

# 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)  
November 2011

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## Save the Date!

### December Meeting & Annual Cookie Exchange

**Thursday, December 1, 2011 @ 7:00 PM**  
**The First Plymouth Congregational Church**  
**Plymouth Hall**  
**3501 S. Colorado Blvd.**  
**Englewood, CO 80113**



Our annual Cookie Exchange and the December meeting will be Dec. 1<sup>st</sup> at 7pm at The First Plymouth Congregational Church in Plymouth Hall - 3501 South Colorado Boulevard, Englewood. Maria Gordon, a registered dietitian, will be sharing some great holiday recipes with us. Join us for some yummy holiday treats and learn some new recipes for holiday favorites. Please bring 2-3 dozen of your favorite GF cookies and the recipes to share.

We ask that you please do not use oats in any of your recipes in consideration of those newly diagnosed with Celiac, and for those unable to tolerate oats.

### No Oats at Meetings

In consideration of newly diagnosed members and those unable to tolerate oats, please do not bring snacks that contain oats.



## National Celiac Awareness Special Event Recap

By Katie Uhlenbrock, Vice President, Programs

We had a very fun luncheon at Beau Jo's on October 15<sup>th</sup> to celebrate National Celiac Awareness Month. We all filled up on great gluten free pizza while listening to Andrew Dodson speak about his internship with Dr. Fasano, the leading celiac research doctor in the world. The Denver Celiac Sprue Association sponsored Andrew's internship with Dr. Fasano this summer. Many of our board members would have loved to have this opportunity so it was fun to hear about his experience. Andrew got to work in the research facility and also watched Dr. Fasano as he dealt with some of his patients. Andrew would also like to be a research doctor and come up with a treatment or cure for celiac disease, so he will be one to watch for in the future. You can check out Andrew's blog at [www.insideceliac.blogspot.com](http://www.insideceliac.blogspot.com)

At this meeting we had everyone fill out a Gluten Free Tony Award form with some of their favorite gluten free restaurants.

*Article continued on page 5 with The Tony Awards*



Andrew Dodson speaking to the crowd at Beau Jo's

# CSA National Convention Recap

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By Karen Cranford, Chapter President

Two evening sessions at this year's CSA Conference in San Diego focused on brainstorming the issue of the FDA Gluten Free Labeling Law. For those of you who wrote letters, thank you again for the time and effort you put into it.

**Dr. Greg Harmon, MD, University of California**, spoke on "Diagnosis: The Role of Genetic Testing in Celiac Disease". Dr. Harmon's first point was "Who Is At Risk?" They are those with a strong family disposition (Identical Twins 70-80%; Siblings 10%; Children 5-10%); Genetic Risk Factors (DQ2 and DQ8 Genes); and Gluten Exposure (as little as 50mg per day).

Regarding DQ2 or DQ8: about 1 in 3 people carry DQ2 or DQ8; most of those people will NEVER have celiac disease; almost every person with celiac disease has DQ2 or DQ8; carrying DQ2 or DQ8 is not enough to say you have CD or gluten sensitivity.

Who should undergo gene testing for celiac disease? Someone with contradictory (or incomplete) results of biopsy & blood tests; and someone who wants to rule out CD such as a relative of a patient with CD.

Dr. Harmon also spoke on gluten sensitivity and said there is no consensus opinion about how to diagnose someone with gluten sensitivity, as well as many who think they have gluten sensitivity don't have the genes that cause celiac disease.



Dr. Greg Harmon at the CSA Conference

**Dr. Peter Green, MD, Columbia University**, spoke on "CD: Disease Spectrum & Long Term Prognosis". He addressed the issue of the prevalence of autoimmune diseases in celiac disease and says prevalence increases the older you are at the time of diagnosis

- Early diagnosis (under age 20) reduces the risk of developing autoimmune diseases.
- Adherence to the Gluten Free Diet reduces the development of autoimmune disease (does not eliminate the risk; it lessens the risk).

Dr. Green says there is a moderate increase in the mortality rate of those with CD. However, that decreases with duration on the diet. Increased mortality depends on:

- Degree of adherence to the diet
- Persistence of villous atrophy (is the villi recovering?)

Early Management of Celiac Disease and things to check for include: Vitamin Levels (B12, Folate, Vitamin D); Mineral Levels (Iron, Calcium, PTH, Copper & Zinc); and Bone Density. The GF diet is not a healthy diet because it's low in fiber, vitamins & iron and can be high in fat and calories. But the diet CAN BE healthy.

