

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 who contribute their articles to our newsletter are not necessarily the opinions of the Denver Metro CSA Chapter 17.

SEPT 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 to adjust to a gluten free lifestyle. Becoming a member of Denver Metro Celiac Support Group makes adjusting much easier. It has many benefits including social events to mingle with others living a gluten-free lifestyle. We organize an annual Gluten-Free Picnic (family friendly with BBQ provided, plus children's activities) the annual Incredible, Edible, Gluten-Free Food Fair, an 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, plus 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



SAVE
THE
DATE

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)**

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 he has made a special study of gluten-related disorders throughout his medical career, studying food allergy and intolerances. 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 makes 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.

****Dr. Ford’s book will be available for purchase at the Chapter Meeting, so don’t miss this chance to get a signed copy.**

Chapter Meetings are open to anyone who wants to learn about living the gluten-free lifestyle. Visit our website at www.denverceliacs.org. Our meetings, other activities and complete calendar are listed under Meetings, Classes & Events.

GET INVOLVED

Your kids aren't the only ones affected by gluten

The Denver CSA supports families like yours. Check out a few ways you and your children can get involved.



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.

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.



Find us on instagram
@cocelteens

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!

Join the fun. Denver CSA holds various event throughtout the year for Cel-Kids, Cel-Tweens and Cel-Teens. Visit our website to check out the calendar at www.denverceliacs.org/celteens.

Join the fun!

If you have any suggestions for events please contact Maria or Heidi. They are always open to new ideas. Please find their contact information on page 12.



COLORADO CENTER FOR CELIAC DISEASE OPENS IN DENVER



It's Open!!! After four years of planning, the Colorado Center for Celiac Disease (CCCD) opened its doors June 9th at Children's Hospital in Denver. The much-anticipated center is "dedicated to the long-term care of individuals with celiac disease and gluten-related disorders" and if need is any indication, the center should probably pass all expectations sooner rather than later!

Board members from Denver's CSA Chapter #17 received a guided tour by Dr. Edwin Liu, Director of the CCCD, of the facilities they use at Children's Hospital.

When the Denver Chapter first learned of the proposed center, board members dedicated half of the proceeds of their first "Gluten Free Gallop" to go to the new celiac disease center. Karen Cranford, president at the time of that 2012 celiac walk, presented a check to Dr. Liu from that event on behalf of the chapter for \$3,320.78. More is expected to be donated to the CCCD since two more walks have since been held.

The center also received a boost this year with an endowment from Denverite Bea Talpin who worked as a pediatric nurse for 60 years, a part of that at Children's...her way of showing appreciation for Dr. Liu diagnosing two of her grandchildren with celiac disease.

Dr. Liu explained to board members about the much-heralded radioimmunoassay equipment used and housed in the Barbara Davis Center, its main purpose being for diabetes. Because Dr. Liu is also on the faculty at the Barbara Davis Center, the CCCD can utilize it as needed for testing for tTG-IgA antibodies (those that indicate celiac disease). This equipment, one of only 5 available in North America, is highly sensitive and accurate, which means they can weed out any false negatives from other tests. This provides more confidence in their positive antibody testing results before moving forward with an endoscopy, the next step in their two-part diagnosis.

This piece of equipment uses radioactive material to accomplish these more accurate results. What's really exciting, though, is that researchers in the Barbara Davis Center have recently developed non-radioactive technology to accomplish the same thing! According to Kyle Noble, CCCD Program Assistant, this non-radioactive technology is the first of its kind anywhere and will be much safer in providing benefits such as:

1. Ruling out false negatives for antibody testing producing more confidence in blood test results.
2. Preventing patients from undergoing multiple testing procedures.
3. If patients receive a negative tTG result elsewhere and are still experiencing symptoms related to CD, the new equipment can either prove a false negative or prove the TRUE negative which can be used to determine the real cause of their symptoms.
4. If celiac patients are still experiencing symptoms after being on the gluten free diet for some time, their tTG levels can be tested to a very high degree of accuracy to see if they are still ingesting gluten or they should be tested for other conditions.
5. The Barbara David Center tests all of the Type 1 Diabetes patients for tTG-IgA antibodies and since 8-10% of kids with Type 1 also have celiac disease, they can be caught earlier, often before developing symptoms or causing injury to their intestines.
6. Increasing the testing possibilities for the center which is already causing them to be highly-sought-after regarding clinical trials and celiac research which is putting them on the leading edge for future developments in celiac disease.

