

# TAMING OF THE SPRUE

Denver Metro • Chapter #17 of CSA/USA, Inc. • Celiac Sprue Association/United States of America, Inc. • [www.denverceliacs.org](http://www.denverceliacs.org)

November 2009

## IN THIS ISSUE

CSA Conference Highlights	Page 2
Gluten Free Classes	Page 4
News You Can Use	Page 5
Holiday Gift Ideas	Page 6
Dining Out	Page 7
Speaking Gluten Freely	Page 8
Chapter Board	Page 9
Neighborhood Huddle	Page 10
Membership Form	Page 11
Holiday Recipe Box	Page 12

## SAVE THE DATE!

### February 4, 2010 Meeting

#### What Gluten Free Adventure do you dream about?

Michelle Wallick, from GF Adventures, will be joining us to share her big adventure. As a Gluten Free woman she sailed across the Atlantic Ocean. Sound like fun? Curious how she did it? Come to our meeting in February to hear more!



### No Oats At Meetings

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

### December Meeting & Cookie Exchange Thursday, December 3<sup>rd</sup>

7:00 PM – 9:00 PM

Swedish Medical Center Hospital  
501 E Hampden Ave; Englewood, CO 80113



Were you able to find your favorite cookie recipe? Keep looking! Come meet some local gluten free cookie bakers and see them share “a secret tip” about making their cookies! After a few demonstrations we will have time to share our favorite cookies and chat to begin the holiday season. Join us Thursday, December 3<sup>rd</sup> at Swedish Medical Hospital in the Pine Conference room on the 2<sup>nd</sup> floor. Please bring a couple of dozen of your favorite cookies and their recipes to share. Covered, free, parking is available in the parking garage at East Hampden and Pearl Streets. Follow the “line” on the ground to the main hospital.

### October Meeting Recap

It was a busy month! Dr Steve Wangen joined us on October 1<sup>st</sup> and talked about his new book *Healthier Without Wheat*. This talk was interesting and shared information about not only living without wheat due to Celiac Disease and Gluten Sensitivity but someone might still be experiencing symptoms, even though faithfully following the gluten-free diet, possibly due to other food reactions or allergies. If you'd like to know more and weren't able to make the meeting, check out his website <http://www.ibstreatmentcenter.com>

On October 15<sup>th</sup> Shelley Case joined our group to discuss what's new and exciting in the gluten free world and to share her resource book *Gluten Free Diet ~ Comprehensive Resource Guide*. Shelley dispelled many myths in her information-packed discussion about all the dos and don'ts, what's ok, and how to keep it fun with lots of laughter! Did you miss this evening's event? Visit her website <http://www.glutenfreediet.ca/> for more information on Shelley's Fourth Edition of *The Gluten Free Diet ~ Comprehensive Resource Guide*.

### Special thanks to our Vendors at the two October Meetings!

THANK YOU to the vendors that sent in samples and came and shared their yummy food.

Kinnikinnick sent in great cookies, breads, muffins and treats for us to try! These can be found in numerous stores in Denver or online at [www.Kinnikinnick.com](http://www.Kinnikinnick.com)

Norlander's Original Food sent their Gluten Free Teriyaki and Mesquite Marinades for us to try. Yum! Visit their website for more information [www.norlandersoriginal.com/](http://www.norlandersoriginal.com/)

Udi's was at BOTH meetings sharing their blueberry muffins and their breads. GO UDI's! Found in numerous local stores or visit their bakery at 101 East 70<sup>th</sup> Avenue, Denver 80221 or [www.udisglutenfree.com/](http://www.udisglutenfree.com/)

# 2009 CSA CONFERENCE HIGHLIGHTS

## Highlights from 2009 CSA Conference

By Karen Cranford, President

If you ever get the opportunity to attend any of the celiac disease conferences, try to do so. You will meet so many great people, learn so much, eat worry free during the conference and find new products. It will be well worth your time.

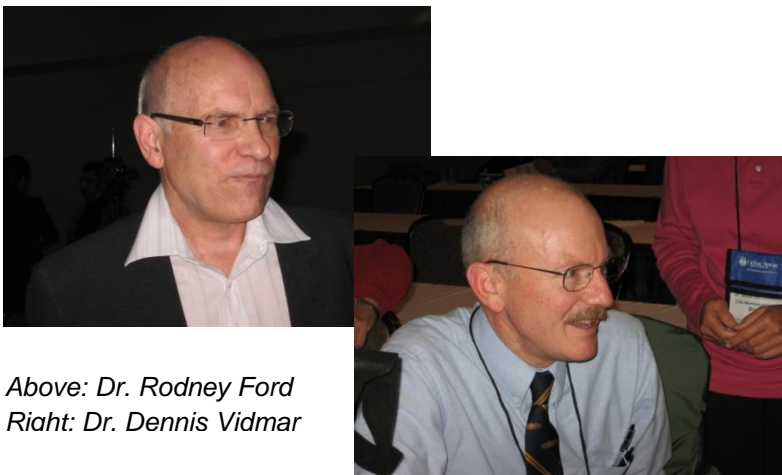
By the way, Betty Crocker had a booth at the vendor fair...and their big news? They're coming out with a gluten free frosting!!! We'll let you know when it's out!

