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**Meetings: 1st Thursday of even numbered months at 7pm unless otherwise noted
Board meetings are the first Thursday of odd numbered months at 6:30pm**

February Meeting

Date: Thursday, February 7, 2008

Time: 7:00 p.m. – 9:00 p.m.

**Location: St. Andrew United Methodist Church
3350 White Bay Drive,
Highlands Ranch**

Directions: From C-470 and University Blvd., go south on University Blvd. for about 1 mile. Pass the light at Venneford Ranch Rd. and watch for the first church on your right. Turn right at White Bay Dr. to enter the parking lot. There is plenty of parking available. The event is downstairs.

Event: Dr. Scot Lewey D.O, known as "The Food Doc", is a medical doctor, researcher and author specializing in digestive diseases and food related illnesses. He has extensively published articles focusing on Celiac disease, the broader problems of gluten sensitivity, and other food intolerances. Dr. Lewey will speak from his professional experience as a gastroenterologist and his personal experience- his wife has Celiac disease and he has non-Celiac gluten intolerance. His web site is www.thefooddoc.com

Dr. Lewey is requesting that CSA members provide him with questions or areas of interest prior to his presentation. Please e-mail these to Mary@AnderiesConsulting.com

Newly Diagnosed? For those who are newly diagnosed with Celiac disease or are a caregiver of Celiac family members, feel free to come as a chapter table will be set up where Diane Moyer, dietitian and board member will be available. Other board members will also be available to help you as well.

Oats at meetings

In consideration of newly diagnosed members and those who might have problems with oats, we ask our members not to bring snacks made with oats. We thank you, and our intestines thank you!

December Meeting

Members enjoyed the beautiful, historic setting of St. Thomas Episcopal Church for the annual cookie exchange. Everyone came away with plates of goodies and many new recipes. Hot spiced cider, holiday music and raffles of gluten free samples added to the festivities.

In search of cookie recipe

There has been a request for the recipe for the sugar cookie that had some white frosting dribbled on top with a fruit filling. They were individually wrapped. If you made the cookie and still have the recipe, please send the recipe to margo.scharer@yahoo.com. It will be published in the next issue of the newsletter.

Serving Dish found at December Meeting

Glass serving dish left at the December Cookie Exchange. Please call Mary at 303-433-4401 to claim.

November Newsletter Mystery – Sorry !

When we published our November newsletter, somewhere between the proofreading of the newsletter and the printing, an odd thing happened. The 7s were changed to 9s. This affected not only many phone numbers, but the mailing address for the membership renewals.

To compound the problem, the phone number for the membership renewals was also changed. So, if you received your membership renewal back as undeliverable and then tried to call Donna, you got a wrong number.

The printers quickly reprinted and remailed the newsletter with a notation to disregard the incorrect newsletter. But, by the time the newer version was received, many of you had already been inconvenienced. We deeply regret the error that occurred.

If you have questions about your membership, please call Donna DeVisser at 303-973-4613

Newsletter Deadline

March 5, 2008 is the deadline to submit articles or information for the March newsletter. Please send submissions to margo.scharer@yahoo.com.

Celiac Friendly Restaurants

Changes for Deby's

Deby's is changing its name to 8 Free Foods, AND, they are going to be in EVERY King Soopers store in Colorado that has a bakery before January 1st, 2008 with 7 products. There is a good chance of getting more products into King Soopers as the demand for these products grows. (for more information see "Speaking Gluten Freely")

Changing of hours at 8 Free Foods (Deby's)

Due to the changing nature of their business, 8 Free foods (formerly Deby's) hours will be changing.

On Monday, Tuesday, and Wednesday, STARTING on Wednesday December 5th, 8 Free Foods will be open from 10:00 a.m. to 6:00 p.m. Lunch will be served from 11-2 each day and be available for groceries and hot-to-go pizza the rest of the time. On Thursday, Friday, and Saturday, 8 Free Foods will be open with the same hours, 8:00 a.m. - 8:00 pm on Thursday, and 8:00 a.m. - 9:00 p.m. on Friday and Saturday, with Breakfast, Lunch, and Dinner served all day. The restaurant will also be open, as soon after the start of 2008 as feasible, for Breakfast and Lunch on Sunday. Sunday hours are anticipated to be approximately 7:00 a.m. - 3:00 p.m. For details visit [8 Free Foods Website at http://www.debysglutenfree.net/](http://www.debysglutenfree.net/)

From Margo Scharer
Vesta Dipping Grill and Stuebens, both owned by chefs/owners Josh and Jen Wolkon, have gluten free menus. At Steuben's, which serves great comfort food, servers will tell you about which foods are at risk for cross-contamination (e.g., they do not have a dedicated deep fryer) and which are not. For kids' meals, servers will gladly substitute their traditional cupcake dessert for gluten-free sorbet. We've never had a bad meal there, and never been sick. For burgers, sandwiches and hot dogs, bring your own bun.

