

TAMING OF THE SPRUE

Denver Metro • Chapter #17 of CSA/USA Inc. • Celiac Sprue Association/United States of America Inc. • www.denverceliacs.org

BI-MONTHLY
NEWSLETTER

Please be advised that the opinions of the authors whom contribute their articles to our newsletter are not necessarily the opinions of the Denver Metro CSA Chapter 17.

JULY 2014

Living without gluten is not a diet, it's a lifestyle.

WELCOME

.....

We are an educational, service and support organization for individuals living with celiac sprue or dermatitis herpetiformis and all other gluten-related disorders. Did you know that approximately three million people in the US have Celiac disease; unfortunately 97% are NOT yet diagnosed. Once they are diagnosed, as most of us know, it can be extremely challenging adjusting to a gluten free lifestyle. Becoming a member of Denver Metro Celiac Support Group makes adjusting a lot easier. It has many benefits including, social events to mingle with others living a gluten-free lifestyle, an annual Gluten-Free Picnic: family friendly with BBQ provided, plus children's activities, the annual Incredible, Edible, Gluten-Free Food Fair, annual Gluten-Free Gallop (walk to support Celiac charities), bi-monthly newsletter with current news, upcoming activities and members' recipes, access to dietitian and other professionals to help with dietary changes, neighborhood resource contacts in Denver/Boulder area who organize neighborhood group activities and support of others living and dealing with a gluten-free lifestyle.

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MEMBER PROGRAMS

THANKS TO EVERYONE WHO
MADE IT TO THE GAME



It was a great day for baseball at our annual Rockies Game event this last May. For our pre-game celebration everyone met up at Stem Ciders, a new gluten-free hard cidery located just north of Coors Field (<http://stemciders.com>). Members were able to enjoy a wide variety of hard ciders, while carbonated juices were on hand for our younger members. No one left the event hungry, as we had a huge spread of gluten-free food and drinks. Most of the food was donated by our incredible sponsors for the event: Udi's Gluten Free (<http://udisglutenfree.com/>) provided the hotdog buns for our hotdogs and sausages, Planet Subs (<http://www.planetsub.com/>) provided a huge selection of their gluten-free sandwiches, and Homemade Cupcakes by Elzie (located in Boulder) brought us a variety of gluten-free cupcakes from their bakery. With a full belly and plenty to drink, we all walked over to Coors Field to go cheer on our Rockies as they played the San Diego Padres.

Thanks again to all of our wonderful sponsors and to all of our members that made it out to the event. This event keeps growing from year to year - we're excited to see how much better we can make it next time.



October Chapter Meeting with guest Dr. Rodney Ford (www.DrRodneyFord.com)

When: Wednesday, October 8th at 7:00pm

Where: First Plymouth Congregational Church
(3501 S. Colorado Blvd, Englewood, CO 80113)

DETAILS

We have the extreme honor and pleasure of hosting the famous Dr. Rodney Ford for our October chapter meeting this year. Doctor Rodney Ford is a specialist medical doctor, a pediatrician with certification in allergy and gastroenterology.

Dr. Ford is called a "Gluten Expert" because throughout his medical career, studying food allergy and intolerances, he has made a special study of gluten-related disorders. He was first to use the term "Gluten Syndrome", which describes the wide-ranging illnesses that are associated with gluten, which especially affect the brain, gut and skin. These conditions are currently known as "gluten-related disorders". He is a prolific author and international speaker, and has written over a hundred scientific papers including many books. His series of books on gluten-related disorders include: "The Gluten Syndrome" (www.glutensyndrome.com), "Gluten Brains" (www.glutenbrains.com), "Gluten: ZERO Global" (www.glutenZEROGlobal.com) which states the argument that "gluten is bad for us all" and tells everyone to go gluten-zero before it is too late!

His latest book "Gluten Related Disorder: Sick? Tired? Grumpy?" has been written to highlight the vast array of illness that can be provoked by gluten: a huge problem that needs urgent attention, which is currently being overlooked by the majority of medical services.

SAVE
THE
DATE



8TH ANNUAL
THE INCREDIBLE, EDIBLE GLUTEN FREE
FOOD FAIR™
AUGUST 17 SUNDAY 10AM-4PM

FREE TO THE PUBLIC - COME HUNGRY
\$5 parking fee charged by the event center (carpool if you can)

Tons of Samples of Baked Goods, Breads, Beers, Snacks, Desserts
and much, much more!

