

# 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)

March 2013

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## We're going **GREEN!**

Please email  
[database@denverceliacs.org](mailto:database@denverceliacs.org) to  
receive your newsletter via email.  
Thanks!

**NO OATS AT MEETINGS, PLEASE.**

## Rockies Vs. Diamondbacks

April 20, 2013

### 3:00-6:00pm Pre- Game Event

Cassleman's Bar and Venue (2620 Walnut St, Denver 80205)  
Expect fun activities and incredible GF food and beverages!

### 6:10 – 8:30 ROCKIES VS DIAMONDBACKS @ Coors Field

Tickets are 40% off and we have our own designated seating section at Coors Field. Please check our website [www.denverceliacs.org](http://www.denverceliacs.org) for additional event information and for the link you will need in order to purchase your Rockies tickets. **(YOU WILL NEED INTERNET ACCESS TO PURCHASE TICKETS FOR THE BALL GAME)**

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

Sunday, August 18th

The Denver Celiac Sprue Association Chapter 17 is excited to announce the 7<sup>th</sup> Annual Incredible, Edible Gluten-Free Food Fair™. The Fair will be held at the Denver Merchandise Mart. Registration forms for vendors will go out via email in April. If you are interested in being a sponsor, please contact Katie Uhlenbrock at [GFFoodFair@DenverCeliacs.org](mailto:GFFoodFair@DenverCeliacs.org)

## "Ask the Nutritionist"

Patty Nachazel, a certified nutrition educator, will be providing an article answering your questions about whole food nutrition and the gluten free diet. Some possible topics: Cornbread vs. GF breads, How to add whole gluten free grains to foods, Finding and understanding the role of fiber in the GF diet, GF nutrition supplements, Weight management on a gluten free diet, Vitamin D and B-12 deficiency, Nutritional health bars and drinks, etc.

SEE PAGE 5 FOR THE FIRST ARTICLE BY PATTY.  
Write to Patty today with your nutrition questions at: [patty.nachazel@me.com](mailto:patty.nachazel@me.com) and see your answers in the upcoming newsletter.

## BREAKFAST FOR DINNER SUCCESS

In February, Denver CSA teamed up Le Peep (Littleton) and Syrup (Cherry Creek) restaurants to host Breakfast for Dinner events for our members. At Syrup, we sampled items from their fabulous gluten free menu including their award winning Cherry Creeker Eggs Benedict. At Le Peep we were offered an extensive buffet from their gluten free menu. The Gypsy Skillet was a BIG hit as well as their waffles and french toast. Thank you to all who attended and of course Le Peep and Syrup for their hospitality.



# CSA's Cel-Kids Network™

**Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group who are also living with celiac disease and/or dermatitis herpetiformis.**

*Being a part of CSA's Cel-Kids Network allows kids 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!*

## Cel-Kids February Update

Our Valentine's party at THE GLUTEN ESCAPE was a success. We had 39 total attending. Children decorated a big cookie with frosting and sprinkles.



## EGG HUNT & MAKE - YOUR - OWN GF PIZZA PARTY

**Saturday, March 23rd, 2013 at 10 a.m.**

### Pizza Doodle

303-442-2970

6830 South University Blvd.

Centennial, CO 80122

<http://www.pizza-doodle.com>

An evite will follow soon! For reservations please email us at [celkids@denverceliacs.org](mailto:celkids@denverceliacs.org). Or call Maria at 303-915-9756 or Heidi at 303.503.6166.



## **EATING GLUTEN FREE AT COLLEGE by Bonnie Atherton**

In December 2012 the Department of Justice Civil Rights Division reached an agreement, under the Americans with Disabilities Act, with Lesley University in Cambridge MA, in a lawsuit regarding servicing students with celiac disease and other food allergies in their campus dining halls. "For those individuals who have been diagnosed with celiac disease as children, this agreement will go a long way towards providing some GF meals for them when they go on to college. Validation of the coverage of this under the ADA is a big victory for everyone who has experienced this with their children! The press release of the decision is below." Additional terms of this settlement can be found at [www.justice.gov/opa/pr/2012/December/12-crt-1538.html](http://www.justice.gov/opa/pr/2012/December/12-crt-1538.html)

### **JUSTICE DEPARTMENT AND LESLEY UNIVERSITY SIGN AGREEMENT TO ENSURE MEAL PLAN IS INCLUSIVE OF STUDENTS WITH CELIAC DISEASE AND FOOD ALLERGIES – DECEMBER 2012**

The Justice Department today announced an agreement with Lesley University in Cambridge, Mass., to ensure that students with celiac disease and other food allergies can fully and equally enjoy the university's meal plan and food services in compliance with the Americans with Disabilities Act (ADA).