Follow Up Care: Those with CD need specific follow up medical & nutritional care to watch for inadequacies of the GF Diet; the risk of associated diseases; internal testing (patients & families). Dr. Green's practice offers screening of relatives and advice regarding attempts to reduce the risk in newly born children.



Dr. Peter Green at the CSA Conference

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By Katie Uhlenbrock, VP Programs

I am so happy that I was able to attend the 34<sup>th</sup> Annual CSA Conference in San Diego this September. It was my first conference but I really learned a lot!! There were so many amazing speakers at the event. One that I was especially interested in hearing from was Kimberly P. Newton, who is a specialist in pediatric celiac disease from the University of California. This is such an important topic for those of us raising children, knowing that they could have the gene to develop celiac disease themselves.

I was surprised to find out that no one is actually born with celiac disease. It is only something that can be developed once we have an exposure to gluten. It is best to introduce gluten in small amounts to babies at the age of 4-6 months and it is best if this can be done while still breastfeeding.

# CSA National Convention Recap

*Continued from previous page*

Some of the non-gastrointestinal symptoms in children are: mouth sores, delayed puberty, low bone density, headaches, ADHD, depression, inflammation of the liver, anemia, and dermatitis herpetiformis. Another symptom that I was surprised to hear about was how many children will either not lose their baby teeth at normal times or the permanent teeth will not come in as quickly as they should. It is amazing the wide array of symptoms that this disease can have.

The second day of the conference there were two registered dietitians who both gave great presentations on being as healthy as you can with Celiac Disease. Shelly Asplin is the official dietitian for national CSA. She spoke on how to avoid the many nutrient deficiencies that are common with celiac disease, including Iron, Vitamin B-12, Folic Acid, Calcium, Vitamin D, and Fiber. The next presenter was Mary Collard, who gave a great presentation on all of the wonderful vitamin rich foods that we should be eating. She talked about many gluten free whole grains, legumes, nuts, seeds and vegetables that many of us either did not know about or have not taken the time to figure out how to cook with. Some of her favorite gluten free foods are home prepared cereals, breads, and soups. A lot of times it is much easier to just buy the gluten free products off the shelves but most of them are not nutritious. This presentation definitely convinced me to start trying new grains such as amaranth, buckwheat, and millet and to start being healthier with many of my food choices. Mary is working on a cookbook so this will be a must have when she finishes it.

The conference was concluded with a very fun chef showcase by Robert Landolphi who is the Manager of Culinary Development at the University of Connecticut. Robert once owned his own bakery in Connecticut until he discovered that his dream of having a family bakery was making his wife extremely ill. When they discovered that she had celiac disease he immediately sold the bakery and took a job at the University of Connecticut. Robert now devotes quite a bit of his time to making sure that any student that comes to the university with celiac disease will have plenty of food options available to them. He has made sure that all of the restaurants and dining halls at the university have at least one gluten free entrée at all times as well as gluten free breads, wraps, pastas and cereals so there are plenty of options available.

They have also taken many precautions to deal with cross contamination issues. It is amazing what he has done for the university and I only hope that others follow in the University of Connecticut's footsteps. It would be so wonderful for families to not have to worry about dietary needs at this difficult time. Robert has two wonderful cookbooks out now so if you have a chance, make sure to check them out.

Chef Robert Landolphi also works with Children's Hospital Boston and they have produced a DVD titled "Gluten-Free At College" that talks about what they have done at the University of Connecticut to make a safe, gluten-free environment for their students requiring the diet. It will also help you ask questions when sending your gluten-free child off to college. To order a copy, email [celiacsupportgroup@childrens.harvard.edu](mailto:celiacsupportgroup@childrens.harvard.edu) or write to Celiac Support Group/Gluten-Free DVD, Children's Hospital Boston, 300 Longwood Ave., Hunnewell Ground 018, Boston, MA 02115.

There is also a new comic book from Children's Hospital Boston called *Amy Goes Gluten-Free* to help children navigate the diagnosis of CD. They also have another DVD, "Raising Your Celiac Child, Guidelines for A Gluten Free Lifestyle". For either, go to [www.childrenshospital.org/clinicalservices/Site2166/mainpageS2166P99.html](http://www.childrenshospital.org/clinicalservices/Site2166/mainpageS2166P99.html).