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80216**

SPONSORS





Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group who are also living with celiac disease and/or dermatitis herpetiformis. Being a part of CSA's Cel-Kids Network allows youth to meet others who know how they feel. Along with get-togethers, they learn important things about staying healthy and living confidently everyday. It's nice to know that they are not alone in the world with this weird-sounding disease and can't eat the same foods as their friends. **Upcoming Events** Camping Trip July, 2014 with the date to be determined and the Gluten-Free Food Fair August 17, 2014.

CEL-TWEENS



Cel-Tweens provides kids in the age range from 10-12 to meet, share and have fun with other kiddos who are also living with celiac disease. At this age, kids are starting to become more independent and making daily decisions about what foods they can eat. We want this group to be a place where they can be educated about staying healthy while having fun and understanding that they are not alone in this! The goal is to plan events to teach them about their gluten-free lifestyle, while allowing them to meet other kids their age and have fun.

Cel-Teens is a group where kids from the ages 13-18 can get together at fun events without having to worry about the stress of gluten contamination. A place where there is no judgment, discrimination and not having to feel different because everyone understands what its like to have Celiac Disease. Some of you may have been diagnosed as young children and some of you may have been recently diagnosed. Either way it can be an adjustment. Cel-Teens is the way to discuss the likes, dislikes and general frustrations of having Celiac Disease as well as having a little bit of fun, which I think is the best part!



School will be starting soon!

It's time to start thinking about how to communicate your child's needs to their teacher/school.

The Celiac Support Association has great information about what information to include.

Feel free to visit <http://www.csaceliacs.info/teacher.jsp> for more information.

It's always nice to be able to take a treat to all the summer picnics. Try this easy recipe and you will sure to be a hit.

Recipe is courtesy of www.celiac.com (Destiny Stone).

Chocolatey Peanut-Butter Crispy Rice Treats (Gluten-Free)

Ingredients:

3 tablespoons butter or butter substitute
1 (10 oz) bag gluten-free marshmallows
1/2 teaspoon gluten-free vanilla extract
1/4 teaspoon salt

1/2 cup gluten-free peanut butter
5 cups gluten-free crispy rice cereal
1 cup gluten-free chocolate chips (optional)

Grease an 8x8 square glass pan.

Melt the butter in a large pan or dutch oven over low heat. Add the marshmallows, vanilla, salt and peanut butter, stirring constantly until melted and smooth; this takes several minutes. Remove from heat and add cereal, stirring until well mixed. Scrape the mixture into the prepared pan and press it into the pan with a greased spatula (or you can place a piece of waxed paper over it and press down). If you want to add a chocolate coating on top of your crispy rice treats, place chocolate chips in small, microwave-safe bowl and heat in 30 second intervals until melted; stirring as needed. Spread melted chocolate over the bars and allow to set completely, about 2 hours at room temperature (you can also place them in the refrigerator or freezer to speed up this process). Cut bars into squares and serve.

We hope you all have a wonderful end to the summer! To join our Cel-Tweens mailing list please email: celtweens@denverceliacs.org. We look forward to meeting you at our upcoming events.

GLUTEN FREE GALLOP 5K RUN/WALK & BBQ RECAP



We would like to thank all the families that supported and participated in the Gluten Free Gallop and BBQ. A good time was had by all with the walk, balloon artists, face painters, bounce house, wonderful food and gluten free funnel cakes. If you weren't able to attend this year make sure to mark your calendar for next years event.

A huge thank you to all of the sponsors who made this event possible!

Upcoming events:
The 8th Annual Incredible, Edible Gluten-Free Food Fair will take place at The Denver Mart on Sunday, August 17th, 2014.



Thank you for participating!!

Denver CSA at 9 News Health Fair

Submitted by Diane Moyer, M.S., R.D.N.



This year, the Denver CSA was excited to participate at nine of the 9 News Health Fairs. We had a booth in the educational area and spoke with people to raise awareness about Celiac Disease/ Gluten-Related Disorders. People were quite interested, very appreciative that we were present, and we received many positive comments on the quality of our booth and information. A special thank you to Mary A., Bonnie A., Justin B., Maria B., Carolyn B., Connie H., Kim R., Cas S., and Susan W., our wonderful volunteers who helped staff the booth and educate lots of people who stopped by.