**Dr. Rodney Ford** is a pediatrician in New Zealand, specializing in GI and allergy medicine. He's Professor of Pediatrics for Otago University in Otago, New Zealand as well as director of The Children's Clinic, creator of the eClinic and author of many books on celiac disease including "[The Gluten Syndrome](#)."

Dr. Ford believes gluten illness is more than celiac disease. He says for every celiac, there are 10 other gluten-affected people and gluten affects nerves, gut and skin. Ford feels gluten causes a lot more harm than just celiac disease. He sees it every day in his practice with kids who are tired, grumpy and moody with poor concentration, developmental delays, run down and suffering from headaches. The gluten free diet works miracles. He says it's wrong to assume that "gut damage is a gluten reaction, therefore, no gut damage must mean no gluten reaction. "

Dr. Ford says the 'celiac tests' do not identify gluten sensitivity. But a new test, the DGP (Deamidated Gliadin Peptide) test is found to be more definitive than the tTg test and all of the New Zealand labs are switching to that test for detecting raised antibodies. He really believes, especially when it comes to kids, since their reactions are so similar to celiac disease, that you treat the symptoms and not just the gut.

Dr. Ford has The Food Allergy eClinic and is an online Specialist Consultant and can be found at [www.DrRodneyFord.com](http://www.DrRodneyFord.com).



Above: Dr. Rodney Ford  
Right: Dr. Dennis Vidmar

**Dr. Dennis Vidmar** of Dermatology Associates of Erie, Pennsylvania, gave a great presentation on Gluten Sensitive Enteropathy and the Skin: More than Skin Deep.

Dr. Vidmar talked about how important it was for the dermatologist to get a good medical history "Review of the Systems" when diagnosing skin problems related to gluten-causing damage. He says there are indirect signs like metabolic changes that can include hair loss, mouth/tongue ulcers and other changes as well as nail changes. Indirect signs can also include recalcitrant acne, eczema, and psoriasis. There's also cutaneous lupus, obesity-related dermatitis and changes related to malnutrition. He says he also sees related systemic conditions in the history he's taking that include thyroid disease, other forms of lupus, anemia, diabetes and osteoporosis/osteopenia.

Dr. Vidmar says when he sees these kinds of things, then he works with the primary care physicians and other specialists in order to determine if there's gluten sensitivity involved. And of course, that means a GF diet and how important it is to remain on the diet.

The subject of gluten in cosmetics also came up. He says you do have to be concerned, because while you may not be eating the cosmetics, passive transfer to the face can and does occur. Even working in a gluten-filled kitchen can do it.

Dr. Vidmar can be found at [dvidmar1@earthlink.net](mailto:dvidmar1@earthlink.net). For a Denver area dermatologist, he recommends seeing a former associate of his, Dr. Sheila Boyle in Westminster at 303-426-5000.

## 2009 CSA CONFERENCE HIGHLIGHTS – CONTINUED

**Dr. Francisco Leon** updated attendees on the clinical trial research going on in celiac disease. Dr. Leon is the VP of Clinical Development and Chief Medical Office for Alba Therapeutics in Baltimore, Maryland. Alba is the company working on the pill taken before a meal.

Dr. Leon says 10 companies are working on medicine for CD but none, at this point, have proven anything to be safe and effective yet. Out of 5 clinical trials that have taken place on various aspects of preventing CD damage, only 2 continue to be successful, 3 others have failed.

Clinical development is made up of 3 phases. Alba's trial is near the end of Phase II and one other company is just entering Phase II which usually can take about 3 years. Phase III can be 4 to 5 years long, so we are not close yet and he stressed that at any point along the way, the trial can still fail.

Of those failing, he was glad to announce that the hookworm trials didn't work out! Hookworms were placed in the volunteer's arm through an incision. The hookworms then make their way to the intestines where they apparently did nothing for preventing damage caused by celiac disease. I think it's safe to say that's one trial we won't lose sleep over!