Chef Robert Landolphi



Mary Collard



Shelly Asplin



# CSA National Convention Recap

By Kathy Craig, Chapter Treasurer

The Oral Manifestations of Celiac Disease: We heard from Dr. Malahias, D.D.S., who is an affiliate of the Celiac Disease Center at Columbia University. Did you know that your dentist could be the first person to identify Celiac Disease? In a recent study done by Dr. Malahias and Dr. Green, oral manifestations occur sometimes before other symptoms of Celiac Disease. Since celiac disease causes malabsorption of nutrients because of villi atrophy, this causes oral and dental manifestations of celiac disease. The signs dentists should be aware of are: **enamel defects, delay of teeth coming in, canker sores and cracking at the corners of the mouth and or scaling of the lips, white mucus in the mouth and smooth tongue.** These defects would mostly be in the permanent teeth and show up in all four quadrants of the mouth. When our dentists see these defects, he should ask questions. If there is no apparent reason for such defects in the mouth and teeth the dentist should have their patients see their doctor to check for celiac.

*The January issue will include a summary of the national issues of the conference by Joan VanLoozenoord, a Denver chapter member and this region's representative to the national CSA organization.*

## DenverCeliacs.org Website Relaunch

By Kurt Fulwider, Chapter Webmaster

On October 10<sup>th</sup> we relaunched the DenverCeliacs.org website. In addition to making the website easier to maintain, the changes brought a fresh look, consistency and additional features to enhance the user's experience. Following are some of the main changes worth noting.

Our Home page now contains links to and feeds from our Facebook page so you can follow our posts on Facebook. A Latest News ticker has also been added showing the most current information posted to our site, including upcoming events and meetings. You can click any item in the ticker for more details or hover your cursor over the ticker to pause the scrolling.

We have integrated a Google calendar on the "Meetings, Classes and Events" page. The calendar contains all of our chapter meetings and events plus other gluten-free happenings in the metro area. You can print, save as PDF and view this calendar in a variety of formats. Click on any event to see its full details. The detail view mode also contains a link for copying the calendar to your own Google calendar.

The "Restaurants", "Other Resources" and "Local Doctors and Dentists" pages now allow sorting of the data by various fields including city and name. The restaurant listing can also be restricted by different areas of Denver. The "Restaurants" and "Doctors and Dentists" lists also now contain a link to show the establishments on a map.

Cel-Kids now has its own page with an events listing, calendar and photos. Click their page to view the activities specific to Cel-Kids.

Currently we are exploring how to integrate user reviews with the restaurant listing to allow you to share your experiences with the rest of our website visitors. We are continuing to look for ways to make the website more useful for our members and the gluten-free community. If you have any further suggestions please email them to me at [webmaster@denverceliacs.org](mailto:webmaster@denverceliacs.org).



### Cel-Kids Events

For a full recap of our Halloween event, please turn to page 6. Below is a list of our upcoming chapter events for our Cel-Kids group. We will post more information on our website and

Facebook page as it becomes available.

You can always reach out to Maria Brotherston or Heidi Lyster at [celkids@denverceliacs.org](mailto:celkids@denverceliacs.org)



December 17, 2011: Cookie Decorating Party  
February 2012: Valentines Cookie/Card exchange  
April/March 2012: Easter Hunt  
June 2012: GF Picnic  
August 2012: GF Fair

*Full dates, time and venue for each are forthcoming.*

# The Tony Awards – continued from page 1

I thought this would be fun information to share with everyone so we could all try some new gluten friendly restaurants in the Denver Metro Area. Please note: The restaurants listed below are names given by fellow celiacs, but we as the Denver Celiac Sprue Association have not called or followed up with these restaurants. It is always up to you to talk with the restaurant to make sure that they will be able to provide a safe meal for you to eat.