The **Original Pancake House** restaurant, with two locations in Greenwood village is announcing the addition of gluten-free pancakes to its menu. The locations include the Pancake House at 8000 E. Belleview Avenue or 5900 S. University Blvd.

Gluten Free Girl's DO's when dining

- 1) Go to restaurants that care about the food.
- 2) Choose cuisines that tend to be naturally GF (Thai, Indian, Mexican, Vietnamese and Vegetarian).
- 3) Plan ahead.
- 4) Be solicitous and meticulous about your condition - Let server know upon introduction about your specific dietary needs.
- 5) Thank your waitperson if they are kind and tip.
- 6) Go back.
- 7) Go with your gut- if you think something has gluten in it even if you are assured by the server/chef it doesn't- don't eat it!

A reminder to everyone submitting restaurant information: Please review cross contamination issues with the management, i.e. separate fryers and oil, cleaning of the grill or cooking meat on aluminum foil, separate pans, spoons, etc., separate preparation areas if possible and gloves if they are handling floured items before the GF ones. Also ask about staff training and review ingredients carefully as some personnel are not familiar with all hidden gluten containing ingredients. This info is shared with many people and some may be more sensitive than others.



!!!!HELP!!!!

With the Denver CSA Chapter growing and getting involved in more and more events, we need your help more and more. Success for our future events depends on having enough volunteer help and we have positions that are now open that we desperately need to fill. If you're newly diagnosed, what a great way to really learn about celiac disease. If you've been with us for a while, what a great way to make a difference. Positions open include:

Vice President—Programs Treasurer

Please call if you're even remotely interested and find out what the positions entail. Let's keep the momentum going! We can't accomplish what we'd all like to do if we don't all pitch in. We're counting on you! Call Gina Meagher at 303-279-9382 or email her at gmeagher@mines.edu.

Searching the Internet to raise \$\$ for CSA

From CSA Lifeline Vol. XXVII No. IV, 2007

You can use "Good Search" (www.goodsearch.com) as your search engine and designate Celiac Sprue Association as the benefiting charity. One penny per search goes to Nat'l CSA. Doesn't sound like much? If 10,000 members conduct one search per day at 1 cent per search, this results in \$100 per day, \$3,000 per month and \$36,000 per year to help more celiacs.

**** **In the News** ****

The Thursday, December 13, 2007 **Boulder Daily Camera Online** and the December 22, 2007 **Denver Post** issue featured a story about Alek Komarnitsky's Lafayette house in Blue Heron Estates which boasts holiday lights at www.komar.org. While showing the lights on their house, Komarnitsky's Web site raises money and awareness to fight celiac disease. So far, they have raised \$20,000 towards celiac disease research over the years, which his two sons, aged 6 and 9 both have.



Several papers, including the Jan 8, 2008 edition of the **Houston Chronicle** and the online **Morning Call** featured a story about churches, both locally and internationally, that are removing wheat and other items in specific religious rites such as communion. This is to accommodate allergies and celiac disease. The article discusses the national media attention received a few years ago when a Catholic church refused to offer first communion to some members who lived with celiac disease. The articles declare that "some Benedictine nuns in Missouri have developed a wheat wafer with only trace levels of gluten -- a wafer that has passed muster with both the U.S. Conference of Catholic Bishops and those with Celiac disease."

There is a lecture by UCSD Celiac specialists available now on **YouTube**:
<http://youtube.com/watch?v=QR2LvQmoF1Y>
It's about 90 minutes long and well worth watching. If you want to watch the individual talks:
1) Dr. Kagnoff: how CD affects the body
2) Dr. Harmon: diagnosis and testing (begins 21 min)
3) Dr. Algert: GF nutrition (begins 39 min)
4) Q and A: (begins 59 minutes)

The December 18, 2007 **Glenwood Spring's Independent Post** online newspaper indicated that Beau Jo's pizza will open another restaurant on Jan 3, 2008 in Glenwood Springs at the Buffalo Valley (a current restaurant). Beau Jo's will keep the Buffalo Valley menu until probably April 2008. Beau Jo's prides itself on its gluten free options so hopefully they will be offering gluten free options as in their other restaurants.