Dr. Leon is encouraged, however, by what they have found in Alba's trials of the pill. He says it is taken 15 minutes before the meal and its effects last about 4 hours. Their volunteers ate gluten for 6 weeks. Those taking the pill had less adverse effects than those taking the placebo (i.e. sugar pill) so they're confident at this point that it's very safe. They saw a reduction of antibodies & GI symptoms and that has now been found in 3 of the Alba trials. But the pill will probably only protect the gut from damage caused by gluten contamination—it won't allow celiacs to eat a gluten-filled meal.

Currently, three trials are taking place including the Alba testing. Dr. Leon says with the 10 companies doing trials, research & development has never been this intense in CD before. They will need about 2000 people for the next trial and we'll let you know when they start asking for volunteers. Find out more at [www.ClinicalTrials.gov](http://www.ClinicalTrials.gov).



*Left: Dr. Francisco Leon*



*Left: William Sullivan*

**William Sullivan**, DO, Attorney At Law, spoke on the legal issues related to celiac disease. He says celiac disease does qualify as a disability under the Federal Disability statutes which includes both the Americans With Disability Act and Section 504 (Rehabilitation Act). You can not be discriminated against because you have celiac disease.

Sullivan says your child, attending any school receiving public monies, has the right to a safe meal. That would be covered under a 504 plan which schools should be familiar with. This includes most colleges if they get any public funds in any way. Whether you decide to pursue the issue and whether you think their efforts in providing that meal would adequately keep your child safe, is up to you.

This also applies to hospitals. They, too, are required to provide you a safe meal. However, assisted living facilities, nursing homes or private care facilities are not required to do this. They can refuse admittance if they don't feel they can safely provide GF Meals.

To claim discrimination you need documentation of the disability, which would include the appropriate paperwork and diagnosis from your physician. You also want to list what reasonable accommodations could be made and what alternatives would be possible. This would be handled by the Office For Civil Rights at [222.hhs.gov/ocr](http://222.hhs.gov/ocr).

Mr. Sullivan can be reached at [www.michellesullivan@yahoo.com](mailto:www.michellesullivan@yahoo.com). By the way, his wife, Michelle, has the Sullivan Medical Clinic in Frankfort, Illinois, and specializes in CD and all the other GI problems like Crohn's, IBS, Colitis, etc.

## 2009 CSA CONFERENCE HIGHLIGHTS – CONTINUED

**Dr. David Sands**, Professor of Plant Pathology at Montana State University in Bozeman, is a presenter at the CSA conferences every year because he and his students are actively working on finding gluten free grains for not only celiac but also for the general population.

His talk, “New Gluten-Free Grains and the Technology Behind Them” is always fascinating and he addresses the issue of increasing health problems occurring over the past 20 years, like obesity and diabetes, being related to over-consumption and under-nutrition. His answer is to study the recent advances in genomics, make better foods available and make sure they taste good.

His students focus on gluten free crops that eliminate empty calories, have more and better protein, and have less Omega-6 and more Omega-3 oils. They also look for those with more vitamins and minerals, more fiber and are more affordable.

It's Dr. Sand's program that created Montina in 1998. You can find it at most health food stores today. It's a GF cereal grain high in fiber, iron, calcium and protein. Montina fiber can be used in gf flour mixes. They created Proatina in 2002, a high protein GF oat.

In 2004 they came up with Timtana, a tasty, high protein Gf cereal grain which has now been discovered to be a stand-alone flour. Timtana flour is made from timothy seed, a pasture grass that horses love! Bread made with Timtana flour alone (in other words, it does not need to be mixed with other flours) makes a great whole grain bread that has such a good, smooth taste and is so healthy...it turned out to be one of the hits at this year's conference trade show. You can also replace 1/4th cup of your favorite bread recipe flour mix with the Timtana flour and your bread will be a little darker color, but so much healthier.

In 2005, Dr. Sands' students created Camelina, a high protein, high omega-3 oil crop.

Dr. Sands says he's always looking for bright, science-minded students who dream of doing beneficial things for our community. They are doing a lot up there! Dr. Sands can be reached at [dsands@montana.edu](mailto:dsands@montana.edu). To find out more about any of these products and how to order, go to [www.montanaglutentfree.com/index2.html](http://www.montanaglutentfree.com/index2.html).



*Dr. David Sands*

## GLUTEN FREE CLASSES

**Free Seminar and Complimentary Gluten-free Health Fair immediately following the seminar!**

**Healthy Gluten Free Living Classes At Vitamin Cottage**

**Reservations are not required.**

The transition to gluten-free living can be daunting but never fear, the Nutritional Health Coaches (NHC) are here! Join Natural Grocers' NHCs to learn the basics for the healthiest approach to gluten-free living including meal planning, shopping tips and dietary supplementation for nutritional support.