Dr. Liu and his team, Dr. Edward Hoffenberg and Dr. Robert Kramer, work closely with programs serving other disorders which allows them to facilitate the early screening and detection of celiac disease and gluten sensitivity in children with related conditions like Type 1 Diabetes and Down Syndrome. Their registered dietitian, Marisa Daznoski Riley, RD, CNSC, supports patients and their families by providing education regarding the gluten-free diet and an introductory gluten-free class. Social worker Christine Case, LSW is also available for day-to-day issues and possible problems with school or college.

Noble says the hospital does a great job providing gluten-free meals for in-patient purposes. He says while they're working to improve the cafeteria's gluten-free options, on celiac clinic days the Carving Block station in the cafeteria always has one guaranteed gluten-free entrée. And no matter what the day, the Grab-N-Go station has gluten-free box lunches and snacks.

This is such a great advancement for Colorado and its surrounding states. They expect to draw from Wyoming, Nebraska, and New Mexico and increase their diagnoses of 100 kids a year to 300 per year. While it currently is only available for children, Noble says their long-term goal is to work with the University Hospital GI Department to eventually expand their services to adults as well.

The Colorado Center for Celiac Disease welcomes consultations and referrals and can be reached through the CHCO Digestive Health Institute at 720-777-6669 or by e-mail at celiaccenter@childrenscolorado.org.



Food Fair Recap
The 8th Annual Incredible, Edible Gluten – Free Food Fair™ was a huge success!! The event was held at the Denver Mart

on August 17th and we had over 2,500 people attend this event. We had 112 wonderful gluten free vendors that gave out information on their companies, samples of their yummy gluten free products and had many wonderful items for sale. We hope that you came away with some new favorites!!

We would like to thank all of our amazing volunteers that helped out that day, this wouldn't have been possible without you.

We would also like to thank all of our vendors and give a very special thank you to all of our wonderful sponsors.

Our Platinum Sponsors: King Soopers, Udi's Gluten Free Foods, and Glutino

Our Silver Sponsors: Beau Jo's Colorado Style Pizza and Applegate Organic and Natural Meats

Our Bronze Sponsors: Savory Palate, Canino's Sausage, Nu Life Market, 303 Chiropractic, Garbanzo's Mediterranean Grill, Rudi's Gluten Free Bakery, Bakery on Main, Town and Country Foods, Deby's Gluten Free, The Last Crumb Bakery, San- J International, and The Children's Hospital Celiac Disease Center



Restaurant: Gluten-Free Dining Experience
By Melissa Reed

Celiac.com 07/24/2014 - People who have celiac disease know one of the main concerns is avoiding gluten when they have meals. Their second biggest concern is the possible co-mingling of ingredients that can contaminate otherwise gluten-free food! So how do you eat at restaurants when you have celiac and still have peace of mind?

Here is how:

1. Before you are to go out to a restaurant, call ahead and ask for the manager, to find out if they do offer gluten-free meals that are carefully prepared for people with food allergy (If you are unable to call ahead go online and look the restaurant up to see if they offer a gluten-free menu or gluten-free meal selections, if need be email them). Also ask if the restaurant prepares gluten-free meals in a separate area, and if the restaurant uses different cooking utensils for gluten-free meal preparation.
2. When you arrive at the restaurant that you have confirmed has gluten-free meals, let the server know you have a "Gluten Allergy" (ok, you can use different terms, and this isn't correct, but it conveys necessity instead of trend) and must eat gluten-free. Ask for a gluten-free menu, if they did not offer one to you. If you feel comfortable ask to speak with the manager or chef at your table, so they know that you have a medical need for a gluten-free diet.
3. Let your favorite restaurants know that you want gluten-free meal selections and a gluten-free menu if they do not offer that yet. Do not be afraid to ask! Also, online there are cards you can print out and take to restaurants that you can give to server, manager or chefs to let them know that you are in need of a gluten-free diet.