As compared to past years, awareness of celiac disease & gluten-related disorders was much higher. Most people had heard of this condition, knew someone who did not eat gluten, and many people told us that they, themselves, did not eat gluten. However, there still seem to be a lot of misconceptions. Many people stated that they knew they reacted to gluten, but denied that they had celiac disease. Upon further questioning, most of these people had never been tested. It appeared that most people thought that if someone had celiac disease and ate some gluten, then they would become extremely sick, most likely hospitalized. Another common misconception seemed to be that people with celiac disease would have horrible diarrhea upon eating gluten. As members of organizations such as CSA, it is important for all of us to educate the public. A couple of important messages for us to focus on seem to be: everyone with celiac disease is different. Everyone has different symptoms, and everyone has different severity of symptoms. Not everyone has digestive symptoms, and only a minority of adults experience diarrhea. Symptoms can affect any part of the body, and there are people who have no noticeable symptoms at all.

So, is there a concern if someone does have celiac disease and has never been diagnosed, but, on their own, has decided to avoid gluten? The answer is "yes". From talking with a lot of these people, in general, it seemed that those who did not have an actual diagnosis were not so scrupulous in avoiding gluten. Many people remarked that they avoided the major sources, such as bread and pasta, but

did not worry about foods with smaller amounts. Another common scenario seemed to be that people avoided gluten when it was convenient to do so, such as at home, but not so much when it was less convenient, such as eating out. Celiac disease is an autoimmune disease, where **ANY** exposure to gluten can cause damage inside the body, whether the person feels it or not. So, these individuals may be causing much more long-term damage to their bodies. It is important that we encourage everyone with suspicious symptoms to get tested.

There were also a lot of misconceptions about the testing. A number of people had gone gluten-free and then at some point later, undergone testing, which was negative. All tests need to be done while a person is eating a regular, gluten-containing diet. A positive test detects damage to the body. After eliminating gluten, the body should heal up, which should result in a negative test. Some people had heard that it was necessary to be eating gluten, so they had consumed a little one or two days before being tested. Eating one or two pieces of bread shortly before the test, after having been gluten-free, may make someone feel very bad, but will have no effect on the results of any of the tests currently available. If someone has been gluten-free for a period of time and has healed up, it may take up to several months of eating gluten before the tests reflect this. Only genetic testing can validly be done if someone is already gluten-free, but this is not considered a definitive diagnostic test.

There were also a lot of misconceptions about the blood tests. A lot of people who talked to us had many suspicious symptoms, and we encouraged them to be tested. Many of them stated they had been tested and it was negative, so they could not possibly have celiac disease. Generally, the only test that was performed was the tTg IgA, a very excellent test for detecting celiac disease, and almost always accurate when positive. However, it is important to get out the message that **this is only a screening test**, and, if negative, but there are still suspicions, further testing should be undertaken. Quite a few studies over the years have shown high levels of false negatives with this test; this test also does not detect those who fall into the broader

spectrum of “gluten-related disorders”; and in my own private practice, the majority of people I see who do get better on a gluten-free diet had tested negative for the anti-tTg IgA. Another point to emphasize is just because someone tested negative today, does not mean they will test negative in the future. This is important for people considered “high risk”, mainly relatives of people with CD. It is highly recommended that all people at high risk get tested, and if negative, be re-tested every couple of years for the rest of their lives, or sooner if symptoms should show up.

Again, I would encourage everyone to consider themselves as ambassadors for education about celiac disease. From our interactions with the public at the 9 News Health Fairs, these appear to be some of the most important messages we need to focus on.

If you have further questions about this or any other topic, please feel free to contact Diane Moyer, M.S., R.D.N., Denver CSA Chapter Dietitian at dietitian@denverceliacs.org or DHMoyer720@yahoo.com.