**Friday 12/04/2009 10:00 am**

Denver Natural Grocers by Vitamin Cottage  
5231 Leetsdale Dr.  
Denver, CO 80246  
303-399-0164



### Gluten Free Holiday Cookie Workshop

Tuesday, December 8  
6:30 pm to 9:30 pm  
Fee: \$58

Learn to bake a delectable assortment of traditional holiday cookies as Monica teaches you to successfully bake gluten-free. Enjoy the Holiday festivities when you serve: Coconut-Cherry Macaroons; Thumbprint Cookies; Cut-Out Cookies, Chocolate-Almond Biscotti; Oatmeal Fruitcake Cookies; Pecan Tassies



### Update – Labeling Regulations

By Diane Moyer, M.S., R.D

I recently attended a workshop on Celiac Disease for Registered Dietitians. Although there was not a lot of new information presented, there were people from various parts of the food industry present who gave different perspectives about the proposed gluten free regulations by the FDA. At present, it appears that the final standard for labeling a food “gluten free” will be that it needs to contain less than 20ppm (parts per million) of gluten (and cannot have any ingredient derived from a gluten protein) - This is per serving of the product. There are several reasons behind this amount. One reason is based on the scientific studies that attempted to determine a “safe” level of gluten consumption. (See the newsletter archives at [Denverceliacs.org](http://Denverceliacs.org) for the March 2007 newsletter for more discussion of this issue.) The FDA also believes that this level is about the lowest possible level of detection currently reasonably possible. Food companies will be required to test their products, and the tests currently available to them do not reliably detect any lower levels. Another reason is financial. Producing a certified gluten free product is a huge investment for a company. They may have to build a separate facility to produce the gluten free products. Grains that a food company uses do not generally come from just one farm – the grains the factory receives have usually been combined from many farms. In harvesting, storing, transporting and milling grains, the same equipment and facilities are often used for a variety of grains. To produce a gluten-free product, a food company would have to have knowledge of and track every step that the grain goes through before arriving at their factory, assuring avoidance of contamination with wheat or the other gluten grains at every step along the way. So, as we can see, the costs of testing are only a small part of the investment a food company has to make in order to produce a gluten free product. This explains why gluten free foods are expensive. If requirements for the gluten free label were more stringent, probably even fewer companies would make the investment. Since labeling a product “gluten free” will always be voluntary, let’s appreciate and support the companies who go to all the effort to do so.

The proposed labeling regulation is for food products regulated by the FDA. This is most, but not all of the foods in the grocery stores. USDA regulates meat and poultry products, so these regulations would not apply to those foods. However, the consensus seems to be that even those foods would most likely comply with the FDA regulations, as the USDA will probably not be far behind in implementing their own regulations, which will undoubtedly be the same.

Another concern is the use of wheat starch and oats. Under the proposed guidelines, both would be permitted to be included in a food labeled “gluten free” if the food tested below 20ppm. It would then be up to the individual to determine their own level of comfort with including these products.

A representative from the FDA was at the workshop, and she declined to speculate on when the new regulations will be finalized and implemented. She did state that there will still be a period for public comment before then.

Diane Moyer, M.S., R.D., C.D.E. presents *Introduction to the GF Diet and Celiac Disease*. This 3 hour class offers an intro to the gluten free diet and a basic explanation of Celiac Disease: “safe” foods, “unsafe” foods, what to look for on food labels, how to stock your kitchen, eating out and more. This class is \$45 and includes a copy of the Denver Metro *Gluten Free Products List*. Call 720-560-3734 for more information.

## GLUTEN FREE AND DAIRY FREE THANKSGIVING RECIPES

If you are going through your first gluten free (or even dairy free) Thanksgiving, you can find delicious, easy and safe gluten-free/dairy-free Thanksgiving recipes through Jen's Gluten-Free Dairy-Free E-Cookbook. It is now available for download online at the introductory price of \$3.99. You will receive all of your Thanksgiving recipes plus tips for making your Thanksgiving preparations less difficult.

These are Jen Cafferty's, founder of The Gluten Free Cooking Expo's favorite recipes for Turkey Day. There are many vegetarian options. Her favorite recipe is the Maple Pecan Pie with homemade pie crust. Whether this is your first gluten-free Thanksgiving or you have been doing this for years, you will be so happy with the ease of these recipes.



