

Anytime a child is born with a body that isn't perfect, the challenge begins for everyone who loves and cares for him or her. Will's body does not process gluten. He has celiac disease. Thankfully, Will is a very smart kid and with the help of a loving Mom and Dad, he can be a “Super Celiac Kid!” Will shares his story and how he fights off his archrival – Gluten!

## SPEAKING GLUTEN FREELY – NEW GLUTEN-FREE PRODUCTS

- Arrowhead Mills-GF Steel Cut Oats.
- Organic Bistro-GF Salmon, Coconut Lemongrass Chicken, Thai Red Curry Beef, and Thai Yellow Curry Chicken entrees.
- Organicville-GF, organic, and non-dairy coleslaw dressing, agave-sweetened Chili Sauce, agave-sweetened sweet pickle relish, and mayonnaise.
- Pamela's-Single-serve pouches of GF brownie and pancake mixes.
- Pirate's Booty-Chocolate puff snacks.
- Rudi's-GF hot dog & hamburger buns.
- Udi's-GF hot dog & hamburger buns.
- Udi's- GF cookies in tubs.
- San J-Orange sauce/glaze.
- Tia's Bakery-Single-serve GF desserts (cakes, brownies, and cookies).
- Kristy's Kitchen-GF mixes are on sale to CSA members. Go to [www.kristyskitchen.com](http://www.kristyskitchen.com) and enter discount code EM311.
- Oogie's-GF Gourmet popcorn.
- GoPicnic-GF Tuna & Crackers, Hummus & Crackers, Steak Nuggets & Cheese, Turkey Pepperoni & Cheese, Turkey Stick & Crunch, Chips & Salsa, Tasty Treats Care Package, Energy Boost Care Package, and Kids Fun Food Care Package. All are ready to eat and require no refrigeration or preparation.

\*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.\*\***

### Better Batter Recall

The following items were sold without indication on the packaging that they all contain the allergen Milk. Consumers who have purchased Better Batter and #1 Gluten Free mixes listed below are urged to return them to the place of purchase for a full refund. Consumers with questions may contact the manufacturer at 1-800-252-2220, Monday – Friday 8:00 a.m. – 4:30 p.m. EDT.

- Better Batter Gluten Free Pancake/Biscuit Mix, 2.5 lbs., UPC 896439002032, Best Before December 2011, February – August 2012 & March 2013
- #1 Gluten Free Chocolate Cake Mix, 5 lb., UPC 654367435304, Lot 33310-4
- #1 Gluten Free White Cake Mix, 5 lb., UPC 654367435052, Lot 33310-4

## GLUTEN-FREE SAMPLES FROM...

**GFREE CONNECT**  
SAMPLES | SAVINGS | SIMPLICITY

GFree Connect is a unique gluten-free sampling care package program that helps connect gluten-free consumers with brands and other information that will ease the day-to-day diet. Every three months, GFreeConnect sends a gluten-free product care package "GFree Connect Sample Pack" to consumers who have signed up for their program via [www.gfreeconnect.com](http://www.gfreeconnect.com). Each quarterly care package will have different samples than the one before. For more information and to sign up, visit [www.gfreeconnect.com](http://www.gfreeconnect.com). Use Discount Code SGGF1 to receive a \$5.00 discount off your first Care Pack.



**Cakeheads an Artisan Bakery** in Englewood now offers GF whoopee pies in addition to their GF cakes. Their whoopee pies are available at the bakery as well as several grocers around the Denver area. For more information, visit their website at [www.cakeheadsbakery.com](http://www.cakeheadsbakery.com).



**The 9<sup>th</sup> Door** in downtown Denver serves both traditional and new-style tapas. They have a knowledgeable staff and denote all GF items on their menu [www.theninthdoor.com](http://www.theninthdoor.com).



**Udi's Café's** occasionally host GF dinners called the "Gluten Freedom Dinner Club". Check out their website for event locations and dates [www.udisfood.com](http://www.udisfood.com).



**Parallel 17** on 17<sup>th</sup> Ave. in Denver specializes in modern Vietnamese cuisine. View their extensive GF brunch, lunch and dinner menus at [www.parallelseventeen.com](http://www.parallelseventeen.com).



**Panzano**, the high end Italian restaurant in downtown Denver, now offers both GF lunch and dinner menus with a wide variety of options. GF menus are available on their website at [www.panzano-denver.com](http://www.panzano-denver.com).



**Lola** offers award winning coastal Mexican cuisine in their trendy Highland's location. Lola does not have a specific GF menu, but their staff is extremely knowledgeable and accommodating. For more information, visit their website [www.loladenver.com](http://www.loladenver.com).

COASTAL MEXICAN



**Vesta Dipping Grill** will be hosting a celiac friendly, Gluten-Free Rosé Wine Dinner on Sunday, June 26th. Their chefs have agreed to give our members a sneak peak at this amazing five course meal below! In-house sommelier, Eric Dutton, will be pairing each GF course with a different rosé wine from around the world. Don't miss out on this extraordinary dining experience. Call 303-296-1970 to make your reservations today!