Shauna James Ahern and the "Chef" at Tattered Cover Bookstore



Shauna James Ahern (Gluten Free Girl) in Denver

On January 7, 2008 Shauna James Ahern (aka the Gluten Free Girl) visited the Tattered Cover Bookstore promoting her narrative cookbook "The Gluten Free Girl: How I found the food that loves me back ... and how you can too". She read excerpts from her book about her journey from illness to health and love. Those who like to read about food, read about living positively with celiac disease or just like a good story about one woman's gluten free journey would enjoy Ahern's book.

With humor, Ahern discussed how, through celiac disease, she learned to say 'yes' to life; 'yes' to new foods and 'yes' to taking the time to stop to enjoy life and food – as food is the only cure for people living with celiac disease.

Ahern talked about her honeymoon to Italy - one of the best places to travel as a celiac. About 10 years ago Italy did a national blood draw and found that around 1% of Italians have celiac disease. Consequently, she feasted on coffee and GF chocolate croissants each morning. Italian restaurants had many GF non-pasta items and would gladly cook up customer's own pasta, if they didn't have GF pasta. Almost all of the Italian restaurants understood celiac disease.

Next on Ahern's to-do list is a community forum website called "Gluten Free Girl recommends" which will provide recommendations of restaurants, products, foods etc. As well, Ahern is working on a new book entitled "Dancing in the Kitchen" which is a narrative cookbook, written by herself and her husband, fondly called the "Chef" (a professional chef in Seattle). She will do the narrative and the "Chef" will supply the recipes. To find more on Ahern visit her web site at www.glutenfregirl.com



Speaking Gluten Freely

From Debbie Knapp at Vitamin Cottage:

Bob's Red Mill certified GF oats – Rolled and Steel Cut – should be at the distributors by February, though they may arrive sooner.

Bumble Bar has four new organic and GF flavors – Apricot, Cherry Chocolate., Chunky Cherry and Tropical.

Dowd & Rogers, who makes GF cake mixes and Italian Chestnut flour, has been purchased by the vitamin company, **Nutraceuticals**, so we no longer will be able to order from them directly. It may be mid January or later, before we can order regularly.

Earth Balance offers a natural margarine spread made with olive oil; also butter blend sticks (half butter, half natural margarine), which all say GF.

Enjoy Life Foods has a new Sunbutter Crunch snack bar that is nut-free and GF.

Falafel King, a local Boulder company, has made their falafel balls GF now, switching to rice flour.

Gluten-Freda is a new brand of frozen, ready-to-bake GF cookies, ordered through Rainbow Distributors, in four flavors – Chocolate Chip, Chocolate Mint, Peanut and Peanut Chocolate.

Outside the Breadbox has added Cocoa Coconut Cookies, Dairy-Free Graham Crackers, Graham Cracker Crumbs, Ivory Teff Rolls and Teff Multigrain Crackers

From Monica Poole at 8 Free Foods (Deby's):

King Soopers has added two 8 Free Foods to the five they are now carrying in their bakery freezer section in select stores – Cinnamon Raisin English Muffins and Oatmeal Raisin Cookie Dough, made with GF oats from Powell WY. If your store is not carrying the 8 Free Food line, please ask the store manager to add these products. Also, Sysco and US Foods, restaurant suppliers, are now carrying Deby's GF bread. If a restaurant has a GF menu, but no GF bread, ask them to order it from the above vendors. The more people ask for GF items in the grocery stores and restaurants, the sooner the companies will begin ordering them. THANK YOU to everyone who is purchasing the 8 Free Food products through King Soopers!

Granny's Gluten-Free Zone, owned by CSA Chapter 77 members Dona and Olan Huckaby opened Thursday November 15th, 2007 in Loveland at 4916 W. Eisenhower Blvd. (near the Devil's Backbone on westbound Highway 34), south side of the street. Store hours are 9 am to 6 pm, Monday through Saturday. Granny's plans to carry a wide variety of gluten-free products, including goods from **Outside the Breadbox** in Colorado Springs. For more information, call 970-669-9986 or visit www.grannysglutenfree.com.

Karl's Farm Market at 1741 E 120th, Northglenn, CO 80241 has started to carry many gluten free products. They have a list of products that you can order from, including products made by Glutino, Pamela's, Kinnikinnick, Bob's Red Mill, Annie Chun's, Amy's fresh meats etc. If you have any questions call Amanda at 303-452-8224. Their website is at www.karlsfarmdairy.com.

