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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

OCTOBER MEETING: CELIAC CHALLENGES

Date: October 2, 2008
Time: 7:00 p.m.- 9:00 p.m.
Location: First Plymouth Congregational Church
Plymouth Hall - First floor
3501 S. Colorado Blvd.
Englewood, CO 80113

Directions: From I-25, exit west onto Hampden Avenue. Continue about 1.5 miles on Hampden. Turn south at Colorado Blvd at the stop light. The church is on the southwest corner of Colorado and Hampden. Parking is available on the south and west sides of the church. The entrance and handicapped parking is on the south side.

Event: A panel including Dr. Charles Miranda, Judy Smith, RD of North Suburban Medical Center, Sally Yerger of the Colorado Civil Rights Commission, Dave Smith, dietary administrator from Cherrelyn Health Center and two CSA board members will be discussing medications, hospitalization preparations, nursing home stays, GF college living and rights to reasonable accommodation for persons living with disabilities. We would appreciate it if some of you would bring GF snacks to share this evening.

No Oats at meetings: In consideration of newly diagnosed members and those who have problems with oats, please do not bring snacks with oats.

Newly Diagnosed? For those who are newly diagnosed with CD or are a caregiver of someone with CD, please come. A CSA Chapter table will be set up where Diane Moyer, dietitian and board member, will be available. Other board members are also available to help.

Huddle Leaders Needed: CSA Denver is looking for volunteers to act as huddle leaders. If you are interested please contact Mike Brook at mikebrook@aol.com or at 303-858-0822.

SAVE THE DATE: Holiday Cookie Exchange

Thursday December 4th, 7:00 pm – 9:00 pm

Start your November dieting, so you'll have room for the **Annual Cookie Exchange!** Bring a few dozen cookies, your recipe and ingredient list. You'll go home with a variety of holiday treats! Carol Fenster, Colorado's own premier Gluten Free author and baker will be demonstrating a Holiday Recipe.

More info in the next newsletter!!!

**** SPECIAL NOVEMBER MEETING ****

Date: November 17, 2008
Time: 7:00 p.m.- 9:00 p.m.
Location: Wheat Ridge Recreation Center
4005 Kipling Street
Wheat Ridge, CO

Event: Denver Metro CSA is hosting a special lecture featuring Dr. Thomas O'Bryan, nationally recognized speaker and workshop leader specializing in celiac disease & gluten intolerance. Dr. O'Bryan is a clinician treating chronic disease and metabolic disorders from a Functional Medicine perspective. He holds Adjunct Faculty positions with the Institute for Functional Medicine and the National University of Life Sciences. His passion is in teaching about the outside-of-the-intestines manifestations, the testing and the treatment of Gluten Sensitivity and Celiac Disease. The emphasis on this presentation will be the Brain manifestations of Gluten Sensitivity- finding health with a Gluten-Free diet and additional nutritional support

Newsletter Deadline November 1, 2008 is the deadline to submit articles or information for the November newsletter. Please send submissions to margo.scharer@yahoo.com

Denver Annual CSA Picnic!!!



The wind blew in but it didn't stop Denver CSA members from enjoying delicious Gluten Free food ! There was an unbelievable wind storm strike right before everyone began eating but as you can see everyone pitched in & 'protected' the food. It was quite a sight. Thanks to everyone who came and brought food to share. Special thanks to **Outside the Breadbox** for donating delicious GF rolls.



Celiac Friendly Restaurants

From Karin Parker - GF menu at **Hacienda Colorado** is actually called a "Gluten-Sensitive" menu and right at the top it states that any of the menu items listed could contain wheat gluten – It's their disclaimer, but for many people with CD, it's not very comforting. The waitperson indicated that the items are GF, but it does come with a disclaimer.

From Karen Cranford - **Godfather's Pizza**, a nationwide chain based in Omaha, Nebraska began test marketing gluten-free pizza on **Tuesdays, exclusively at the 108th and Maple Street location in Omaha.** Each GF Domata crust is placed in a disposable pan and remains in that pan throughout the topping, baking, cutting and serving of the gluten-free pizza. Godfather's is working with CSA members and going through specialized and certified GF training. They will expand to other restaurants as soon as training is complete. The Godfather Colorado locations are in Fort Carson and USAF Academy. Hopefully, Colorado will carry GF pizza soon.