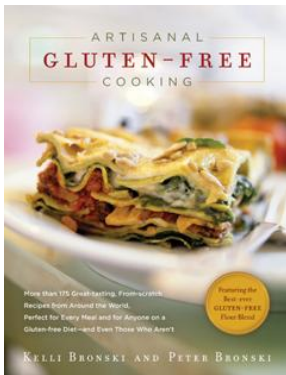
**Thanksgiving**

For more information or to download the e-book visit [www.gfreelife.com](http://www.gfreelife.com)

## New Cookbook from Local Authors!

### Artisanal Gluten-Free Cooking

More than 250 Great-tasting, from-scratch Recipes from Around the World, Perfect for Every Meal and for Anyone on a Gluten-free Diet--and Even Those Who Aren't



*Artisanal Gluten-Free Cooking* is based on authors Kelli and Peter Bronski's cooking philosophy that follows four simple rules: the food should be fresh, the recipes should be simple, the meals should be made from scratch, and the food should be delicious. ***They're local authors, based in Boulder!*** Their more than 250 recipes span the globe, from Italian to Indian, Belgian to Mexican, and Asian to American.

Belgian Waffles, Cinnamon Rolls, Chicken Pad Thai, Curry-Glazed Pork Tenderloin, Lasagna, thin crust and deep dish pizzas, Blueberry Pie and Zucchini Cake will delight anyone following a gluten-free diet—and even those who aren't! More than 70 recipes—including breads, pastas, pizzas, and more than 20 of their desserts, from Chocolate Chip Cookies to Carrot Cake—showcase their own intensively developed gluten-free flour blend. This is food so flavorful and enjoyable to eat that no one will know it's gluten-free.

Order it through Amazon.com, Barnes&Noble.com, Borders.com or get a signed/personalized copy direct from the authors at <http://www.artisanglutenfree.com/thebook.html>

### Gluten Free & Dairy Free Hanukkah Gelt

Make this holiday season extra sweet for someone in your life. Everything listed here is dairy-free. All items, except where noted with an \*, are gluten-free as well. Please mention your dietary needs when ordering to ensure that our goodies will be appropriate for everyone on your list. Chanukah orders should be placed by December 12<sup>th</sup>.



<http://www.choclat.com/Chanukah/Chanukah.php>

### Gluten Free Cookies Cookbook

168 full-color pages with over 80 simple-to-make gluten-free cookie recipes! Includes The Gluten-Free Cookie Lady's Flour formula, nine gluten-free cookie baking FUNDamentals, nut butters, flavored-scented sugars and nut recipes, fabulous frostings and filling recipes, tips for easier baking, solutions to common gluten-free cookie problems, and much, much more...



<http://www.glutenfreecookielady.com/index.htm>



### Gluten Free Play-Dough

Soy-Yer Dough is a gluten free modeling compound that is non-toxic, fun scented and safe for children and parents whom cannot play or touch wheat products.

Soy-Yer Dough comes in 11 different scents and colors.

Also offered is a Soy-FREE version of Soy-Yer Dough!

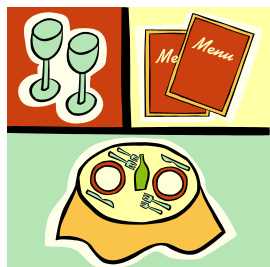
<http://www.soy-yer.com/>

### Gluten Free Chocolates Perfect for Stocking Stuffers

An elegant set of organic chocolates can be an ideal eco-friendly stocking stuffer for a man at Christmas. [LakeChamplainChocolates.com](http://LakeChamplainChocolates.com) has a 24-piece set of organic gluten-free chocolates for \$20.00.



## DINING OUT



The Gluten Detectives at On The Menu, LLC launched a new website, [www.dineglutenfree.com](http://www.dineglutenfree.com), your Colorado gluten-free restaurant guide. Created to help people following a gluten-free diet find more restaurants—giving them an easier, more convenient and safer gluten-free dining experience.

If you know of a restaurant you'd like listed on the site. Contact owners, Rebekah and Julie, at [info@otmenu.com](mailto:info@otmenu.com). They will donate 10 percent of all Denver listing fees to our organization.

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Jose Oshea's Café and Cantina at 385 Union Boulevard in Lakewood has a gluten-free menu. Ask for the menu at the hostess stand.

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Larkburger at 2525 Arapahoe in Boulder has GF French fries and burgers which can be ordered with a lettuce wrap and no bun. Their shakes are GF. All sauces are gluten free including the house, wasabi-ginger and truffle aioli. GF tamari is used rather than soy sauce. Salad dressings are made in house and are GF. The chili is NOT GF as it contains beer. A second location is at 105 Edwards Village Blvd., Edwards, CO.

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In Park Hill, Olio's Pizzeria, 6115 E. 22<sup>nd</sup> Ave., Denver, 303-321-1511, is now serving GF pizza. Coming soon they will have a complete gluten free menu, everything from hot wings to lasagna!