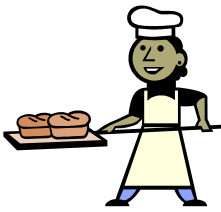
Rustic Crust™ launched its new line of wheat-free, gluten-free, dairy-free pizza crust. Napoli Herb, an authentic Italian crust, is the first product in the new line.

Whole Foods has started to carry their own brand, known as 365, of gluten-free mixes for baked goods. The different mixes include brownie mix, all purpose GF flour, muffin, cake mixes and cookie mixes. The customer service reps indicated that Whole Foods would be coming out with more stuff down the road as demand for gluten-free, pre-packaged food has grown.



Newsletter Renewal Time

Is it time to renew your membership? Look at your mailing label. If it says Last Issue, then it is time to renew. Please use the form on the last page of this newsletter. Be sure to renew as soon as possible so that you don't miss a single newsletter. Call Donna DeVisser at 303-973-4613 if you have questions about your membership.



Tours and Classes

GF Cooking Class

On Feb. 28th a **Gluten Free International Cooking class** is being offered by the City of Aurora Library, Recreation & Culture Services. Cost: \$40 for Aurora Residents and \$52 for Non-Residents.

Time: 6:30 to 9:30pm at the Expo Recreation Center. (10955 E Exposition Ave Aurora, CO 80012)

Class Description: Dive into world cuisine that is naturally GF & delicious by learning to use traditional techniques and ingredients. Menu: Pupusas (cheese stuffed corn cakes) with cabbage slaw, Masala Dosa with Curried Potatoes, Farinata (Italian flatbread), and Mangoes with Sticky Rice. Taught by Tracy Linko.

Registration information: Online: www.auroragov.org/recreation (credit card only)
Phone: 303-326-8650 (Customer Service)

Free Whole Food Tours From Natasha Calvert

Tamarac location of Whole Foods Market.

Saturday, Feb. 9th 10:00am to 10:45am
Saturday, March 8th 10:00am to 10:45am

Gluten Free Store Tour & Sampling

Every second Saturday of the month, join Trish from our prepared foods team as she guides you to the various gluten-free products offered throughout the store. Sample new gluten-free options for everything you love to eat. This is an essential tour for all customers with gluten intolerances.

2 hr class by Diane Moyer, M.S.,R.D.,C.D.E.

This 2 hour class offers an introduction 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. Cost is \$45.00 (includes a copy of the Denver Metro *Gluten-Free Products List*). Call 720-560-3734 for more information.

Wild Oats Gluten-Free Cooking Classes

Diane Moyer's monthly gluten-free cooking classes are held at the Wild Oats grocery store location on Colorado Blvd. For dates, times and the menu for that month, contact Diane Moyer, 720-560-3734.



Research Updates:

Clinical Trials at Alba Therapeutics

Alba Therapeutics Corporation announced Sept. 17th that they had dosed its first patient in a six-week Phase IIb trial with oral AT-1001 which would inhibit barrier dysfunction. This is Alba's 5th human trial with AT-1001. Alba is looking for more participants in their ongoing research. If you have been diagnosed with celiac disease, been gluten free for at least 6 months and willing to complete 7 study visits in 10 weeks, you may be eligible for one of their upcoming trials. For info, log on to: www.clinicaltrials.gov, www.centerwatch.com, www.albatherapeutics.com. To find a study site near you, call 410-319-0780 or email clintrials@albatherapeutics.com.

The Journal of Med. Genet. 2007 Dec 12 featured an article about some scientists at the University of Finland that have discovered a particular gene that is tied to the development of dermatitis herpetiformis, which is the celiac-associated skin disease found in about 25% of all celiacs. The gene is called myosin IXB, and it is located on chromosome 19p13. The article states that "in addition to being connected with a higher risk of celiac disease in both Dutch and Spanish populations, the gene has been associated with a higher risk of inflammatory bowel disease, systemic lupus, erythematosis, and rheumatoid arthritis, which means that myosin IXB is likely a shared risk factor in all of these disorders."

January 7, 2008 online edition of **Chemical and Engineering News** featured a story about a Stanford University research team that was able to trap the 'open' state of TG2 which is the enzyme that reacts with gluten to cause an auto-immune response in celiac disease. Many researchers had been trying to analyze this enzyme and before this, researchers could only examine TG2 in a 'closed' or inactive form. Although the results are preliminary, the new discovery could provide new insights for drug discovery for celiac disease.

Xanthan Gum for sale at March Meeting

The Denver CSA Chapter has ½ lb. bags of xanthan gum for sale for \$5.00 a bag. They will be available for purchase at this meeting.

Detoxification – from Diane Moyer M.S.,R.D.,C.D.E.