Food allergies may constitute a disability under the ADA. Individuals with food allergies may have an autoimmune response to certain foods, the symptoms of which may include difficulty swallowing and breathing, asthma and anaphylaxis. For example, celiac disease, which is triggered by consumption of the protein gluten (found in foods such as wheat, barley and rye), can cause permanent damage to the surface of the small intestines and an inability to absorb certain nutrients, leading to vitamin deficiencies that deny vital nourishment to the brain, nervous system, bones, liver and other organs. Celiac disease affects about 1 in 133 Americans.

By implementing this agreement, Lesley University will ensure students with celiac disease and other food allergies can obtain safe and nutritional food options," said Thomas E. Perez, Assistant Attorney General for the Civil Rights Division. "The agreement ensures that Lesley's meal program is attentive to the schedules and demands of college students with food allergies, an issue colleges and universities across the country need to consider."

Under the settlement, Lesley University agrees to amend its policies and practices to:

Continually provide ready-made hot and cold gluten- and allergen-free food options in its dining hall food lines; Develop individualized meal plans for students with food allergies, and allow those students to pre-order allergen free meals, that can be made available at the university's dining halls in Cambridge and Boston; Provide a dedicated space in its main dining hall to store and prepare gluten-free and allergen-free foods and to avoid cross-contamination; Enable students to request food made without allergens, and ensure that a supply of allergen-free food is available; Work to retain vendors that accept students' prepaid meal cards that offer food without allergens; Display notices concerning food allergies and identify foods containing specific allergens; Train food service and University staff about food allergy related issues; Pay \$50,000 in compensatory damages to previously identified students who have celiac disease or other food allergies.

The settlement agreement was reached under the ADA, which prohibits discrimination against individuals with disabilities by public accommodations, including colleges and universities, in their full and equal enjoyment of goods, services, and facilities. More information about the Civil Rights Division and the laws it enforces is available at [www.justice.gov/crt](http://www.justice.gov/crt). More information about the settlement with Lesley University can be found at [www.ada.gov](http://www.ada.gov) or by calling the toll-free ADA Information Line at 800-514-0301 or 800-514-0383 (TTY).

## TAX DEDUCTION GUIDE FOR THOSE WITH CELIAC DISEASE

If you or one of your dependents has celiac disease and you *itemize your deductions*, the extra costs due to gluten-free dietary restrictions may be taken as a medical expense.

### Gluten-Free Food and Travel Expense

1. You may deduct the cost of Gluten-Free (GF) food that is in EXCESS of the cost of the gluten containing food that you are replacing. For example, if a loaf of gluten-free bread costs \$5.00 and a comparable loaf of gluten containing bread costs \$2.50, you may include in your medical expenses the excess cost of \$2.50.
2. The full cost of special items needed for a GF diet may be deducted. An example is the cost of XANTHAN GUM (methyl cellulose) used in GF home baked items, which is completely different than anything used in a standard recipe.
3. If you make a special trip to a specialty store to purchase GF foods, the actual cost of your transportation to and from the store is deductible. If you used your vehicle for this purpose during 2011, you may deduct 19 cents per mile for January through June or 23.5 cents per mile for July through December. In 2012, you may deduct 23 cents per mile. You may include tolls and parking fees.
4. The full cost of postage or other delivery expenses for GF foods made by mail order are deductible.

If you are audited you may need a letter from your doctor indicating that you have Celiac Disease and must adhere to a Gluten-free diet for life. You will also need substantiation of the expenses in the form of receipts, cash register tapes or cancelled checks for your GF purchases and a schedule showing how you computed your deductions for the GF foods.