HOW TO REACH THE GLUTEN FREE COLORADO MARKET

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**The Denver CSA Chapter 17 has
a number of events in which you/
your business can participate as a
vendor or sponsor...or both!**

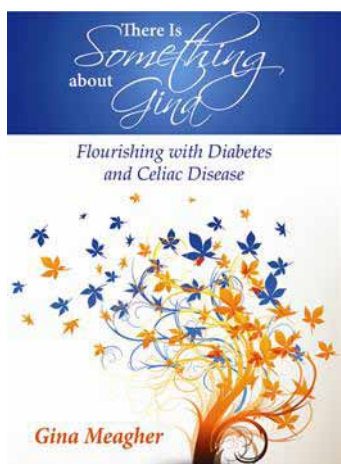
Upcoming 2014 EVENTS:

**The Incredible Edible Gluten Free
Food Fair - August
Chapter Meeting with Dr. Rodney
Ford - October
The Annual Holiday Cookie
Exchange - December**

**Advertising is always available in
our monthly newsletter, which is
mailed and emailed to our members
six times a year.**

newsletter@denverceliacs.org

**For more information about the
Denver CSA Chapter 17 please visit
our website at
www.denverceliacs.org.**



“By focusing on what’s before you today, you can make this day special. Tomorrow, you can do the same thing. Put a few days together and you’ve got a week and the weeks roll into months and the next thing you know, you’re not living with a chronic condition, you’re flourishing.”

~Excerpt from There Is Something about Gina

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Do Autoimmune Diseases Cause Some Epilepsy?

By Jefferson Adams

Celiac.com 6/11/14

A new study provides strong evidence for an autoimmune cause for a significant number of epilepsy cases, and that screening autoimmune patients for epilepsy and vice versa may be helpful in making more complete diagnosis.

The team used insurance claims data from more than 2.5 million members of a national health insurance provider to examine the relationship between epilepsy and 12 autoimmune diseases: type 1 diabetes mellitus, psoriasis, rheumatoid arthritis, Graves' disease, Hashimoto's thyroiditis, Crohn's disease, ulcerative colitis, systemic lupus erythematosus, antiphospholipid syndrome, Sjogren syndrome, myasthenia gravis, and celiac disease.

Patients with an autoimmune disease faced a nearly four-fold higher risk for epilepsy (odds ratio [OR], 3.8; 95% confidence interval [CI], 3.6 - 4.0; $P < .001$). The elevated risk was consistently observed across all 12 autoimmune diseases, and was especially high in children (OR, 5.2; 95% CI, 4.1 - 6.5; $P < .001$). The data showed that 17.5% of patients with epilepsy also had an autoimmune disease. In about 70% of epilepsy patients, the autoimmune diagnosis came first. Seizures tended to occur within the first 1 to 2 years after diagnosis of an autoimmune disease.

The results of the study prompted lead investigator Kenneth Mandl, MD, MPH, from Intelligent Health Laboratory, Harvard Medical School and Boston Children's Hospital, Boston, Massachusetts, to remark that health professionals need to expand our thinking when it comes to clinical management of these conditions. The research team further added that the potential role of autoimmunity must be given due consideration in refractory epilepsy so that they do not overlook treatable causes for epilepsy.

Source: JAMA Neurology, March 31, 2014



The Hain Celestial Group has purchased Rudi's Organic Bakery of Boulder. Some of its other brands with gluten-free products include Arrowhead Mills, Celestial Seasonings teas, Deboles pastas, Gluten Free Cafe frozen entrees and soups, Imagine Soups, Rice and Soy Dream ice creams and milks and Terra Chips. According to their website – www.glutenfreechoices/our-commitment.com - the products are GFCO certified and tested to < 10 ppm.

Submitted by Bonnie Atherton of CSA

August 9, 2014

7pm-12am

21+

A Midsummer Night's Dream

*A gala and silent auction benefitting the
Celiac Disease Foundation*

Cocktails

Gluten Free Hors d'oeuvres

Dancing

Tickets and info at:

www.celiacgala.com

facebook.com/celiacgala

McNichols Building, 144 W. Colfax, Denver



Why are modern Christians going gluten free?

Christians celebrate the sacrament of COMMUNION which is a very important ritual celebrating Christ. Today, many Christians are unable to accept the sacrament of COMMUNION because of their Intolerance to wheat and wheat products. Alterations to wheat were performed in the latter half of the twentieth century, and that trend resulted in the creation of many new strains. Up until that time, wheat was virtually the same.