From Karin Parker - **Sansone's Bistro** at 5969 S. University Blvd, Greenwood Village, CO 303-794-4026 (sw corner of University and Orchard) has a GF menu. About 15% of their customers have Celiac Disease and they provide a large selection of GF items to choose from.

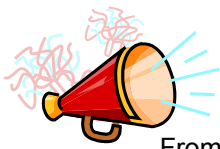
From Heather Barlett - **Tokyo Joe's**, a Japanese fast-food restaurant has a GF menu and has added GF teriyaki sauce to their menu. They are adding this to their curry & Nikko dressings which are also GF. Tokyo Joe's has several locations throughout Colorado which can be found at <http://tokyojoes.com/findus/index.html>

From Margo Scharer – the **Brewing Market**, a coffee shop in Boulder at 2525 Arapahoe Ave # D4, (303) 444-4858 carries GF baked goods including a delicious coffee cake.

Who's your favorite Physician?



As a part of updating information on CSA Denver's website, we would also like to revisit our list of local GI doctors. Your help could be most beneficial for the newly diagnosed or those still searching for answers. Can you recommend a doctor who has been especially helpful in diagnosis and health issues associated with celiac disease or gluten sensitivity? Please help us build an up to date and useful physician list by sending doctors' names, phone numbers, doctor address, website and any comments to Carol Kendall at bealsio@qwest.net or call her at 303-470-3261.



Speaking Gluten Freely

From Debbie Knapp at Vitamin Cottage:

Artisana Bliss Butters – nut and bliss – are all GF.

Bakery on Main has 3 flavors of GF granola: Apple Raisin Walnut, Cranberry Maple, & Extreme Fruit & Nut.

Edward & Sons GF Bouillon Cubes come in Garden Veggie, Low Sodium Veggie. The following are **NOT GF**: Beef and Chick'n.

French Meadow Bakery, with a Gluten Intolerance Group (GIG) GF certification, has Chocolate Cookies and Fudge Brownies (both individually wrapped), along with frozen Chocolate Chip Cookie Dough.

Good-E bar is high in protein and fiber, has a low glycemic index and snack cake texture. Made in a GF facility in Colorado, it comes in Banana Nut, Blueberry, Chocolate Chip and Original Almond.

Ian's natural foods is making a GF French bread pizza. Wheat products are made in the same facility, but their GF items have passed extensive internal and outside lab testing, according to their website.

Kinnikinnick GF Vanilla Glazed donuts are now available through Rainbow Foods (a Vitamin Cottage distributor). Maple Glazed will not be carried as they contain artificial color & flavoring.

Luna & Larry's organic coconut milk ice cream pints come in 10 flavors and are DF, GF, soy-free, low glycemic, agave sweetened and delicious.

Montina Flour Blend & Straight Baking

Supplement products will be higher in price, due to the charge for shipping costs.

Organicville Foods organic products include BBQ sauces, sweetened with agave & molasses and come in Original and Hot/Spicy, Ketchup and Vinaigrettes. All are DF, GF, vegan and USDA certified organic.

Quinoa Gold, a GF energy drink, is made with quinoa & agave and are available through Rainbow Foods. Flavors include Dark Berry, Mango Passion and Pina Colada.

Road's End Organics has four DF, GF 'Chreese' products: Mixes Alfredo and Cheddar and Dips in Mild and Spicy Nacho.

Ruth's Chia Goodness GF cereals are mixes of fruits, nuts and seeds that can be sprinkled on hot cereal or yogurt or mixed with milk or water to make its own cereal. This is available in Apple Almond Cinnamon, Cranberry Ginger and Original.

Deboles has 2 new GF multigrain pastas in penne and spaghetti, made with amaranth, quinoa and rice.

Edwards & Sons now has GF ice cream cones with potato and corn.

Enjoy Life Foods has 3 BOOM CHOCO BOOM candy bars that are GF and dairy, soy and nut free also. Flavors are crispy rice, dark chocolate and rice milk chocolate.