The total amount of your deduction for GF foods should be added to your other medical expenses that are reported on Schedule A of your form 1040. Do not include your doctor's letter, your receipts or your schedule showing how you computed your deduction. Save these documents which should be submitted only in the event you are audited by the IRS or your state's taxing authority.

Please consult your tax preparer when calculating your deductions, and refer them to the publication below. If you are audited and the auditor tells you that these items are not deductible, refer the auditor to the following: IRS Publication 502, Revenue Ruling 55-261, Revenue Ruling 76-80, Cohen 38 TC 38767 TC 481, Fleming TC MEMO 1980 583, Van Kalb TC MEMO 1978 366, **Medical Education Expense**

**SATURDAY JUNE 8<sup>TH</sup>**

**ANNUAL FAMILY POTLUCK PINIC  
AT CLEMENT PARK IN LITTLETON**

**BE SURE TO CHECK OUR WEBSITE FOR MORE  
INFORMATION ON THIS AND ALL THE EVENTS OF  
DENVER CSA. WWW.DENVERCELIACS.ORG**



### Restaurant Recommendations

**Abruscì's Italian (Cherry Creek)**  
300 Fillmore Street, Denver CO  
(303) 462-0513 - **FULL GF Kitchen**  
<http://abruscis.com>

**Buenos Aires Pizzeria (LODO)**  
1307 22nd Street, Denver CO 80205  
(303) 296-6710 - **Large GF Menu**  
<http://www.bapizza.com>

**Le Central (Governors Park area)**  
112 East 8<sup>th</sup> Ave, Denver CO 80203  
(303) 863-8094 - **GF Options**  
<http://www.lecentral.com>

## ASK THE NUTRITIONIST by Patty Nachazel, CNE.

### One of our readers asked....“IS THERE AN MS/GF CONNECTION?”

According to the Mayo Clinic, a gluten-free diet is used to treat celiac disease because it controls the signs and symptoms of the disease and prevents complications. However, can eating gluten free help alleviate the signs and symptoms of other diseases? Dr. Terry Wahls used a gluten free diet and other dietary changes to cure herself of Multiple Sclerosis (MS) and leave her wheelchair behind.

Dr. Wahl is a clinical professor of medicine at the University of Iowa Carver College of Medicine in Iowa City, Iowa. She was diagnosed with Multiple Sclerosis in 2000. She immediately turned to the latest and newest drugs available, but by 2003, the disease had transitioned to secondary progressive MS.

MS affects over 400,000 people in the U.S. and up to 2.5 million worldwide. 70% of the MS population is female, many of whom are diagnosed before they are 30. Like celiac disease, MS is an autoimmune disease, but with MS, the body mistakes the protective covering of nerve fibers as an invader to the body.

Dr. Wahl explains in her lecture<sup>1</sup> that the cells in our brains are protected and insulated by myelin but with MS, the myelin is damaged. Also, the critical mitochondria in the cells of MS patients just simply do not work well. Because of this, MS patients' brains begin to shrink. Through continued medical education she began some self-experimentation. She learned more about brain cell biology and what she could do to protect hers. She learned how B vitamins, Omega 3 fatty acids, and iodine work to make healthy myelin, and how sulfur and Vitamin B6 help to make neurotransmitters in the brain. By following her own protocol, Dr. Wahl could walk without assistance and eventually completed an 18 mile bike ride within a year of starting her protocol. She calls herself a modern-day hunter-gatherer and encourages us to eat as our ancestors once did. Dr. Wahl states that food allergies, gluten in wheat and casein in dairy in particular, are associated with a wide variety of health problems. By taking these proteins out of the diet and adding her food recommendations, she believes symptoms of many diseases can be relieved.

Her list of conditions that she believes can be relieved by going gluten free, and in some cases dairy free, include but are not limited to: eczema, asthma, allergies, irritable bowel syndrome, infertility, fibromyalgia, chronic fatigue, chronic headache, arthritis, neurological and behavioral problems. Dr. Wahl is in the process of writing a new book, *The Wahls Protocol*, which is about defeating Progressive Multiple Sclerosis without drugs.