## Best Gluten Free Breakfast/Brunch

Le Peep  
Eggs and More (Greenwood Village)  
Original Pancake House (Greenwood Village)  
Lucille's (Denver/Boulder)  
Wild Eggs (Denver)  
Benedict's (Greenwood Village)  
Blue Sky Café (Denver West)

## Best Gluten Free Lunch

Udi's Restaurant (Denver, Arvada)  
Blue Bonnet (Denver)  
730 South  
Thai Bistro (Littleton)  
Ted's Montana Grill  
Larkburger (Boulder)  
Sunflower Asian Café (Littleton)  
John Holly's (Lone Tree)  
Mega Wraps

## Best Gluten Free Dinner

Panzano (Denver)  
PF Changs  
Outback  
Vesta Dipping Grill (Denver)  
Angelina's (SW Denver)  
Indochine Cuisine (Parker)  
Solera (Denver)  
BJ's  
Carraba's

## Best GF Restaurant Overall

Maggianos (Denver)  
Abrusci's (Wheat Ridge, Denver)  
Blue Bonnet (Denver)  
Outback  
730 South (Glendale)  
Lala's Wine Bar (Denver)  
Sahara's (Greenwood Village)

## Best Pizza

Beau Jo's  
Abo's Pizza  
Mod Market (Boulder)  
Saucy's (Littleton)  
Virgilio's Pizza and Wine Bar (Littleton)

## Best Gluten Free Fast Food

Chipolte  
Qdoba  
Tokyo Joes  
Wahoo Fish Tacos  
Boston Market  
5 Guys Burgers and Fries  
Carl's Jr  
Garbanzo's (Littleton)  
Noodles

## Best Gluten Free Desserts

C'est Chic Cupcakes (Gwd Village)  
BJ's  
P.F. Changs  
Outback

## Best Kid Friendly Restaurant

Red Robin  
Beau Jo's  
Ruby Tuesdays  
Hacienda Colorado

## Best GF Restaurant to take your Sweetheart

Lala's Wine Bar (Denver)  
Panzano (Denver)  
Terra Bistro (Vail)  
Hearthstone (Breckenridge)  
Taki Sushi (Denver)  
Jing's (Greenwood Village)  
Bonefish Grill  
Fresh Fish Company (Denver)  
Fogo de Chao (Denver)

## Win a trip to Italy!

Join Shauna Ahern, the Gluten-Free Girl, on the culinary getaway of a lifetime! Two winners and their guests will travel to the beautiful city of Lucca and spend one week at an 18th century villa located on a vast estate just outside of the city. Relax in authentic Tuscan style and comfort, swim in the solar heated pool, take soul-soothing walks through olive groves and share memorable meals. Tour Tuscany's renowned sites during the day and come home to a heartwarming meal, lovingly prepared for you.

Enter now through December 20, 2011.

### Prize Package Includes:

Round-trip airfare and ground transportation to and from Lucca, Italy  
7 days, 6 nights in an 18th century Tuscan villa

Travel dates: May 26 – June 2, 2012

**For official Rules and more details about how to enter to win, visit [www.jovialfoods.com/getaway](http://www.jovialfoods.com/getaway)**

### Introduction to Celiac Disease and the Gluten Free Diet

This 3 ½ hour class offers an introduction to the gluten free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, reading food labels, how to stock your kitchen, eating out and more. **Presented by Diane Moyer, M.S., R.D.** Individual nutrition counseling is also available, specializing in Celiac Disease. For more information, call 720-560-3734.

### Looking for a Speaker on Celiac Disease?

The medical education committee of the Denver Metro Chapter of CSA offers presentations about Celiac Disease and the gluten-free diet to any audience - community groups as well as health care providers. We are especially interested in educating health care providers. Please help us accomplish this by mentioning this educational opportunity to your health care providers. For more information, contact Diane Moyer, M.S., R.D. at 720-560-3734 or by email at [dietitian@denverceliacs.org](mailto:dietitian@denverceliacs.org) or [DHMoyer720@yahoo.com](mailto:DHMoyer720@yahoo.com).

# Cel-Kids Halloween Event

The first annual Cel-Kids Gluten Free Halloween Party was a success. We would like to thank all the families that participated in the event. We had a face painter, pumpkin/ghosts foam figures to decorate, witches hands to be made, cake walk, costume contest and a DJ. We would like to thank the following for donating their time, equipment or goodies to the event: Debra Higley-Feldma: Face painting; Jeff Brotherston: DJ and lights; Cupcake donations: The Last Crumb Bakery and Deby's Gluten Free; Costume contest judge: Rick Wilson; Decorations/Crafts: The Lyster Family; Treats for cakewalk: All the parents that provided treats; Dr. Robert Kramer, a pediatric gastroenterologist from Children's Hospital- great of him to show up with his family (wife & 2 daughters). We look forward to next year's party.