Glutino is now making 4 varieties of GF Ritz style crackers in a new size. There is also new packaging

for their pretzels and 4 flavors of their wafer candy bars.

Larabars has new flavors – Chocolate Cherry, Chocolate Hazelnut, Coconut Cream Pie and Peanut Butter Cookie.

Nature's Path new frozen waffles (formerly called Lifestream) will be available shortly. Two new flavors of Envirokids crispy rice bars are Chocolate Peanut and Fruity Burst.

NOW Foods has a new GF baking mix.

Pamela's GF Mini Cookies will soon be available in Extreme Chocolate.

Raw Revolution has 5 GF organic bars.

Deby's GF is now carrying all allergen free hamburger buns, called Country White Sliders, 5 per pack for \$3.95. After heating in the microwave, the buns stay soft, so are good choices for lunches.

Gluten Alert

Some **Outback Steakhouses** place a piece of wheat bread in their brown sugar to keep it fresh. Each Outback Steakhouse determines whether or not to add the bread; this decision is based on how quickly they use up the brown sugar and whether or not the bread is needed. Outback Steakhouse is aware that using bread to reduce moisture is an issue for those with CD and are preparing to film a training video for some training in October, which will be focused on gluten intolerance. **It is best to ask the manager once you arrive at the restaurant or call ahead.**

Some of the new Tums Smoothies and their Kids Tums are NOT GLUTEN FREE. These include:

Assorted Fruit Smoothies, Berry Fusion Smoothies, Kid's Cherry Blast. **According to the Tums website, the following Tums products are gluten free:** Ultra 1000 (all flavors), E-X-750 (all flavors), E-X Sugar Free, Regular Strength, Assorted Tropical Fruit Smoothies, Cocoa and Cream Smoothies.



The Oat Dilemma: It has been commonly believed that it is the cross-contamination in the manufacturing process that causes the reaction in people with CD, however, even with no traces of Gluten some people with Celiac Disease do react. In an editorial, Heather Julia Ellis and Paul J. Ciclitira in the *European Journal of Gastroenterology and Hepatology* indicated that in the celiac population there is a small group of people that do have a T-cell response, as well as a small group of people who do not have an adverse physical reaction but there is still damage to the villi.

<http://www.celiac.com/articles/21612/1/The-Celiac-Disease-Oat-Conundrum/Page1.html>.



Classes and Events

Gluten Free: The Cooking Studio

Date: Sat., Sept. 13, 2008

Time: 10:00 A.M.-12 Noon

Cost: \$25.00

Where: WHOLE FOODS MARKET BELMAR
Mastering Gluten-Free. This is the third installment in this on-going series. Menu is always varied and user-friendly. Come and learn about this important culinary trend. Demonstration Class.

Instructors: Kendall Floyd, Ideal Market/Boulder Front End Associate Team Leader & James Herringer, Cooking Studio Director

Date: Tues., Sept. 23, 2008

Time: 6:00-9:00 P.M.

Cost: \$50.00

Where: WHOLE FOODS MARKET BELMAR
Exploring the GF Diet Challenge. East Indian food is exotic, delicious, and gluten-free! Dr. Connie brings a wealth of knowledge to the Cooking Studio and the menu will be five star: Mago Lassi, Indian Rice, Masala for Dosa, Spinach and Chickpea Curry, and Kheer Cardamom Rice Pudding. Hands-on Class
Instructors: Dr. Connie Sanchez, N.D., Center for Health, James Herringer, Cooking Studio Director

Date: Sat., Oct. 11, 2008

Time: 10:00 A.M.-12 Noon

Cost: \$25.00

Where: WHOLE FOODS MARKET BELMAR
Mastering Gluten-Free. This is the fourth installment in this on-going series. Menu is always varied and user-friendly. Come and learn about this important culinary trend. Demonstration Class.

Instructors: Kendall Floyd, Ideal Market/Boulder Front End Associate Team Leader & James Herringer, Cooking Studio Director

Date: Tues., Oct. 21, 2008

Time: 6:00-9:00 P.M.