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GF Bake Shoppe is a local company who has excellent GF pizza crusts as well as other goodies including pizza pockets and chocolate chip cookies. <http://www.gfbakeshoppe.com/>

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Le Central, affordable French cooking is having a Thanksgiving Dinner available that is Gluten Free. The Gluten Free Thanksgiving menu can be seen on their website but includes turkey with GF corn bread stuffing, GF gravy and more. Dessert includes a GF pumpkin, apple or pecan tart pie. <http://www.lecentral.com/>

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The Gondolier ([www.thegondolieronpearl.com](http://www.thegondolieronpearl.com)) located at 1600 Pearl St., #1, is Boulder's oldest family-owned restaurant that originally opened in March 1960. The Gondolier has always offered fresh, homemade food and their pasta and sauces are all made in house. The new daily special at the Gondolier offers The Gluten Free Bistro's crust topped with your pizza of choice. This downtown location is perfect for lunch or dinner after browsing on Pearl St. Enjoy! Please enjoy our products in Boulder, Denver and the surrounding areas. Please visit [www.theglutenfreebistro.com](http://www.theglutenfreebistro.com) for a complete directory of restaurants that carry our product or call 720.329.3254.

Thank you to **Debbie Knapp, Corporate Grocery Manager from Vitamin Cottage** for providing this invaluable information.



- Amy's now has a GF Whole Meal Enchilada Verde.
- Andean Dream now makes a quinoa rice pasta.
- Cedarlane Foods has 3 GF frozen egg white omelettes: Green Chile, Cheese and Ranchero Sauce, Spinach & Mushroom and Uncured Turkey Bacon, Cheese & Vegetables. The egg whites Breakfast Burritos are NOT GF.
- DeBole's rice flax GF pastas come in angel hair and spirals.
- Dr. MacDougall's aseptic box ready to heat soups in 5 flavors are GF, low fat and low salt. They also make soups containing gluten, so cross contamination is a possibility.
- Food Should Taste Good certified GF tortilla chips new flavors are Cinnamon and Lime. There are also family size bags of Multigrain and Yellow Corn chips.
- Fusion Indian Cuisine ready to heat entrees come in 3 flavors in an aseptic box; GF and vegan.
- Gluten-Free Café now is making certified GF sesame bars, as well as frozen chicken entrees.
- Glutino's GF frozen pizza's new flavor is BBQ Chicken.
- Imagine Foods new GF foods are: Almond Dream almond milk aseptic beverages, Chocolate Dream 3 oz chocolate bars, also DF, aseptic boxes of organic ready to pour Beef and Turkey gravies and Rice Dreams Vanilla Bites ice cream nuggets.
- Kinnikinnick S'Moreables are GF graham cracker squares, to be topped with the chocolate and marshmallow for a S'More.
- Larabar variety pack has 12 little minibars in 4 assorted flavors, great for lunches.
- Let's Do Organic now has organic coconut flour available.
- Living Harvest Tempt ice cream, made with hemp milk, is GF, DF and SF.
- Mrs. Leeper's has a new macaroni and cheese mix.
- Organicville organic salsas are sweetened with agave in Medium, Mild and Pineapple.
- Pamela's has 5 flavors of new frozen mini cheesecakes, a frosted chocolate cake and a nut-topped coffeecake.
- Plum Organics baby/toddler snacks called Fiddlesticks are GF. There other 2 products contain gluten – Fruity Fingerfuls and Mish Mash, so possible cross contamination exists.
- So Delicious has 3 new GF products: coconut milk creamers, also DF and SF, agave sweetened soy yogurt cups in Blueberry, Plain and Vanilla and frozen Creamy Fruit Bars DF and agave sweetened.
- Sunshine Burgers – frozen DF, GF and SF veggie burgers – has a new Breakfast Patty and a Falafel Patty.
- Yummy Earth organic lollipops are GF.

DF = dairy free SF = soy free

All information contained within this newsletter has been collected and/or generated by the Denver CSA Chapter #17 for the benefit of its members and other interested parties. Opinions expressed are not necessarily endorsed by the national organization or the local chapter. Products mentioned or omitted do not constitute endorsement. Food manufacturers' ingredients may change at any time and may not be reflected on labels. No liability is assumed for the use of this information by Denver CSA Chapter.

### **Wheat Allergy Alert - October 29, 2009**

Pinnacle Foods Group LLC is recalling "ARMOUR Chili with Beans, Original" due to undeclared wheat. The product was distributed to retail stores in Arkansas, Georgia, Illinois, Indiana, Maryland, Mississippi, Missouri, North Carolina, Ohio, Virginia, and West Virginia.