Local Denver area and Multiple Sclerosis sufferer, Mary K. decided to stop eating wheat at the urging of her daughter. She had spent 20 years in a slow decline with her MS symptoms, but within days of going gluten free, she experienced drastic changes. Her constant companion, brain fog, was lifting and her balance and mobility were improving as well. After 4 years of eating gluten free, her MRI showed no new brain lesions. Her neurologist informed her that an average MS patient has 3-5 new lesions per year, so this was wonderful news for Mary.

She heard about Dr. Wahl and her book, *Minding My Mitochondria*, and started following Dr. Wahl's diet recommendations. Mary's mobility has continued to improve and she reports that her mind just feels sharper. One of her biggest changes recently is that she can now write legibly, something she hasn't been able to do since 1994. Mary feels that those with an autoimmune disease might benefit from trying a gluten free diet.

Lucinda Gunnin, a writer in Illinois who also has MS, posted her experience with going gluten free for 2 weeks on Yahoo on November 4, 2009, (<http://voices.yahoo.com/treating-multiple-sclerosis-gluten-free-diet-4809156.html?cat=51>). She reported being skeptical at first but couldn't deny that she has been sleeping better and feeling better since going gluten free. She said for the first time in years the numbness in her feet was gone.

The connection between the gluten free diet and MS symptoms has some shouting for joy and others waiting for more proof from the medical community. No matter the route chosen by an MS sufferer though, education is key. Seek more information and discuss personal needs with medical professionals, and perhaps, be open to trying the gluten free diet.

<sup>1</sup> Dr. Terry Wahl's lecture, November 11, 2011, at the TEDx Iowa City lecture, titled, "Minding Your Mitochondria"

## NEW NEWSLETTER EDITOR

Guinivere Stevenson is taking over for Susannah Faulkner as our newsletter editor as of the March issue of *Taming of the Sprue*. Guinivere worked in advertising for 10 years then returned to college to pursue filmmaking in the Fall of 2007. In March of 2012 she learned she was severely gluten intolerant and quickly shifted her primary focus to gluten free cooking – specifically baking. In January of 2013 she opened a gluten free food company, 3G's Gluten Free Gourmet Goodies, specializing in baked goods for wholesale and retail distribution. Since shifting gears from filmmaking to gluten free baking Guinivere has become very involved in improving gluten free living for everyone whether it be via her gf cookies or volunteering for Denver CSA. To learn more about 3G's Gluten Free Gourmet Goodies visit: [www.facebook.com/GF3GS](http://www.facebook.com/GF3GS).

**Please feel free to connect with Guinivere via [newsletter@denverceliacs.org](mailto:newsletter@denverceliacs.org)**

## COMMUNITY ANNOUNCEMENTS

### Adult GF Spring Dinner Cooking Class

Tuesday April 16, 6:30-9:30

"Kitchen on the Green" @ Expo Rec. Center  
10955 E. Exposition Avenue Aurora, CO 80012  
**(303) 326-8630 (Reservations Required)**

### New 100% Gluten Free Store

Gluten Free Way

10125 W. San Juan Way, #130 Littleton, CO  
(303) 862-5210

[www.glutenfreeway.us](http://www.glutenfreeway.us).

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### New Gluten Free Restaurant

St. Bon's Café

9425 S. University Blvd

<http://www.stbonscafe.com>

**Our very own Kurt Fulwider, Chapter's WebMaster, is expanding his influence to make it easier to live the gluten-free lifestyle.** St Bon's is a gluten

free/peanut free deli and bakery that opened on February 26th in Highlands Ranch!

**St. Bon's offers muffins, pastas, cupcakes, waffles, grilled panini sandwiches and more!**

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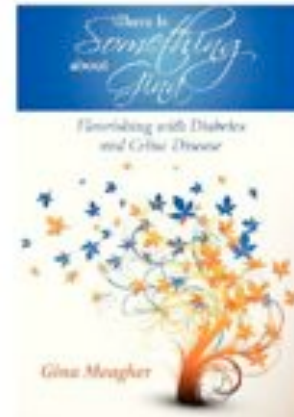
### Udi's at Wal-Mart!!

We're excited to let you know that your local Wal-Mart now carries Udi's Gluten Free Bread!

### HAPPY ANNIVERSARY!

This is the 10th anniversary of the publication of the prevalence study led by Dr. Alessio Fasano revealing that the incidence of celiac disease was 1 in 133 in the United States. Think of all the changes that have occurred in products, research, awareness, gluten free menus, and our life.