Cost: \$50.00

Where: WHOLE FOODS MARKET BELMAR
Exploring the GF Diet Challenge: A Plethora of Autumn Sweets. This is the second installment in a series of GF Classes. The crisp fall weather inspired these mouth-watering baked goods: Agave Pumpkin Muffins, Pumpkin seed- Cocoa Nib Brittle, Apple-Quinoa Cookies with Dates and Walnuts, and Apple and Pear Cobbler and they're GF! Hands-on Class.
Instructors: Dr. Connie Sanchez, N.D., Center for Health, James Herringer, Cooking Studio Director

CrazyQFarm Bakery: 2nd Annual Holiday Food and Gift Fair

Date: Saturday Nov. 22nd.

Time: 10:00 am – 2:00 pm

Location: Inverness Hotel and Conference Center at 200 Inverness Drive West, Englewood, Co. 80112, just off I-25 and Dry Creek Rd exit.

Local and National Vendors on hand to sell and to provide samples of your favorite GF goodies for the holidays! Baked goods, nuts, mixes, salad dressings, exotic oils and rices, native Colorado honey, GF body care products, baskets, silent auction. Everything you need to put on the best Holiday Dinner ever! Gifts for friends and family and its all FREE! Fun, Free, and Fantastic! Don't miss it!

Abbie: Gluten Free Chef

Are you struggling with the gluten free diet? My name is Abbie and I help people with all aspects of the gluten free lifestyle including getting your head wrapped around what GF means, grocery shopping, cooking and eating out. One of the things I love the most is changing recipes to GF. I can help you convert a family recipe that you have missed to a delicious GF recipe. Visit www.yourglutenfreechef.com and sign up for a free Gluten Free Weekly Newsletter today or call 303-335-8857.



**2008 CSA Annual Conference:
Harvesting Knowledge of Celiac
Disease** October 17-19, 2008
LaVista, Nebraska

Come learn about Celiac Disease with Peter Green, MD, Blake Paterson, MD, former CEO of Alba Therapeutics and more. Researchers, healthcare professionals, dietitians, authors, chefs, restaurant owners, and GF food vendors from across the US participate in this annual educational event. Hotel stay includes complimentary GF breakfast and GF happy hour. For more information and registration see: <http://www.csaceliacs.org/Conferences/2008AnnualCSAConference.php>.

Introduction to the GF Diet and Celiac Disease

Presented by Diane Moyer, M.S., R.D., C.D.E.

This 3 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.

WELCOME ROB!



Almost a year ago the Denver CSA chapter received an email from Rob van der Hoorn from the Netherlands wanting to take part in a foreign exchange student program. The only problem...he has celiac disease and his exchange program knew nothing about

this or how to get him a host family familiar with celiac disease. We put out an SOS, and you didn't let him down. We had many responses, even some from outside Colorado. It was my pleasure to work with Rob and his parents in sifting through the information provided by those interested in hosting him. By the time I got the notice from Rob a couple months ago that everything was approved and he would be heading here, I was thrilled because I'd come to know him and his family as truly nice people and was excited for his adventure about to begin.

Rob and his parents decided the best fit for him would be to live with chapter member Colette Christen and her family in Littleton. Once decided, the Christen family had to go through the entire host family approval process with the student exchange program. Colette and her husband have three kids with one having celiac. Big thanks to the Christen family for opening their hearts and home to Rob and for helping to make his dream come true.

Rob will attend Arapahoe High School. He has 2 sisters, one older and one younger. He says his family is an average Dutch family and they live outside the village of Ter Aar which is a small village of 9,000 people and is near Amsterdam. He plays guitar and likes biking. On Saturdays he would work in his Uncle's greenhouse. He also would work at the nearby "petrol station" and he plays soccer.

Rob wants to become an airline pilot, which is why he wants to spend time here; so he can know more about the American way of life, the language and the culture. He also is looking forward to teaching the Christen family some Dutch and their customs. Colette Christen has some family from Belgium and knows a little Dutch too. This should be a great experience for everyone this year.