Recently I attended an excellent talk about detoxification and I'd like to share some of the information presented.

Detoxification – lots of people talk about it; there are tons of ideas out there about how to detoxify, but how do we separate the reality from the myths?

What are toxins and where do they come from? Toxins are substances that can cause damage in our bodies and increase our risk for various diseases such as cancer and heart disease. Many come from the environment (smoke, chemicals, pollutants). Some we ingest (alcohol, drugs, various substances in food). Surprisingly, the largest amount of toxins is made by our bodies, everyday, during normal metabolic processes.

So, should we worry? Our bodies have the ability to detoxify all these substances primarily through the liver. However, the digestive system is very important, too. A healthy digestive system can act as a barrier and block the entry of toxins into the body, thus reducing the work the liver needs to do. Unfortunately, with diseases such as Celiac Disease, the digestive system has been damaged, often allowing more toxins into the body.

This month, we will focus on tips for healing the digestive system.

The most important thing an individual can do for healing is to eat an overall healthy diet (details below); however, several supplements may be beneficial.

Healing requires increased amounts of many nutrients, and especially since many people, when first diagnosed with Celiac Disease, often have some nutritional deficiencies, a **multivitamin/mineral** is helpful.

Many people actually don't make enough stomach acid and part of the job of stomach acid is to kill harmful bacteria that we eat. For them, **betaine HCl** might be helpful. Stomach acid is also very important for digestion, especially with nutrients such as **protein and vitamin B-12**. Decreasing stomach acid, such as with the new acid blocker drugs, can lead to some nutritional concerns. In particular, they may cause decreased absorption, and possibly deficiencies of some minerals, especially **calcium**, possibly leading to bone loss.

L-Glutamine, an amino acid, is often used by the digestive system for fuel, and is very helpful with healing, especially the digestive system. (3,000 – 10,000 mg/day would be recommended.)

Since the auto-immune attack in CD causes inflammation throughout the body and GI system, it is often helpful to take **Omega-3 fatty acids** (fish oils) (1,000 – 6,000 mg/day) to reduce inflammation. Certain foods can also make inflammation worse. In

particular, red meats, especially fatty meats (cold cuts, sausages, prime rib, hamburgers, hot dogs, etc.), fried foods (fried fish, fried chicken (nuggets), French fries, etc.) and fatty snack foods (chips, snack cakes, etc.) can increase inflammation. Some fat, of course, is necessary, but it's much less damaging if it comes from plant sources (nuts, seeds, olives, avocados, etc.) and fish (not fried).

Another supplement to consider is **probiotics**. In the body, probiotics are friendly bacteria that live in the large intestine where they help our bodies maintain a healthy immune system and help protect us from unwanted invaders of our digestive system. Eating a couple of yogurts every day helps to re-supply these bacteria to our system. But what many people don't realize is that what someone eats in general, can keep these bacteria healthy. Plant foods, especially many vegetables (such as artichokes, onions, garlic, jicama) contain substances that feed these bacteria. Actually, these friendly bacteria seem to thrive on an overall diet that is generally high in plant foods (vegetables, fruits, beans and whole grains – brown rice, corn, quinoa, buckwheat, etc.) Diets high in meats and animal foods seem to promote the growth of more harmful bacteria. There are a huge number of commercial probiotic supplements available containing different strains of bacteria. Although a couple of the strains have been studied, the verdict is still out as to which – or which combination- are best.

Overall, these dietary modifications fit right into the recommendations of most major health organizations – recommendations to eat more plant foods, focusing on whole grain and high fiber ones, and to eat less meats and fatty foods. An easy way to visualize this when filling your plate, is to keep the meat portion to no more than ¼ - 1/3 of the plate, and then fill the rest of the plate with vegetables, beans, whole grains and fruits, preferably including at least a couple of vegetables at all meals.

When adding supplements to your diet:

- 1) Make sure, of course, that they are gluten-free,**
- 2) Always try one thing at a time, starting small and gradually increasing the dosage, to make sure you don't have a negative reaction, before adding the next supplement.**

Next issue we will discuss the liver and its role in detoxification.

Confidentiality

The Denver CSA chapter respects your right for privacy. On the membership renewal form, there is a new added section regarding confidentiality. We are requesting your permission to share your information with other celiac members within the organization for official CSA chapter business. The list will never be sold or given to anyone for any reason. When you renew your membership, please sign on the line authorizing CSA to share your information as needed. Thank you.

RECIPES from The December Cookie Exchange



Celiacs bake it better!