Please mark your calendars for the next Cel-Kids event which will be December 17<sup>th</sup> at Deby's Gluten Free at 3 PM. We will be decorating Holiday Cookies. A kit with 6 cookies, frosting and sprinkles will be available for purchase of \$5.95. **Reservations for this event are a must and need to be in by December 13<sup>th</sup>.** If you wish to be added to our email list, please notify us at [celkids@denverceliacs.org](mailto:celkids@denverceliacs.org).

Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group that are also living with Celiac Disease and/or dermatitis herpetiformis.

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.

We would also like to bring more awareness to the Community about Celiac Disease.



## Thanksgiving Recipes

With the holiday right around the corner, we thought we'd share a few recipes with you from some of our chapter members. We wish you and your family a Happy and Gluten Free Thanksgiving!



### GRANDMA JOAN'S SAGE DRESSING

from Jerrine Hicks

1 stick butter or margarine  
1 cup water  
1 Tablespoon minced onion  
2 - 3 teaspoons sage  
dash of salt  
1 loaf gluten free bread (we prefer Udi's Whole Grain), crumbled

Melt butter or margarine, add water, bring to a boil. Place bread crumbs in casserole dish. Add spices to boiling water/butter mixture and stir well. Pour mixture over bread crumbs and mix well. Stuff turkey or bake covered for 1 hour at 350 degrees.

### IMPOSSIBLE PUMPKIN PIE from Cheryl Borgen

¾ Cup white sugar  
½ Cup Bobs Red Mill GF Biscuit and Baking mix  
12 ounces milk or dairy free alternative  
2 large eggs lightly beaten  
1 (15 ounce) can solid pack pumpkin puree  
2 ½ teaspoons pumpkin pie spice  
2 teaspoons vanilla extract

#### DIRECTIONS

Preheat oven to 350 degrees F (375 degrees F for High Altitude above 5000 feet). Spray a 9 inch deep dish pie pan with non-stick cooking spray.

In a large bowl, combine sugar and baking mix. Stir in milk and eggs. Then beat in pumpkin, spice and vanilla to mixture until smooth. Pour into pie pan.

Bake in a preheated oven for 50 to 60 minutes (45 to 55 minutes for High Altitude), or until knife inserted in center comes out clean. Top of pie will look cracked.

Refrigerate any remaining pie.

## Spotlight on...Bacteria and Celiac

While certain immunologic risk factors have been identified for celiac disease, it is still unclear why some develop the disease and others do not. One possibility is that some people are more able to digest gluten than others. Those who cannot break down the gluten into smaller proteins higher in the digestive tract, in the mouth and stomach, could develop an immune reaction to the full, unaltered protein.

Maram Zamakhchari and other researchers at Boston University and collaborating sites investigated whether bacteria present in the mouth can play a role in breaking down gluten. The authors reported in the journal PLoS ONE, published by the Public Library of Science, that two bacterial species present in the normal oral flora were able to degrade gluten. The species are *Rothia mucilaginosa* and *Rothia aerea*, as the authors reported in the online version of the publication on September 21, 2011.

This finding raises the question of whether people with celiac disease have different levels of these bacteria than those without celiac disease. The species

*R. mucilaginosa* is found in the mouth and the intestines while *R. aerea* is only found in the mouth. The authors attempted to answer this question by looking at saved intestinal biopsy specimens from patients with and without celiac disease. They found no difference in the presence of the intestinal bacteria between celiacs and healthy patients.

This study supports the idea that bacteria in the digestive tract may play a role in the development of celiac disease. While there was no difference in gluten-digesting bacteria in the intestines of celiac patients, the study did not evaluate the bacteria levels in the mouth. Patients with celiac disease have an increased incidence of Sjogren's syndrome, which features decreased mouth saliva, and suggests that oral digestion could be related to developing celiac disease. Assessing the presence of these bacteria in the mouths of celiacs versus the general population will be an important next step in the research.