My husband and I joined the Christen family in meeting Rob at the airport. Even though he was quite tired from traveling all day, you could still see the excitement in his face as the reality set in that he was finally here. Please help him feel welcome if you see him at our meetings this year. I'm so glad I had the chance to get to know him and you'll like him too!
Karen Cranford

**** IN THE NEWS ****

Celiac Disease and the Hepatitis Vaccine



For people living with celiac disease, following a GF diet helps your response to Hepatitis vaccines. A Hungarian study published in the June issue of *Pediatrics* show that people with untreated CD show abnormal resistance to the hepatitis B (HBV) vaccine, while celiac patients on a GF diet show a near normal response to the vaccine. In a study where undiagnosed celiac patients (and therefore not following a GF diet) were given the HBV vaccine, they found that only 26% acquired the desired resistance to Hepatitis B. 95.5% of Celiacs following a strict GF diet got the desired resistance to Hep B.

International Codex Commission: New standard for GF labeling

On July 1st, 2008 Codex Alimentarius Commission, associated with the World Health Organization (WHO) announced new gluten-free labeling standards. The new labeling standard states that food labeled gluten-free may not contain wheat, rye, barley or oats and that its gluten level may not exceed 20 milligrams per kilogram (20 parts per million).

The Codex standard is used by countries throughout the world. While it will apply to products which are imported to the U.S., it will NOT APPLY to products manufactured in this country (U.S.).

To date, the U.S. has not adopted any GF standard, though one has been proposed by the FDA. That standard is similar to the one just adopted by the Codex Commission. As you may recall, the Food Allergen Labeling Consumer Protection Action (FALCPA) required that the FDA have a standard in place by August 2008. With the Codex Commission's latest action, we are hopeful that the FDA will move expeditiously to finalize its standard for the United States. – Andrea Levario, Executive Director, American Celiac Disease Alliance;
www.americanceliac.org.

Celiac Screening for IBS patients

If you live in the United Kingdom there is a good chance you will be diagnosed with Celiac Disease sooner. Celiac.com announced that in an effort to reduce the misdiagnosis of Celiac Disease as Irritable Bowel Syndrome (IBS), Britain's National Institute for Health and Clinical Excellence has drawn up new guidelines covering the diagnosis of IBS. The guidelines call for all diagnosis of IBS to be preceded by a screen for Celiac Disease. Since Celiac Disease is presumably as common in the U.S., it's good to keep an eye on clinical changes like the one recently made in Britain.

RESEARCH UPDATES:

Researchers believe they have finally answered a basic question about the cause of celiac disease -- where in the body does the wheat protein gluten enter one's system? A study published in the July issue of *Gastroenterology* identifies the CXCR3 receptor in the intestine as a gluten gateway. When people with celiac disease eat gluten, the protein triggers their immune system to attack the body, causing a wide range of serious health problems. "This is a scientific question that had never been answered before," Dr. Alessio Fasano, medical director of the Center for Celiac Research at the University of Maryland School of Medicine, said in a university news release.... "This opens a new scientific paradigm for the study of immunity."



The research team found that gliadin, the part of gluten that causes the most trouble for those with celiac disease, binds to the CXCR3 receptor. This results in the release of zonulin, a human protein that lowers the intestinal barrier to make it more permeable. While this effect is temporary in most people, the barrier stays down for long periods of time in people with celiac disease, causing disruption in the body's system. The finding may help in research on the cause and treatment for other autoimmune diseases. People with type 1 diabetes and multiple sclerosis may experience a similar condition in which offending antigens enter the body through this gateway in the intestines. For the first time, we have evidence of how the foreign antigen gains access to the body, causing the autoimmune response," said Fasano, "Further study is needed, but this could allow us to intervene before the zonulin is either released or activated, preventing the immune response altogether." Reprinted from <http://health.usnews.com/articles/health/healthday/2008/07/24/intestinal-gluten-receptor-is-gateway-for-celiac.html>

Difficulties in Diagnosing Celiac Disease

A recent study from Spain¹ confirmed many difficulties previously seen with diagnosing Celiac Disease. They studied 120 people newly diagnosed with CD: 66 children and 54 adults. Similar to previous findings, their results showed a much longer time for adults to be diagnosed than children (in this case 7 ½ years vs. 7 ½ months.) (In the USA, studies have shown average time for diagnosis for adults is about 11 years.) Possible reasons for this

discrepancy were highlighted by the results of this study. Almost 2/3 of the children presented with "typical" celiac symptoms (diarrhea, malabsorption, failure to thrive); whereas less than 1/3 of adults did. Adults showed more "atypical" symptoms (abdominal pain, anemia, elevated liver enzymes) or were diagnosed from screenings (for ex., of relatives). Blood work showed levels of tissue transglutaminase antibodies (tTg) were higher in children and in people with more severe intestinal damage. Almost all children showed very severe intestinal damage; whereas only about half of adults did.