The 15-oz. cans come in a case of six with a plastic over-wrap that incorrectly states the product is "Gluten Free," while the product actually contains wheat. The label bears an "EST. 2AD" number inside the USDA mark of inspection with dates ranging from August 26, 2009 to October 28, 2009. Consumers with questions may call (800) 253-5882.



# A NEW "SPRUE" FOR YOU

Welcome to a new, updated version of "Taming of the Sprue". Margo Scharer has been working hard over the past two years to bring you the newsletter, and we want to thank her for her countless hours of work and dedication to everything she's done for us.

I've offered to take the newsletter over to continue this important piece of your Denver CSA membership. My name is Steve Zeiden, and while I'm new to the Denver CSA Chapter, I'm not new to Celiac. I was diagnosed in April 2006. My first reaction was "A gluten what?!" There's always something new and exciting going on in the world of gluten free and Celiac Disease, and I hope that this newsletter will continue to bring you the news and information you want to read. Remember, this is your newsletter, so please let us know what you think and what you'd like to see in here. I'm constantly learning new things and about new products in the gluten free world. While we may think it's hard being a Celiac or gluten free, it's an exciting time since so much of the world is focusing on gluten free. It's not just a fad that'll be here and gone!

Please reach out to me via email at [newsletter@denverceliacs.org](mailto:newsletter@denverceliacs.org) to provide any feedback.

Be well!

Steve

## DID YOU KNOW?

That [www.epicurious.com](http://www.epicurious.com) has over 400 gluten free recipes on their site? Click on "Advanced Search" under the "Recipes & Menu" area at the top of the page, then click on "Wheat/Gluten Free" for dietary restrictions to find tons of great recipes. For some great Holiday recipes, see the back page of this newsletter.

## CHAPTER BOARD MEMBERS

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Karin Parker, <i>Electronic Communication &amp; Cel-Kids</i>		(303) 797-4808		<a href="mailto:celkids@denverceliacs.org">celkids@denverceliacs.org</a>
Diane Moyer, <i>Dietician</i>		(720) 560-3734		<a href="mailto:dietitian@denverceliacs.org">dietitian@denverceliacs.org</a>
Jennifer Parker, <i>Cel-Kids</i>		(303) 933-5992		<a href="mailto:jerparker@comcast.net">jerparker@comcast.net</a>
Donna DeVisser, <i>Database</i>		(303) 973-4613		<a href="mailto:database@denverceliacs.org">database@denverceliacs.org</a>
Joan Van Loozenoord, <i>Librarian</i>		(303) 933-1565		<a href="mailto:jkvanlooz@comcast.net">jkvanlooz@comcast.net</a>
Don Smith, <i>Mail Order Coordinator</i>		(303) 794-7258		<a href="mailto:donsmith6834@comcast.net">donsmith6834@comcast.net</a>
Bonnie Atherton, <i>Product List</i>		(303) 756-8970		<a href="mailto:productlist@denverceliacs.org">productlist@denverceliacs.org</a>
Carol Fenster, <i>Media</i>		(303) 741-5408		<a href="mailto:carol@savorypalate.com">carol@savorypalate.com</a>
Gina Meagher, <i>Past President</i>		(303) 279-9382		<a href="mailto:gmeagher@q.com">gmeagher@q.com</a>
Dr. Robert Dahl, <i>Medical Advisor</i>		(303) 463-3900		

Your chapter Board Members are working hard to bring you meetings, events in the community and this newsletter. But we can't do it without your help.

If you are interested in volunteering, please reach out to any of the Board Members listed here.

# Neighborhood Huddle Information

## Meet Your Neighborhood Celiac Resource Contact

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](mailto: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
<b>CENTRAL</b> Denver City and County	Laura Determan Andrea Loughry	(303) 757-3982 (303) 722-6284	lddet@msn.com oppermanda@netzero.net
<b>NORTH</b> Westminster, Commerce City, Brighton, Northglenn, Thornton	Darci Kunard	(720) 214-3144	kdarci@yahoo.com
<b>SOUTH</b> Centennial & Greenwood Village (W/I-25), Englewood, zips: 80120,-21,-22	Cathy Curtiss	(303) 771-8029	cmc1974@msn.com
<b>WEST</b> Lakewood	Betty Morris	(303) 238-5145	wabe22204@comcast.net
<b>EAST</b> Aurora, zips: 80231 & 80247	Maria Brotherston	(303) 752-0958	<a href="mailto:maria@brotherston.us">maria@brotherston.us</a>
<b>NORTHWEST</b> Arvada, Wheat Ridge, Zips: 80021&80212	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
<b>SOUTH</b> Highlands Ranch, Lone Tree, Castle Rock	<b>OPEN HUDDLE POSITION</b>	If you are interested in this position, please contact Karen Cranford, <a href="mailto:president@denverceliacs.org">president@denverceliacs.org</a> or (303) 979-8094	
<b>SOUTHEAST</b> Centennial & Greenwood Village (E/I-25), SE Aurora, Parker, Elizabeth	<b>OPEN HUDDLE POSITION</b>	If you are interested in this position, please contact Karen Cranford, <a href="mailto:president@denverceliacs.org">president@denverceliacs.org</a> or (303) 979-8094	
<b>SOUTHWEST</b> Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
<b>WEST</b> Golden, Evergreen, Morrison	Beverley Haney	(303) 670-0063	mrsbevins@q.com