Carol Wescoat's No Bake Granola Bars

4 C crushed flaked cereal
(Used both of EnviroKidz Amazon
Frosted flakes and Mesa Sunrise)
1 ½ C sliced almonds, crushed
1 C semisweet chocolate chips (Nestle)
1 c dried fruit (Colorado Sunrise from Vitamin
Cottage)
1 C peanut butter (Smuckers Natural)
¾ C light corn syrup (Karo light corn)

Spray 15 x 15 inch jelly roll pan with Pam (or use a
silicon pad)

In large mixing bowl, blend the cereal, almonds,
chocolate chips and dried fruit

In a small saucepan, combine the peanut butter and
corn syrup. Cook, stirring constantly until hot and
smooth, about 5 minutes. Pour hot syrup over the
cereal mix and blend well. Press the batter into the
prepared jelly roll pan. Refrigerate for about 15
minutes or let stand for an hour or so. Cut into bars.
Makes 4 dozen bars.

Nita Nydegger's Raspberry Meringue Kisses

3 egg whites
1/8 tsp salt
3 ½ T. raspberry gelatin (dry)
¾ cup sugar
1 tsp. vinegar
1 cup miniature chocolate bits

Beat egg whites with salt until foamy. Add raspberry
gelatin and sugar gradually. Beat until soft peaks
form and sugar is dissolved. Mix in vinegar and fold
in chocolate chips. Cover cookie sheets with
aluminum foil. Drop from a teaspoon onto ungreased
foil. Bake in 250 degrees (F) for 25 minutes. Turn
oven off and leave cookies in the oven 20 minutes
longer.

Yield: 8 dozen

Triple Threat Mocha Chocolate Chip Cookies

1 cup sorghum flour
2/3 cup whole bean flour
½ cup tapioca starch
1 tsp baking soda
1 tsp xanthan gum
½ tsp salt
1/3 cup unsweetened cocoa powder, sifted
4 oz semi-sweet chocolate
1/3 cup butter
1/3 cup shortening
2 tbsp water
1 tbsp instant coffee granules
2 eggs
2/3 cup granulated sugar
2/3 packed brown sugar
1 ½ tsp vanilla
1 cup semi-sweet chocolate chips

1. In a large bowl or plastic bag, combine
sorghum flour, whole bean flour, tapioca
starch, baking soda, xanthan gum, salt and
cocoa. Mix well and set aside.
2. In a medium microwave-safe bowl,
microwave chocolate, butter, shortening,
water and coffee granules, uncovered, on
medium (50%) for 2 minutes. Stir until
completely melted. Set aside to cool.
3. In a large bowl, using an electric mixer, beat
eggs, sugar and brown sugar for 3 minutes,
until smooth. Slowly beat in the dry
ingredients until combined. Stir in chocolate
chips. Drop dough by rounded spoonfuls 2
inches (5 cm) apart on prepared baking
sheets. Let stand for 30 minutes.
Meanwhile, preheat oven to 350 degrees F.
4. Bake in preheated oven for 10-12 minutes or
until set. Transfer to a cooling rack
immediately.

Tips: Cookies spread and are still soft when
baked; if baked too long, cookies become very
crunchy when cold.

For crisper cookies, use 2/3 cup butter instead of
half butter and half shortening.

Make ahead and freeze for up to 2 months in an
airtight container.

Substitute chickpea (garbanzo bean) flour, yellow
or green pea flour or garbanzo-fava (garfava)
bean flour for the whole bean flour.

Yield: 5 dozen cookies

Jeanne Smith's Lemonade Drops

1 cup shortening
1 cup sugar
2 eggs
3 cups flour
¼ tsp. xanthan gum
1 tsp. baking soda
½ tsp. salt
1 6 ounce can lemonade concentrate (thawed)

Cream shortening and sugar. Thoroughly beat in eggs. Sift flour soda and salt. Add alternately with ½ the lemonade. Drop by teaspoons on a greased cookie sheet. Bake at 375 degrees (F) for 15 minutes. Before removing from the cookie sheet, brush tops with the reserved 2 ounces of lemonade. Sprinkle with sugar and remove to cool.

Yield: 2-3 dozen

Note: Quick and easy and great with ice cream.

Chocolate Covered Pretzels Recipe From www.recipezarr.com

1 (15 ounce) bag Glutino Gluten Free pretzels
2 (12 ounce) bags Nestle Semi-sweet chocolate chips
2 tbsp – "I Can't Believe its Butter" melted

1. Pour melted butter over chocolate chips and microwave on high for two minutes. Stir until chocolate is creamy.

2. Dip pretzels in chocolate and coat well. Drain excess chocolate off of pretzels and place on piece of wax paper
3. Cool until chocolate hardens. Store in airtight container.