Other studies have shown similar results. Another study from Spain² screened relatives of people with CD. They found that almost half of the relatives who tested positive for the DQ2 gene showed evidence of CD. Only about 1/3 of those with evidence of CD, though, had positive blood tissue transglutaminase antibodies; however, 94% of this group showed intestinal damage. Most of these people had less severe damage and exhibited "atypical" symptoms (abdominal pain, anemia, low bone density).

Several other studies^{3,4,5,6} found that **all** patients with extremely elevated blood levels of EMA and tTg (>100) antibodies had severe intestinal damage. On the other hand, two of these studies^{3,6} also looked at people with less severe intestinal damage, and found that the majority of people with less damage did **not** test positive for EMA or tTg. Adding anti-gliadin antibodies⁶ did increase the percent of people with at least one positive blood test.

So what conclusions can be drawn from these studies? Diagnosing CD is still difficult, especially for adults, who often exhibit less typical symptoms and show less intestinal damage. Very high levels of tTg generally indicate severe damage and might be considered adequate for diagnosis⁵; however, Rostami, et. al.³ state that "using tTg as a single test in screening may result in missing up to 60 – 70% of celiacs with mild ... abnormalities" and they recommend combining it with other screening tests. Although not reviewed here, the new blood test, DGP has not been shown to be superior in diagnosing than any of the current blood tests. Researchers are working on improved tests, but that will still be a while in coming. Therefore, since diagnosis is still often difficult, if you have strong suspicions that you, a relative or friend have CD, discuss with your doctor the need for further or different testing.

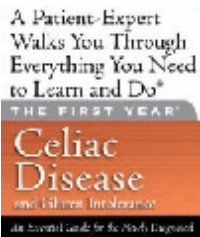
Submitted by Diane Moyer, M.S.,R.D.,C.D.E.

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Books



The First Year: Celiac Disease and Living Gluten-Free: An Essential Guide for the Newly Diagnosed (First Year)
(Paperback) Publish date: December 2008 by Jules E. Dowler Shepard – can be pre-ordered on Amazon.com

Jules Shepard describes her first year after being diagnosed with Celiac Disease - the roller coaster of emotions and illness, discovering what she could and couldn't eat through trial and error. Shepard explains everything you need to learn and do upon your or a family member's diagnosis. Week by week, month by month, discover the questions to ask your doctor, how to identify symptoms, and how to change your diet.

Jules E. D. Shepard is the author of a cookbook and a spokesperson for the University of Maryland's Center for Celiac Research.



CELIACS ONLINE

Celiac Help: This web site offers information about different diagnoses, help with diet and other information about living with celiac disease.

<http://www.glutenfreeworks.com/>

GF Menu Planning: Gfree is a **menu planning service** providing all of the tools so you can prepare healthy GF dinners. You choose your weekly gluten-free recipes and the automatic grocery list is tabulated. Shop once a week and have all of the ingredients needed for five meals. Colorado's Carol Fenster helps to create the recipes and ensure they are all GF. <http://www.gfreecuisine.com/>

GLUTEN FREE RECIPES

From the Picnic

The Chewy Gluten Free From Carolyn Orf

Preheat oven to 375 degrees.