**THANK YOU DR. FASANO and others who participated in this multi center study!**



## “There is Something about Gina”

Now available at Amazon.com and Barnes & Noble in paperback and ebook (Kindle & Nook).

Gina Meagher, was diagnosed with type 1 diabetes at the age of seventeen. At thirty-two, she was diagnosed with celiac disease. Understandably, both chronic conditions have been challenging and frustrating for her. But they've also been educational and, over time, Gina has learned not only how to live with the conditions, but how to flourish in spite of them. *There Is Something about Gina* is the result of her desire to share her experiences and insights for the benefit of others who may be struggling with diabetes, celiac, or other chronic conditions. Gina has a unique perspective that is supportive and encouraging, practical and helpful. Former president of the Denver Metro Chapter of the Celiac Sprue Association, and founder of the Denver Chapter of the Incredible, Edible Gluten-Free Food Fair™, Gina is a frequent speaker on the subject of living with chronic conditions. She currently resides in Golden, Colorado, with her husband Jim.

## ASK THE DIETITIAN *by Diane Moyer*

Recently a national gluten-free magazine published an article discussing the appropriate emotional reaction and behavior to living with Celiac Disease<sup>1</sup>. The main point of the article is that people need to have the appropriate amount of vigilance around gluten, balancing being assertive enough in taking care of themselves, vs. becoming excessively anxious. One very important issue that was not discussed was the range of physical reactions to gluten in people with Celiac Disease. I would like to discuss that issue this month.

I'm sure we've all known people who do not take being gluten-free seriously enough, rationalizing that they don't eat *that much* gluten or they don't get *that sick*. We all know they are fooling themselves. But what about individuals who don't have any symptoms upon exposure to gluten? People who get very sick after exposure to gluten may have difficulty imagining this; however, some people do not experience any obvious symptoms. So, do they have to be as careful? The answer is "yes", damage is still being done on the inside. Studies show that damage starts to take place after just one exposure to gluten, and negative changes (such as mal-absorption of nutrients) can be seen quickly, even though blood antibodies may not show any changes for several weeks, even with continued exposure to gluten. Other individuals may not have an immediate reaction to gluten; their reaction may be delayed, often by several days. For both of these groups, it can be very difficult and frustrating trying to figure out what foods, situations and restaurants are safe, especially if it is several days later when they have symptoms, or several months later when they get the results of their latest blood work.

At the other extreme, there are people who become extremely ill, often ending up in the hospital after even the most minute exposure to gluten. Some people cannot even be in an environment where gluten is present (as a restaurant) without getting sick. In my practice, I have seen people who have had to change jobs, or change their personal care products in order to get better. There are also many people with CD who react to lots of other foods and have very limited foods they can tolerate.

So, if everyone with CD reacts so differently to gluten, what is the appropriate response? One of the first steps I recommend is for people to learn as much as possible. For example, find professional resources: meet with a dietitian expert in CD and start to establish your own treatment team. If you are receiving this newsletter, you have already taken another very important step: joining a support group, where you can learn from other members. Also learn about your own body. Not everyone reacts to gluten with diarrhea and stomach aches, any part of the body can be affected. As you heal, you may notice more ways that your body reacts. This can then allow you to be more aware of when you might be getting some gluten and stop eating it much sooner, thus lessening potential damage. Also learn to listen to your body as to how it responds to different foods. Even though they might be gluten-free, there might be foods that don't make your body feel very good, while others energize you and feel very healing.

The next step I would recommend is to educate and get the support of those closest to you. The more they are on board, the easier it will be for you.

Learn to make yourself and your health a priority. Learn to be assertive in asking for your needs. Plan for social events; always carry food with you; keep extra food stocked in your house. Always be prepared, as you can never count on others to make special arrangements for you.

Finally, be patient. This is a frustrating process to figure out. Everyone, no matter the severity of their reactions, usually takes about a year after diagnosis just to start to feel comfortable living gluten-free. When you make a mistake or end up with a reaction, don't give up. Just look at it as another "learning experience" and get right back on track. And whatever reactions your body experiences, do not feel bad if they are different from other people, and do not feel you need to apologize for whatever precautions you need to take. Ultimately we all have the same goal: to take care of our body as best as possible.