## Other Colorado Area Contacts

AREA	CONTACT	PHONE	E-MAIL
Berthoud	Bill Eyl	(303) 772-3155	billeyl@yahoo.com
Boulder	Barbara Sanford	(303) 499-7259	barbarasanford@comcast.net
Boulder County (CSA Chapter #138)	<a href="http://www.bouldercountyceliacs.com">www.bouldercountyceliacs.com</a>		
Colorado Springs	Marie Pizzolatto Ginger Ludwig	(719) 572-0548 (719) 598-6748	celiacfamily@yahoo.com ginglud@aol.com
Ft. Collins	Judy Bushnell	(970) 493-9674	jabms@frii.com
Grand Junction	Kathye Holland	(970) 255-0511	
Greeley	Mary Grauerholz	(970) 352-6122	mcholz@aol.com
Lafayette/Louisville	Beth Macht	(303) 665-7558	elizabethwm@yahoo.com
Longmont	Tiffany Jakubowski	(303) 834-8685	
Loveland	Dave Shaw	(970) 669-4233	davshaw49@comcast.net

# MEMBERSHIP APPLICATION FORM

DENVER METRO CHAPTER # 17 of CSA/USA INC.

A NON-PROFIT ORGANIZATION

**To see when your membership expires, look at your newsletter mailing label. Renew today so you won't miss a single issue. For questions, call Donna DeVisser at 303-979-8205.**

The Denver Metro Chapter is your best local resource for celiac information, support and gluten-free socializing.

Annual dues are \$15.00/year. Make check payable to "Denver Metro Chapter #17, CSA/USA"

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

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

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

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

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

\_\_\_\_\_ This is a renewal \_\_\_\_\_ There is no change in my contact info \_\_\_\_\_ 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

For information on the national CSA/USA, call 1-877-272-4272 or go to [www.csaceliacs.org](http://www.csaceliacs.org)

## 2009 GLUTEN-FREE PRODUCTS LIST ORDER FORM (available July 2009)

Please mail this form to: Don Smith, 6834 S Franklin Circle, Centennial CO 80122 (303) 794-7258

Qty: \_\_\_\_\_ x \$10.00 (price includes postage) = \$ \_\_\_\_\_  
Total

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

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

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

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

## Holiday Recipe Box



### Potato Latkes

4 lbs. potatoes, peeled and grated  
1 small onion, grated  
1 shallot, chopped  
2 beaten eggs  
1 T flour (Featherlight mix works great!)  
1 t baking powder  
Salt/Pepper/Garlic to taste

Combine potatoes, onion and shallot in a large mixing bowl. Mix other ingredients in thoroughly. Put the mixture in a colander to drain the excess liquid into a bowl. Drain the liquid and use the starch from the bottom of bowl to add back into the mix.

Cook latkes in heated oil until browned on one side. Flip and cook on other side until golden brown. You can keep the latkes warm in a low temp oven until they are all cooked.

Eat with applesauce or sour cream.

### Chocolate Mint Sandwich Cookies

2 cups Featherlight Flour Mix  
½ cup cocoa  
2 teaspoons baking soda  
pinch salt  
2/3 cup unsalted butter  
¾ cup granulated sugar  
¼ cup light corn syrup  
1 egg  
  
24 round York Peppermint Patties  
(unwrapped)  
Additional small bowl of sugar  
to roll cookies in

Combine flour(s), cocoa, baking soda, and salt in small bowl. Beat butter, white sugar and corn syrup until creamy. Beat in egg. Gradually mix in flour mixture. Refrigerate dough for 2 hours.

Roll dough into scant 1" balls and roll in white granulated sugar. Bake on an ungreased baking sheet in a preheated 350-degree oven for 10 to 12 minutes.

Immediately remove half of the baked cookies, placing them upside down on a wire rack. Working quickly, place a peppermint patty on each inverted cookie and top with a second cookie from the baking sheet. Let stand for 3 minutes and then using a flat hand, gently flatten the sandwich (using a slight twisting motion helps) so the melted peppermint patty oozes to the cookie edge.

Makes about 2 dozen cookies.