8 ounces unsalted butter
2 cups brown rice flour
1 1/4 ounces cornstarch, (1/4 cup)
2 tablespoons tapioca flour
1 teas. xantham gum
1 teas. kosher salt
1 teas. baking soda
1/4 cup sugar
1 1/4 cup brown sugar
1 whole egg
1 egg yolk
2 tablespoons whole milk
1 1/2 teas. vanilla extract
12 oz. semi sweet choc. chips

- Melt butter and pour into bowl of stand mixer.
- In a medium bowl sift together the rice flour, cornstarch, tapioca flour, xantham gum, salt, and baking soda. Set aside.
- Add both of the sugars to the bowl with the butter and using the paddle attachment, cream together on medium speed for 1 minute. Add the whole egg, egg yolk, milk, and vanilla. Mix until well combined. Slowly incorporate the flour mixture until thoroughly combined. Add the chocolate chips and stir to combine.
- Chill the dough in the refrigerator until firm, about 1 hour. Shape the dough into 2 oz. balls and place on parchment lined baking sheets. 6 cookies per sheet, bake 14 minutes rotating the pans after 7 minutes for even baking. Cool on a wire rack.



Celiacs Bake It Better!



Calico Bean Salad

From Flora Bryant

1 can each, thoroughly drained, green, kidney, wax beans or corn
1/2 Cup chopped green pepper
1/3 Cup chopped onion
1/3 Cup oil
1/3 Cup vinegar
3/4 Cup Sugar
salt and pepper to taste
Mix all together and marinate at least overnight.

Five-Grain Salad with Raisins, Bean sprouts, and crushed Hazelnuts



Great for Picnics!

- ½ Cup soybeans, cooked and rinsed
- ½ Cup pumpkin seeds
- ½ Cup French or green lentils cooked and chilled
- ½ Cup wild rice, cooked and chilled
- ½ cucumber, peeled, seeded and diced
- ½ cup corn kernels, blanched and chilled, or thawed frozen corn
- ½ Cup crushed hazelnuts
- ½ Cup raisins
- 1 Cup mung bean sprouts or other large sprouted beans
- 3 tablespoons olive oil
- Juice of 1 lemon
- 1 teaspoon finely sliced lemon zest
- Juice of 1 lime
- 1 clove garlic, minced
- 1 small red onion, thinly sliced
- ½ teaspoon mixed pepper blend
- ½ teaspoon salt
- 10 turns of pepper mill
- ½ cup roughly chopped Italian parsley

Although this recipe makes a large quantity, it won't last long. It is quite elegant when served with a salmon filet.

In a large bowl combine the pumpkin seeds, soybeans, lentils, rice, cucumber, corn, hazelnuts, raisins and bean sprouts.

In another bowl, whisk together the olive oil, lemon juice and zest, lime juice, garlic and onions. Mixed pepper Blend, salt and pepper.

Toss the dressing with the grains and adjust the seasoning; sprinkle with parsley and serve.

Hint: grains such as wild rice and even some beans and lentils can be cooked, rinsed, chilled, packed in small freezer bags and frozen. They defrost quickly and allow for streamlined preparation of dishes such as this one.

A Daniel Orr Real Foods Recipe.

GF Thrifty Asian Kabobs; marinade & sauces:

from Rebecca Johnson

Cut chicken or pork into chunks; marinate in:
½ C balsamic vinegar
¼ C Black Strap molasses (Brer Rabbit is GF)
1 Tablespoon GF Chinese 5 spice (or combine: thyme, sage, marjoram, rosemary, pepper, nutmeg).
Soak skewers in water; skewer meat, mushrooms, red, yellow, green peppers, pineapple chunks.
BBQ basting sauce: add cornstarch, cook until bubbly.
OR Sweet/sour stir fry: mix pineapple juice from canned chunks with ginger, lemon or orange zest & corn starch; cook until bubbly.

Almond Cake

- 3 eggs, separated
- 2/3 c sugar
- 1/4 c potato starch, sifted
- 1/2 c orange juice
- 1/2 t cinnamon
- 1 3/4 c ground blanched almonds

Directions

- Beat the egg yolks and sugar until the mixture is thick & fluffy. Beat in the potato starch and orange juice. Add almonds and cinnamon; mix well.
- In a separate bowl, beat the egg whites until stiff; fold the beaten egg whites into the yolk mixture.
- Grease and dust with potato starch an 8-inch spring-form pan. Preheat oven to 325 degrees. Bake for 35 to 40 minutes. The cake is done when a toothpick inserted into the center, comes out clean. Serves 8.