#### **Potato Gnocchi**

Morels and English Peas in a Duck Confit Broth

#### **Baked Local Goat Cheese**

Dried Cherries, Mache, and a Pistachio Parmesan Crust

#### **Pan Roasted Colorado Bass**

Shitake Mushroom Rice Risotto, Grilled Chinese Broccoli, and Plum Tankatsu

#### **Colorado Lamb Chops**

Charred Ramps, Pear-Mint Salad with Smoked Paprika Oil, and Crème Fraiche

#### **Lemon Ginger Semifreddo**

Burnt Sugar Ice Cream with Blueberry Compote

#### **Gluten-Free Cooking with Carol Fenster**

Wednesday, May 25, 7:00 p.m.  
Williams-Sonoma in Aspen Grove  
7301 S. Santa Fe Drive, Suite #550, Littleton, CO  
80120 (near intersection of Santa Fe and Mineral)

To register and receive 10% off all purchases that evening, call 303-794-4744 or email [bsatromwsgc@gmail.com](mailto:bsatromwsgc@gmail.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 corresponds with your neighborhood, please contact Steve Zeiden at (303) 520-4223 or email [vpmembership@denverceliacs.org](mailto:vpmembership@denverceliacs.org).

## Membership on the Move

Our chapter would like to welcome Steve Zeiden back to our Board of Directors. Steve has accepted the position of Vice President of Membership and has also taken on the task of managing our new Face Book page! In addition to Steve, our Huddle leaders are great resources for your gluten and gluten-free questions.

**\*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.**

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) 986-2808	<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:billeyl@yahoo.com">billeyl@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:mcholz@aol.com">mcholz@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>
Greeley/High Plains (CSA Chapter #147)	Monica Hupalo		<a href="mailto:hupalo@comcast.net">hupalo@comcast.net</a>

# 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>
Steve Zeiden, <i>VP Membership</i>		(303) 520-4223		<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!**

**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.



**Welcome Colorado High Plains CSA Chapter 147 in Greeley!**

**What we've all been waiting for...**

The new 2011 Gluten-Free Food Product Guide will be available in August!

\*The 2009 edition will only be available through May 31<sup>st</sup>.

# GLUTEN-FREE FOOD PRODUCT GUIDE



## 2009 GLUTEN-FREE PRODUCTS LIST ORDER FORM

Please mail this form to: Don Smith, 3379 Mill Vista Rd., #4116, Highlands Ranch CO 80129 (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](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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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.

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**Rudi's**  
gluten-free bakery  
[www.rudisbakery.com](http://www.rudisbakery.com)



# MEMBERSHIP Application FORM 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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FOR DETAILS AND PRICING CONTACT  
[NEWSLETTER@DENVERCELIACS.ORG](mailto:NEWSLETTER@DENVERCELIACS.ORG)

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

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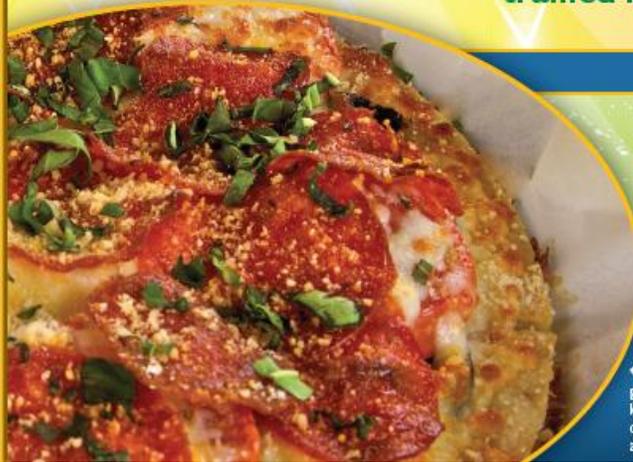
- Gluten Free Pizza Shells, Sandwich Hoagies, Chicken Nuggets and Parchment Paper are stored in a flour free environment\*
- Sauce's handled separately
- Gluten Free Products cooked & served on parchment paper
- Specific Gluten Free utensils
- Knowledgeable kitchen staff trained in safe procedures

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**Participating Locations**

<b>Arvada</b>  7805 Wadsworth 303.420.8376	<b>Denver</b>  2710 S. Colorado Blvd. 303.758.1519	<b>Ft. Collins</b>  100 N. College Ave. 970.498.8898
<b>Boulder</b>  2690 Baseline Road 303.554.5312	<b>Evergreen</b>  Downtown Evergreen 303.670.2744	<b>Idaho Springs</b>  Historic Downtown 303.567.4376

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



\*We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten free pizza shells and sandwich hoagies are supplied by a gluten-free bakery. They arrive, are baked and delivered to your table. Our toppings have been thoroughly researched and confirmed gluten-free and every effort is made to keep these ingredients free of contamination. However, Beau Jo's is not a gluten-free environment. We mix pizza dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not warranty that the foods we serve are actually gluten-free due to changes in brand or supplier and/or cross-contamination caused from human error. Neither Beau Jo's nor the Gluten Detectives at OnTheMenu, LLC assume any liability for the foods offered.