If you have any questions about this topic or any suggestions for topics to be covered in future issues, e-mail [dietitian@denverceliacs.org](mailto:dietitian@denverceliacs.org) or call Diane Moyer, M.S.,R.D. at 720-560-3734.

<sup>1</sup>Coburn, S. Managing Gluten Anxiety: The "Goldilocks Principle". Delight Gluten Free, 2013, March-April, P. 64.



## GLUTEN FREE DONUTS!!!

Dunkin' Donuts is testing gluten-free donuts at limited locations in southern Florida and the Boston area. An official statement from the company read, in part: "... we have received very positive feedback on the new products so far.

We do not yet have a time frame for potential national distribution." According to the National Foundation for Celiac Awareness says that Dunkin' Donuts' gluten-free products will be individually wrapped and calls them "dangerously delicious."

Dunkin' Donuts' efforts to break into the fast growing gluten-free market puts them in league with a number of other fast food chains seeking to add gluten free items to their menus, including Wendy's, Arby's, Domino's and Chick-Fil-A.

## CENTER FOR CELIAC RESEARCH (CFCR) MOVING TO BOSTON

The CFRC has announced that after twenty years of providing clinical care for patients and conducting breakthrough research in celiac disease and other gluten-related disorders in Baltimore, the Center for Celiac Research will be moving its operation to Massachusetts General Hospital (Mass General) in Boston, MA effective January 7, 2013. **Dr. Fasano** will continue to serve as director of the CFRC, and will become the new chief of the Division of Pediatric Gastroenterology and Nutrition (seeing both pediatric and adult patients) and director of the Mucosal Immunology and Biology Research Center. In addition, members of his research, clinical, and administrative team will be joining Dr. Fasano in Boston.

## OUR CONDOLENCES

Thelma Achenbach, one of our first Denver chapter Vice Presidents, passed away March 5, 2013. Thelma was always supportive of the Denver CSA and we send our condolences to her family.

## Join Us for Neighborhood Nosh!

Would you like to spend more time with gluten free friends? Would you like to improve your restaurant experience? Come share a meal and your restaurant experiences with someone who understands you!

Reservations are required as space is limited.  
Each person pays their own tab.

**March 18th, 6:30pm**  
**Viet Pho Restaurant -Lone Tree**  
[www.vietphorestaurant.com](http://www.vietphorestaurant.com)

**May (date to be announced)**  
St. Bon's Cafe in Highlands Ranch. St. Bon's is a new, gluten free, peanut free deli/bakery/cafe.  
[www.stbonscafe.com](http://www.stbonscafe.com)

**Note:** Restaurants are selected based upon gluten free availability and previous dining experience. Please use your own best judgment when ordering from any restaurant.

Questions, Restaurant recommendations and Reservations: Contact Jerrine Hicks at [nosh@denverceliacs.org](mailto:nosh@denverceliacs.org).

ATTENTION GLUTEN FREE FOODIES!  
Please try our delicious Naturally Laurie's Gluten Free pasta entrées and soup mixes.

[Click Here to Place An Order](#)

**\$1.00 OFF EACH BOX**  
Promotion Code: Laurie

### Naturally Laurie's Gluten Free Pasta Entrées



### Naturally Laurie's Gluten Free Soup Mixes



Old World Spices & Seasonings, Inc. 5320 College Blvd. Overland Park, KS 66211  
[www.lauriesdelic.com](http://www.lauriesdelic.com) Tele: (816) 861-0400



## NEW GLUTEN FREE PRODUCTS

A very special thank you to Debbie Knapp of Vitamin Cottage and our contributing members for providing the invaluable GF information below to our members. **REMEMBER TO ALWAYS CHECK LABELS**