****** MEMBERSHIP RENEWALS ******

If you see "**last issue**" above your name on this newsletter's mailing label it means that it is time to renew your subscription to CSA Denver. Dues are \$15.00/year For more information, or if you have any questions, please call Donna DeVisser at 303-973-4613. Make check payable to "Denver Metro Chapter #17, CSA/USA".

Please see membership form at the end of the newsletter.

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.

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FAQ:

Common issues, concerns and questions:

- Q.** I love to go to restaurants but I get sick very easily if I eat even the tiniest bit of gluten. If a restaurant claims they are Gluten Free how do I know if they are REALLY Gluten Free?
- A.** Unless you go to a restaurant that is entirely gluten free (which very few are), it is hard to guarantee a gluten free meal. It is up to you to ask the server or manager questions that you feel comfortable with. You can start by asking if there is a GF menu. If there isn't, you can ask what the server could make that is gluten free. You can also ask questions about what items can potentially be cross-contaminated with gluten items (e.g., they may share a grill, share a deep fryer etc. with wheat-based foods such as grilled cheese or breaded fish sticks). I even will sometimes ask if they can make an item in a separate pan. Many restaurants are accommodating. Ask the questions that you are comfortable with and that ensure you are making the right GF choice. For more tips see <http://celiacdisease.about.com/od/socializing/withoutgluten/a/DiningOutTips.htm>
- Q.** I've read many references to this 'new legislation' but do not understand what it means. It's not written in plain English.
- A.** The FALCPA legislation or the Food Allergen Labeling and Consumer Protection Act now requires food manufacturers to disclose in plain language whether products contain any of the top eight food allergens: milk, eggs, fish, crustacean shellfish, peanuts, tree nuts, wheat, and soy. These allergens must be declared in plain language on the ingredient list or by a statement such as "Contains" followed by the name of the food allergen (milk, wheat, or eggs for example); or parenthetical statement in the list of ingredients, e.g., "albumin (egg)". You can read all about this labeling law on the Food Allergy & Anaphylaxis Network (FAAN) web site:
<http://www.foodallergy.org/Advocacy/labeling.html> or the American Celiac Disease Alliance web site: www.americanceliac.org. It is not required to state the other specific allergens that can contain gluten including Barley, Oats or Rye.

Meet Your Neighborhood Celiac Resource Contact

Updated Aug. 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 Mike Brook, at 303-858-0822 or email mikebrook@aol.com.

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
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	303-771-8029	cmc1974@msn.com
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@qwest.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 Nancy Lindsey	303-933-1565 303-973-1279	jkvanlooz@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	mcholz@aol.com
Western Colorado			
Grand Junction	Kathye Holland	970-255-0511	
Boulder County (CSA Chapter #138)	www.Bouldercountyceliacs.com		
Boulder	Barbara Sanford	303-499-7259	barbarasanford@comcast.net
Berthoud	Bill Eyl	303-772-3155	bill eyl@earthlink.net
Longmont	Tiffany Jakubowski	303-834-8685	
Lafayette, Louisville	Beth Macht	303-665-7558	elizabethwm@yahoo.com

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

09/08 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**

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Sunday, August 24, 2008 Celiac Disease: A Reason to Celebrate?



The other day my 17-year-old son asked how long it had been since I was diagnosed. It will be eight years this fall. He said he thought we should have a party when I reached 10 years. A party? To celebrate finding out you have a disease? That's not what he meant, and what he said was very encouraging to me. He thought we should celebrate the fact that I have learned to cope so well. He was old enough to remember the changes we had to go through, but he is very aware that much of the food he enjoys today is a result of my having to learn to cook all over again. While he knows that it's hard, he sees a lot of good that has come from it, and he sees me as being someone who succeeded in the face of a big challenge. My thought was, it's like climbing to the top of a mountain. You don't celebrate the mountain; you celebrate the experience and the success of getting to the top. Celiac Disease is still there and it's pretty big, but I'm on top of it and enjoying the view. I hope you are too, but if you're just starting out and the view from the bottom isn't so great, be encouraged. The trail has already been blazed, and there are plenty of people to help you on the way. You can make it to the top and celebrate with the rest of us.

Blog from *The Gluten-Free Homemaker*