WHAT IS THE IMPACT OF ALTERED WHEAT ?

In the Bible passage found in scripture 1st Corinthians 11:24-25, Jesus Christ told his followers, "take this bread and eat of it. Do this in remembrance of me." By eating bread and drinking wine, Christians unite as one body, with Christ as the spiritual head. Bread is the metaphor for the body of Christ, however more and more Christians are increasingly unable to enjoy communion bread due to gluten (wheat) allergic reactions. What is a good Christian to do, but go gluten-free not only at home, but also at their place of worship, and churches are listening.

Gluten Free Things of Arvada Colorado was approached by Flat Irons Community Church in Lafayette Colorado. The church identified a problem where a growing number of members were unable to take communion because of their gluten intolerance or celiac disease. So, they asked Gluten Free Things, Inc. to help them with a solution - to offer a gluten free product for communion. John Irvin, owner of the fast growing Arvada, CO based gluten free products business, devised a product that he terms as "Communion Bits". They're flavorful, crunchy gluten free bread bits that all of Flat Irons Church members would enjoy. Irvin markets a different version seasoned lightly with garlic, as Gluten Free Croutons. Both the communion bits and croutons have a long shelf life and therefore, will stay fresh on the shelf without going stale or molding. Irvin's engineering approach to gluten free problem solving helped him derive a unique solution for Flat Irons Community Church. A high demand for gluten free communion bits have led other churches to contact Gluten Free Things in pursuit of the same.

Today, Gluten Free Things supplies over 30,000 of these tasty, crunchy Gluten Free Communion Bits every month to Flat Irons Community Church. The progressive leaders of the Flat Irons Community Church highlighted an issue and acted upon it, and have enabled gluten intolerant members to participate in receiving the communion sacrament once again. Now, word is spreading about these gluten free communion bits among other churches. Gluten Free Things, Inc. is committed to philanthropic efforts and is donating all proceeds from the sale of these Gluten Free Communion Bits, back to chosen churches as a charitable community project.

Neighborhood Nosh

Join Us for Neighborhood Nosh!

Would you like to spend more time with gluten free friends?

Would you like to improve your restaurant experience?

Come share a meal and your restaurant experiences with someone who understands you!

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

July 30th, 6:30 pm
Jose O'Shea's
385 Union Blvd

RSVP: Maryann Jordan at majordan9@msn.com
Donna DeVisser at donnadevisser@msn.com



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



CRUNCHY MAPLE APPLE BAKE (60 minutes cooking)

INGREDIENTS

Filling

- 1/4 cup lightly packed brown sugar
- 2 tablespoons white rice flour
- 1/2 teaspoon cinnamon
- 6 large apples, peeled and thinly sliced
- 1/3 cup orange juice
- 2 tablespoons unsalted butter, melted

Topping

- 2 1/2 to 3 cups Glutino Frosted Sensible Beginnings Cereal, lightly crushed
- 1 cup finely chopped pecans
- 1/2 teaspoon cinnamon
- 3 tablespoons butter, melted
- 2 tablespoons maple syrup

DIRECTIONS

Preheat oven to 350 degrees F. Lightly oil a 9x13 inch Pyrex dish. Combine sugar, flour and cinnamon. In a large bowl, toss the apples with the flour mixture. Add the orange juice and the melted butter and toss to cool. Spread evenly over the bottom of the prepared pan.

Make the topping. In a medium bowl, combine cereal, pecans and cinnamon. Toss with butter and maple syrup and spread evenly over the apple mixture.

Set in center of the preheated oven. Bake 45 to 60 minutes or until the apple mixture is bubbly around the edges and the topping is golden brown.

Serve warm or cold.



www.glutino.com/recipes



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EDUCATIONAL PRESENTATIONS AVAILABLE CELIAC DISEASE/GLUTEN- RELATED DISORDERS

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The Denver Metro
Chapter of the Celiac
Sprue Association offers
presentations about Celiac
Disease & Gluten-Related
Disorders and the gluten-
free diet. Presentations
can be tailored to any
audience: health care
providers, community
groups, students, food-
service facilities and others.