- Ancient Harvest GF new pasta is quinoa penne.
- Barbara's is making their Honest O's cereal GF – check label to verify this.
- Balance Bars has reformulated its Chocolate Raspberry flavor so it is GF. 3 new flavors are also GF – Dark Chocolate Coconut, Crunch and Peanut.
- Blue Diamond Nut Thins new crackers have seeds - Flax, Multiseed and Sesame.
- Bops oven baked potato crisps/chips are organic and lower in fat.
- Breeze Bars have added mini sized bars, which are also dairy free.
- Crunchmaster has new little snack crackers in Cheezy Crisps Cheddar and Grammy Crisps Cinnamon sugar.
- Dowd and Rogers pancake mix has nut flours and chia, amaranth and brown rice.
- DeBole's new pasta is quinoa with flax seeds.
- Evol GF & dairy-free burritos come in Beef and Chicken.
- Gluten Free Bistros new pizza is a Margherita style mini pizza in the freezer.
- GoMacro's protein bar is organic Apple Walnut.
- Goodbody little cookie squares are dairy, grain and soy free and come in 5 flavors.
- Grandpa's Gourmet Garlic Parmesan breading mix tastes great.
- Jen's Zen Chocolate sauce is dairy and soy free, with organic coconut milk in 3 flavors.
- Missy J's carob truffle flavors are Coconut Almond Sea Salt and Hazelnut Spice.

## GLUTEN FREE PRODUCT GUIDE

The 2011 GF Product and Restaurant List is still 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: \_\_\_\_\_

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

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

Email: \_\_\_\_\_

# Chapter Board Members & Neighborhood Resource Contacts

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patty.nachazel@me.com  
**EMAIL HER YOUR QUESTIONS**

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webmaster@denverceliacs.org

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donsmith6834@comcast.net

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

**Gluten Free Gallop (Celiac Walk) - Steve and Kelly Moran**  
glutenfreegallop@denverceliacs.org

**Food Fair Coordinator - Katie Uhlenbrock**  
gffoodfair@denverceliacs.org

**Newsletter – Guinivere Stevenson**  
(720) 365-9138  
newsletter@denverceliacs.org

Below are the resource contacts in neighborhood areas in the Denver-Metro area. 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](mailto:vpmembership@denverceliacs.org).

Denver City and County	Laura Determan Susannah Faulkner	(303) 757-3982 (814) 464-4621	lddet@msn.com susannah.faulkner@gmail.com
Westminster, Commerce City, Northglenn, Thornton	<b>OPEN POSITION – If you are interested in this position, please Brighton, contact Jerrine Hicks at <a href="mailto:vpmembership@denverceliacs.org">vpmembership@denverceliacs.org</a></b>		
Centennial, Englewood, Greenwood Village	Janis Dodson Jean Duane	(303) 905-9450 (303) 221-0771	JanisDodson@yahoo.com info@alternativecook.com
Lakewood	Maryann Jordan	(303) 989-2050	majordang@msn.com
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) 688-1327	Melissa@glutenfreeforgood.com
Highlands Ranch, Castle Rock, Parker, Elizabeth, Franktown, Lone Tree	Jerrine Hicks	(303) 688-1327	jerrine.hicks@gmail.com
Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
Golden, Evergreen, Morrison	Donna DeVisser	(303) 973-4613	donnadevisser@msn.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.

New Member       Renewal       I want to give a gift of membership

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

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

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

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

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

How can the chapter best help you with your gluten-free lifestyle? \_\_\_\_\_

**Annual dues are \$15/year. To join, please send a check made payable to "Denver Metro Chapter #17, CSA/USA" and this form to: DENVER CSA 2307 Willow Creek Dr, Golden CO 80401 or visit our website at [www.denverceliacs.org](http://www.denverceliacs.org) to join/renew online.**

### 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).

### Dum Dum's Lollypops Still Gluten Free After All These Years



And they come in 16 flavors (who knew?!), including Watermelon, Strawberry, Cherry, Grape, Blue Raspberry, Root Beer, Sour Apple, Cream Soda, Butterscotch, Cotton Candy, Bubble Gum, Mango, Orange, Blueberry and Fruit Punch. Spangler, their manufacturer, also makes gluten-free Candy Canes, Saf-T-Pops and Circus Peanuts.

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

This 3 ½ hour class discusses what is Celiac Disease, "safe" foods, "unsafe" foods, reading food labels, how to stock your kitchen, eating out, coping with everyday challenges and more. Presented by Diane Moyer, M.S., R.D.

Individual nutrition counseling also available, specializing in Celiac Disease, Gluten-Related Disorders and other food intolerances. For more info call 720-560-3734.