The advertisement features a dark background with white text and illustrations. At the top left, the brand name "cappello's" is written in a large, lowercase, serif font. Below it, the words "gluten free" and "grain free" are separated by a small circular icon. Further down, "fresh pasta", "colorado", and "handmade" are listed, also separated by the same circular icon. To the right of this text, there are two illustrations of rectangular pasta boxes with a checkered pattern and the brand name. Below the main text on the left, there are three almond illustrations and a quote: "Made with Almond Flour, So It Tastes Divine." with a curved arrow pointing from the almonds to the quote. At the bottom left, there are social media icons for Facebook and Twitter. In the center bottom, the website "cappelloglutenfree.com" is listed. To the right of the website, the slogan "Equal Bites For All!" is written. At the very bottom, a list of retail partners is provided, separated by circular icons.

cappello's  
gluten free • grain free  
• fresh pasta • colorado • handmade

"Made with Almond Flour,  
So It Tastes Divine."

f t cappellosglutenfree.com "Equal Bites For All!"

Lucky's Market • Vitamin Cottage • Marczyk's I & II • Corner Store • Alpine Market • Gallop Cafe • Laudisio  
Village Market • Local Market • In Season Market • Tony's Market • Niwat Market • La Bottega • Terra Bistro

# Speaking Gluten Freely

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

- Against the Grain GF baguettes come in Original and Rosemary flavors.
- Amy's Kitchen Kids meal Mac n Cheese dinner is now GF with rice macaroni.
- Applegate Farms new GF breaded chicken tenders have a great taste.
- Artic Zero ice cream is made from fat-free whey protein with 8 flavors in pints and 4 in ice cream bars.
- Cedar Hill Seasonings GF, MSG and salt free dip mixes come in bottles and packets.
- Cucina-Antica pizza sauce, organic salad dressings and organic ketchup are GF.
- Deby's GF products are again available in some stores. The manager can order them in for you if they are not in your particular store.
- Earth Balance has 3 types of refrigerated GF mayonnaise, along with a refrigerated organic coconut spread - a non-dairy GF buttery spread.
- Eat Pastry has a GF Chocolate Chunk frozen cookie dough – easy to scoop & bakes up perfectly. Other dough made in the same facility contains gluten.
- Glenny's has an organic brown rice crispy marshmallow bar.
- Glutenfreeda now makes a GF beef burrito & pizza wraps – like a pocket sandwich.
- Glutinos new bread – Genius, is a big, fluffy sandwich bread in white or multigrain, that will make a full sized sandwich. It is made mostly with corn, potato & tapioca starch, with the white having some white rice flour.
- Go Raw GF, organic single bars of raw sprouted seeds come in 4 flavors; also granolas, seed mixes, sprouted seeds, and Super Cookies in 7 flavors.
- Heavenly Organics single chocolate patties are made with honey, in 4 flavors, all GF.

## Free Samples!

Jovial Foods Brand is offering **FREE trial sizes** of their **Jovial Foods Brown Rice Pasta**, discount coupons and free shipping on all jovial products from their **new online store**, by visiting: <http://www.jovialfoods.com/glutenfreegirl>.

## Free e-Cookbook!

Amazon.com is offering a free e-cookbook, *Gluten-Free, Hassle-Free: Planning and Cooking Simple Gluten-Free Meals*. Go to <http://amzn.to/n2l3be> to get it. Although this book is available in Kindle format, you don't have to have a Kindle e-reader to read it. You also can read it on your personal computer and a variety of other devices. Go to <http://amzn.to/pZ0VRn> for details.

## Weekly Farmer's Market

Beginning Nov. 6, 2011 Deby's GF Bakery is hosting a weekly indoor vendor fair and farmers market on Sundays. All products available from various vendors are GF, peanut free and shellfish free. For additional information or if interested as a vendor visit their website at [www.debysglutenfree.com](http://www.debysglutenfree.com) or call 303-283-4060.

## Holiday Lights for Celiac

Control Christmas lights, inflatable decorations and more – all for the good cause of Celiac Disease. Check out the free live webcam and control the action at [http://www.komar.org/cgi-bin/christmas\\_webcam](http://www.komar.org/cgi-bin/christmas_webcam)

## Important Product Guide Update

**The following items in the 2011 Product Guide now contain gluten:**

In the Vitamin section – Beano products

In the Dessert section - please be aware that Snickers Ice Cream individually wrapped bars may say "Contains wheat", but not in the ingredient label. Those seen with this statement were at convenience type stores. Other single bars and the boxed product say "MAY contain wheat" underneath the label, as a cross contamination warning. It's possible the first label was printed incorrectly, but it's better to avoid those individual products.