For further information,
contact:
Diane Moyer, M.S.R.D.,
(Chair, Medical
Education Committee,
Denver CSA) at:
dietitian@denverceliac.
org
or 720-560-3734

BOARD POSITION OPEN Treasurer- Make deposits, QuickBooks entry, money transfers, reimburse and pay invoices, balance checking/ savings accounts, prepare reports for Board meetings, receipt, deposit and reports filing, yearly budget, year end report for National, close books using QuickBooks. Attend bi-monthly Board meetings.



www.facebook.com/DenverCeliacs

NEIGHBORHOOD RESOURCE CONTACTS

Below are the resource contacts in neighborhood areas in the Denver Metro area. If you have questions or are not sure which area corresponds with your neighborhood, please email vpmembership@denverceliacs.org.

Denver City and County

Laura Determan
(303) 757-3982
lddet@msn.com

Westminster, Commerce City, Brighton, Northglenn, Thornton

Janelle Hahn
(303) 513-0831
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MEMBER DISCOUNTS

Denver CSA Membership are mailed when you become a member and each time you renew. Remember, we are providing just one card per family. You're welcome to contact us at database@denverceliacs.org or by mail to Denver CSA, 2307 Willow Creek Dr., Golden CO 80401 with questions or if your card fails to arrive. Hopefully you have given us your current address! Remember to check retailer hours before you go to shop with a specific business because not all are open every day. An added feature of these cards is that they remind you the month in which your membership expires. It's an excellent idea to renew early in the month to ensure your payment is received and processed before we go to print with the next Taming of the Sprue. Some members have missed valuable information in our publications because they failed to renew on a timely basis. We trust you find these membership cards beneficial and helpful in your gluten-free lifestyle.



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Littleton, CO 80127
303 862-5210



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Benefits of CSA Membership

- Social events to mingle with others living a gluten-free lifestyle
- Annual Gluten-Free Picnic: family friendly with BBQ provided, plus children's activities
- The annual Incredible, Edible, Gluten-Free Food Fair
- Annual Gluten-Free Gallop (walk to support Celiac charities)
- Bi-monthly newsletter with current news, upcoming activities and members' recipes
- Access to dietitian and other professionals to help with dietary changes
- Neighborhood resource contacts in Denver/Boulder area who organize neighborhood group activities
- Support of others living and dealing with a gluten-free lifestyle

MEMBERSHIP ENROLLMENT/RENEWAL FORM

The Denver Metro Chapter is your best local resource for celiac information, support, and gluten-free socializing. You do not have to have been diagnosed with celiac disease to join our organization. Only one membership required per household. Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization.

New & Renewing Members:

If you are a new member, have you received a new member info packet? Yes/No

Organization: _____ (if signing up as a Business Member)

Name _____ Phone _____

Street Address _____ City _____ State _____ Zip Code _____

E-mail address _____

_____ I agree to 'go green' and receive my newsletter via e-mail

_____ I prefer to receive a paper newsletter via the postal system

Do you have children in the household with Celiac Disease? Yes/No

How did you learn about us? _____

Would you be willing/able to volunteer? Yes/No

Gift Membership given by: _____

(provide recipient info in New Member section above)

Annual dues are \$15/year. You may pay for more than one year at a time using the same annual \$15 rate.

To join/renew, send your check made payable to "Denver Metro Chapter #17 CSA/USA" along with this completed form to Denver CSA, 2307 Willow Creek Drive, Golden CO 80401. Or you can go to <http://denverceliacs.org/membership.html> and pay electronically. Please make sure your PayPal account reflects your current address & phone.

A little something to consider: According to the national chapter of CSA, people who belong to a support group are much more likely to be successful in their GF diet than those who attempt to 'go it alone'.

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

CELIAC SPRUE ASSOCIATION/UNITED STATES OF AMERICA
DENVER METRO CHAPTER #17
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*We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten free pizza shells and sandwich hoagies are supplied by a gluten-free bakery. They arrive, are baked and delivered to your table. Our toppings have been thoroughly researched and confirmed gluten-free and every effort is made to keep these ingredients free of contamination. However, Beau Jo's is not a gluten-free environment. We mix pizza dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not warranty that the foods we serve are actually gluten-free due to changes in brand or supplier and/or cross-contamination caused from human error. Neither Beau Jo's nor the Gluten Detectives at On The Menu, LLC assume any liability for the foods offered.