Yield 50 pretzels, 25 servings

Note: simple but time consuming, 1 hour prep

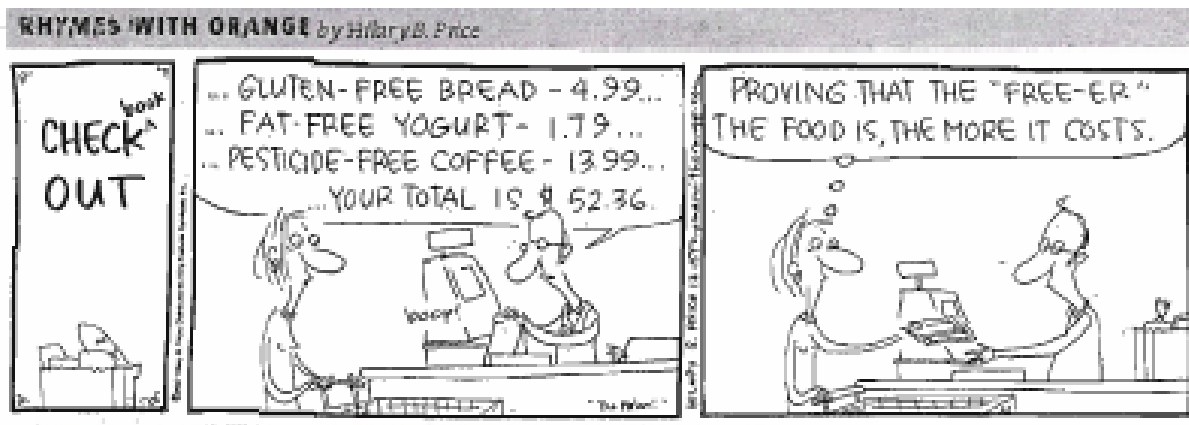
Gluten-Free Scotcharoos

1 cup corn syrup
1 cup white sugar
1 cup peanut butter
6 cups gluten-free rice crispy cereal (Barbara's brown rice crisps)
1 cup chocolate chips
1 cup butterscotch chips **

Combine sugar and corn syrup in a saucepan and bring to a boil, stirring constantly to avoid scorching. Once bubbles form, add peanut butter and stir mixture until melted together. Mix in rice cereal two cups at a time. Once all cereal is coated, press mixture into a buttered 9 X 13 pan. Melt chocolate and butterscotch chips in microwave, stirring every 30 seconds. Once melted, spread over bars. Cut while warm for best results.

** Be careful to read ingredients as Nestle brand butterscotch chips contain barley. I used Safeway brand, which are included on Safeway's gluten-free list. Hershey's brand butterscotch chips are also gluten-free, but are difficult to find.

Just for laughs from the Denver Post



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303-724-7544
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FAQ:

Common issues, concerns
and questions expressed
by our members:

- Q.** I see "LAST ISSUE" on my newsletter right above my name and address. What does this mean?
- A.** If you see "LAST ISSUE" on your newsletter it means that it is time to renew your subscription to CSA Denver. Dues are \$15.00/year For more information, call Donna DeVisser at 303-973-4613. Make check payable to "Denver Metro Chapter #17, CSA/USA"
- Q.** I am on a gluten, dairy, egg and soy free diet. Are there any margarines I can eat safely?
- A.** This kind of a diet can be quite a challenge. Try Spectrum Organic Shortening, which is made from 100% palm oil.
- Q.** What causes celiac disease?
- A.** Researchers haven't found a cause of celiac disease. It can run in families and is more common in Caucasians and Hispanics. It sometimes emerges after physical or mental stress caused by infection, injury, pregnancy or surgery.
- Q.** I have both diabetes and celiac disease. If I adhere to a gluten free diet will that help me my diabetes?
- A.** Not necessarily. The current literature suggests that once you develop diabetes, the course of the disease will not be changed by a gluten-free diet. However, there are some reports suggesting that a gluten-free diet can help to better control serum glucose levels

Meet Your Neighborhood Celiac Resource Contact

Updated Jan. 2008

Below are the resource contacts in eleven neighborhood areas in Metro Denver, as well as resource contacts throughout Colorado. If you have questions or are not sure which area is your neighborhood, please contact Marjie Reece at (303)756-6836 or email: denvermetrocsa@comcast.net.