# Chapter Board Members & Neighborhood Resource Contacts

We are excited to welcome Jerrine Hicks to the Denver Metro Celiac Support Board as our Vice President of Membership. Jerrine will be taking over the responsibilities from Steve Zeiden, who will be managing our Newsletter, Facebook and other chapter communications.

**President - Karen Cranford**  
(303) 979-8094  
president@denverceliacs.org

**Secretary – Jennifer Leeson**  
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Jennifer.leeson@hmboftherockies.com

**Webmaster – Kurt Fulwider**  
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**Vice President, Programs - Katie Uhlenbrock**  
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vpprograms@denverceliacs.org

**Newsletter & Facebook – Steve Zeiden**  
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**Past President – Gina Meagher**  
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gmeagher@q.com

**Vice President, Membership - Jerrine Hicks**  
(303) 688-1327  
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**Dietitian – Diane Moyer**  
(720) 560-3734  
dietitian@denverceliacs.org

**Mail Order Coordinator – Don Smith**  
(303) 794-7258  
donsmith6834@comcast.net

**Treasurer - Kathy Craig**  
(303) 480-9347  
treasurer@denverceliacs.org

**Database Manager – Donna DeVisser**  
(303) 973-4613  
database@denverceliacs.org

**Product List Manager – Bonnie Atherton**  
(303) 756-8970  
productlist@denverceliacs.org

Below are the resource contacts in 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 Jerrine Hicks at 303-688-1327 or email Jerrine at vpmembership@denverceliacs.org.

Neighborhood Contacts	Contact(s)	Phone	Email
Denver City and County	Laura Determan Debbie Allen	(303) 757-3982 (303) 782-4841	lddet@msn.com deb@webdeb.com
Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard		kdarci@yahoo.com
Centennial & Greenwood Village (W/I25), Englewood, zips: 80120,21,22	Cathy Curtiss	(303) 771-8029	cathycurtiss@q.com
Lakewood	Betty Morris	(303) 238-5145	wabe22204@comcast.net
Aurora, zips: 80231 & 80247	Maria Brotherston Heidi Lyster	(303) 752-0958 (303) 503-6166	maria@brotherston.us blueeyes_80110@yahoo.com
Arvada, Wheat Ridge, Zips: 80021 & 80212	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
Highlands Ranch, Lone Tree, Castle Rock	Jerrine Hicks	(303) 688-1327	jerrine.hicks@gmail.com
Centennial & Greenwood Village (E/I25), SE Aurora, Parker, Elizabeth	Becca Konen	(303) 693-3795	beccakonen@gmail.com
Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
<b>WEST</b> Golden, Evergreen, Morrison	<b>OPEN POSITION- If you are interested in this position, please contact Jerrine Hicks at vpmembership@denverceliacs.org</b>		

Other Colorado Area Contacts			
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
Greeley/High Plains (Chapter #147)	Monica Hupalo		hupalo@comcast.net

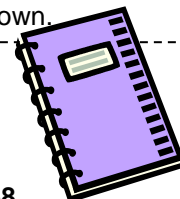
# Gluten-Free Food Product Guide

Makes a great Holiday gift!

The 2011 GF Product and Restaurant List is now available. It can be purchased at Chapter Meetings for \$7.00. To have a copy mailed to you, send the form below along with a check made out to Denver Metro Chapter #17 in the amount of \$10.00 (which includes postage) and mail to Don Smith at 3379 Mill Vista Rd., #4116, Highlands Ranch, CO 80129

Our intent is that the Gluten-Free Products List will make your grocery shopping, cooking, and snacking easier. It should also eliminate some of the risks to your health caused by "mystery" ingredients. The products have been reported to be gluten-free by the companies that manufacture and process them. Keep in mind that, in spite of careful research, we can never guarantee that a product is completely gluten-free. This is not a comprehensive listing of all GF products available. Continue to read labels to watch for ingredient changes, and to discover more gluten-free foods on your own.

## 2011 GLUTEN-FREE PRODUCTS LIST ORDER FORM



Please include a check made payable to: Denver Metro Chapter #17

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) = \$ \_\_\_\_\_ Total

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



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gluten-free bakery  
[www.rudisbakery.com](http://www.rudisbakery.com)



# Membership Application Form/Renewal Form

## Join, Renew or Give the Gift of Membership to Denver Metro Chapter #17 of CSA/USA

The Denver Metro Chapter is your best local resource for celiac information, support and gluten-free socializing. **To join, renew your membership or give the gift of membership, please choose one of options below.** Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization. If you're currently a member receiving a newsletter via USPS, your membership expiration date is on your mailing label. Questions? Reach out to Donna DeVisser at [database@denverceliacs.org](mailto:database@denverceliacs.org) or 303-973-4613.

☐ New Member      ☐ Renewal      ☐ I want to give a gift of membership

**Annual dues are \$15/year. To join, please send a check made payable to "Denver Metro Chapter #17, CSA/USA" and the form below to: Donna DeVisser, 2675 Van Gordon Drive, Lakewood, CO 80215-7001 or visit our website at [www.denverceliacs.org](http://www.denverceliacs.org) to join/renew online.**

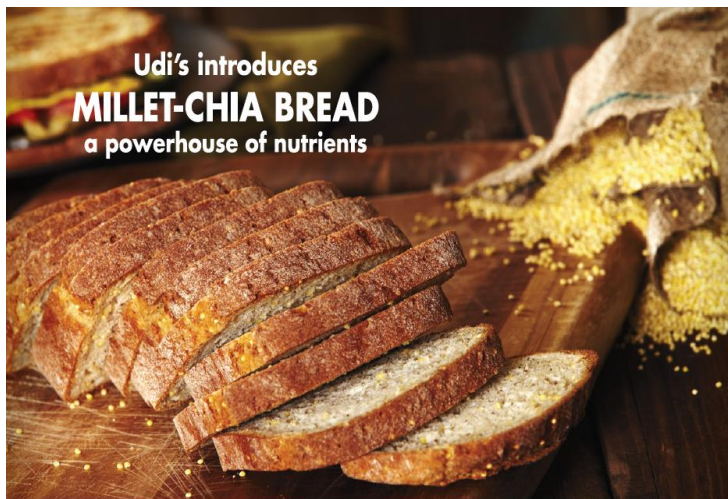
Member Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Gift Giver's Name (for acknowledgment) \_\_\_\_\_

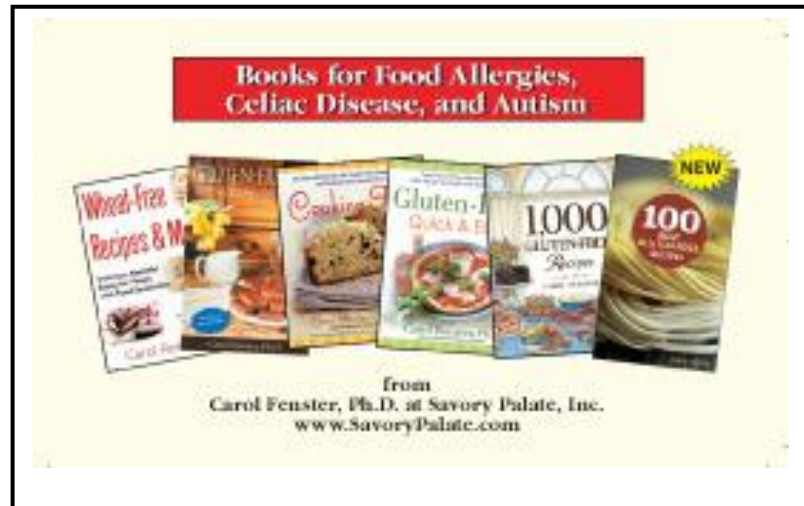
Please send my Newsletter by Email: \_\_\_\_\_ Have you received a Celiac Disease Information Packet? Yes / No



- Millet and Chia are naturally gluten free
- Chia is packed with protein, anti-oxidants, and omega-3
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- 12 grams of whole grain per serving



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



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- Sauces and toppings 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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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 3/31/12.

### Participating Locations

Arvada **WiFi**  
7805 Wadsworth  
303.420.8376

Denver **WiFi**  
2710 S. Colorado Blvd.  
303.758.1519

Ft. Collins **WiFi**  
100 N. College Ave.  
970.498.8898

Boulder **WiFi**  
2690 Baseline Road  
303.554.5312

Evergreen **WiFi**  
Downtown Evergreen  
303.670.2744

Idaho Springs **WiFi**  
Historic Downtown  
303.567.4376

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\*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 On The Menu, LLC assume any liability for the foods offered.