As the neighborhood resource groups have progressed, some areas join together for activities. Flexibility is the keyword, as area needs and/or interests change. The objective in setting up these various areas has been to provide an additional way for celiacs to interact and support each other.

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

Metro Denver Areas	Contact	Phone	E-Mail
BD: Boulder, Lafayette, Louisville, Longmont	Barbara Sanford Beth Macht	303-499-7259 303-665-7558	barbarasanford@comcast.net elizabethwm@yahoo.com
DEN-C: Central Denver City/County	Laura Determan Andrea Loughry	303-757-3982 303-722-6284	lddet@msn.com oppermanda@netzero.net
DEN-N: Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	720-214-3144	kdarci@yahoo.com
DEN-S: Centennial & Grnwd Vlg. (W/I-25), Englewood, zips: 80120,-21,-22,	Cathy Curtiss Louise Williams	303-771-8029 303-798-3415	cmc1974@msn.com willou@comcast.net
DEN-W: Lakewood	Betty Morris	303-238-5145	wabe22204@comcast.net
E: Aurora, zips: 80231 & 80247			
NW: Arvada, WheatRidge, Zips: 80021&80212	Laura Meek	303-467-0608	lmbmeek@juno.com
S: Highlands Ranch, Lone Tree, Castle Rock	Mary Ann Peterson Cheryl Borgen	303-683-1461 303-791-7731	mapete1130@aol.com pricer15@gwest.net
SE: Centennial & Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth	Gale McGrevey	303-766-7096	gmcgrevey@att.net
SW: Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Jennifer Parker Nancy Lindsey	303-933-1565 303-933-5992 303-973-1279	jkvanlooz@comcast.net jeparker@comcast.net n-lindsey@comcast.net
W: Golden, Evergreen, Morrison	Beverley Haney	303-670-0063	mrsbevins@q.com

Other Colorado Area Contacts

Colorado Springs Area	Marie Pizzolatto Ginger Ludwig	719-572-0548 719-598-6748	celiacfamily@yahoo.com ginglud@aol.com
Northern Colorado			
Ft. Collins	Judy Siple	970-493-9674	jabms@frii.com
Berthoud	Bill Eyl	303-772-3155	bill eyl@yahoo.com
Loveland	Dave Shaw	970-669-4233	davshaw49@comcast.net
Greeley	Mary Grauerholz	970-352-6122	mholz@aol.com
Western Colorado			
Grand Junction	Kathye Holland	970-255-0511	

MEMBERSHIP APPLICATION FORM
Denver Metro Chapter #17 of CSA/USA, Inc.

(a non-profit organization)

*Your best local resource for celiac information, support and gluten-free socializing.
 Please join us.*

Dues are \$15.00/year For more information, call Donna DeVisser at 303-973-4613

Make check payable to "Denver Metro Chapter #17, CSA/USA"

Mail check and form to: Donna DeVisser, 2675 Van Gordon Dr. Lakewood CO 80215-7001

NAME: _____

PHONE: _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

E-MAIL: _____

___ This is a renewal ___ There is no change in my address/phone ___ 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 01/08 NL

For information on the national CSA/USA, call 1-877-272-4272
 or go to www.csaceliacs.org

ORDER FORM
DENVER METRO CHAPTER CSA/USA

2007 GLUTEN-FREE PRODUCTS LIST

Quantity: _____ **X \$10.00** = \$ _____
(includes postage) Total

NAME: _____ PHONE: _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

Make check payable to "Denver Metro Chapter CSA/USA" and send with form to:
 Don and Jeanne Smith, 6834 S. Franklin Circle, Centennial, CO 80122. For questions, call
 Don Smith at 303-794-7258.

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

NON PROFIT ORG US POSTAGE PAID DENVER, CO PERMIT #621

Vanilla Almond Sugar Cookies

1 cup sugar
½ cup butter or non-hydrogenated Margarine
1/3 cup soymilk
2 tsp vanilla
¾ cup white rice flour
1/3 cup coconut flour
2 Tbsp potato starch
½ tsp baking powder
½ tsp baking soda
½ cup almonds, sliced

Preheat oven to 350 degrees F. Cream together butter and sugar with an electric mixer and beat two minutes. Add vanilla and soymilk and beat two minutes. Add vanilla and soymilk and beat for an additional minute. In a separate bowl, mix together the dry ingredients except almonds. Add dry mix to wet ingredients and briefly mix, then add the almonds. Continue mixing until just blended. The batter should have a moist and fluffy consistency. Place on greased cookie sheet and bake 10-12 minutes.

Recipe courtesy of renowned vegan culinary artist, Chelsea Lincoln