Some restaurants are now getting trained for gluten-free food preparation through National Foundation for Celiac Awareness (NFCA) and Great Kitchens, so that all the staff is fully prepared and educated on how to handle safe preparation of meals for celiac and gluten intolerant individuals.

Talk about peace of mind; if a restaurant has had the gluten-free food training, know you are safe to eat gluten-free meals there!

Visit our website at www.denverceliacs.org for a directory of recommended restaurants that are gluten-free/friendly.

Dining out and traveling gluten-free (GF) is often times challenging and awkward. However, with the right attitude and some preparation attending social, family and business functions can be enjoyable.

What can be expected from the average restaurant? Knowledge of the gluten-free diet varies from chef to chef and from restaurant to restaurant. Understanding one's dietary requirements and communicating them allows the chef to know how best to accommodate your needs. Do your best to be very specific and assertive as to your requirements. Question ingredients and preparation methods. Watch potential areas for cross contamination (e.g., ovens, cooking utensils, etc).

Keep in mind that these are recommendations. You must decide for yourself, perhaps by a phone call prior to your visit, if they can accommodate.

Please share your dining out experiences.

To add a restaurant to this list, email webmaster@denverceliacs.org. Please provide complete restaurant info: name, street address, city, zip, phone #, web address. Or add a comment about your experience at one of the restaurants below by clicking the # comments link below the restaurant. You can also read existing comments by clicking this link. Please note it will take 1-2 days for your comment to appear on the website.

Gluten Free Food Show to Launch, Fall 2014

Gluten Free Avenger, brought to you by producers Scott Murphy and Christine O'Connell of MO Productions, breaks the mold of gluten free cooking shows by focusing what it means to be gluten free. The show focuses on the lifestyle of someone who is gluten free. "We want the show to be a source of knowledge on what it means to be gluten free, from favorite eateries, gluten free recipes and reviews of new gluten free foods," says O'Connell.

Gluten Free Avenger will be hosted by gluten free foodie and lifestyle devotee, Claire Bahn. "We are so glad to have Claire hosting this new series. She not only has a great personality but she lives a gluten-free lifestyle and brings a great perspective to the show that we really think will resonate with viewers. With Claire on board, it really is a collaborative effort," says Murphy.

Claire Bahn says, "This is such a great opportunity to get behind something which I feel very passionate about. Scott and Christine are such a pleasure to work with and really help me bring my ideas to fruition."

You can find more information about the series by going to <http://www.glutenfreeavenger.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!**

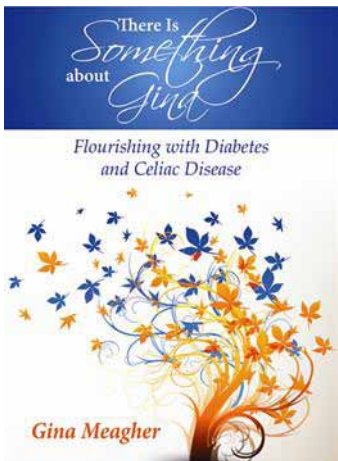
Upcoming 2014 EVENTS:

**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

Learn more at:
www.somethingaboutgina.com
info@somethingaboutgina.com

Nominated as a finalist in the
Colorado Independent Publishers
Association EPPY Awards



New TTB Guidelines for Gluten-Free Booze and Beer Labeling
By Jefferson Adams

Celiac.com 04/18/2014 - Confusion over the labeling of gluten-free beers just got a bit clearer, thanks to new guidelines by the The Alcohol and Tobacco Tax and Trade Bureau (TTB). The new guidelines clarify the use of the term “gluten-free” in labeling for alcohol products.

The Bureau announced that it would continue to consider gluten-free claims to be “misleading” if they were used to describe products made from gluten containing grains.

Products in which gluten has been removed or reduced to below 20 ppm may be labeled as “processed,” “treated,” or “crafted to remove gluten,” if the claim is made “with a qualifying statement that warns the consumer that the gluten content of the product cannot be determined and that the product may contain gluten,” according to the guidelines.

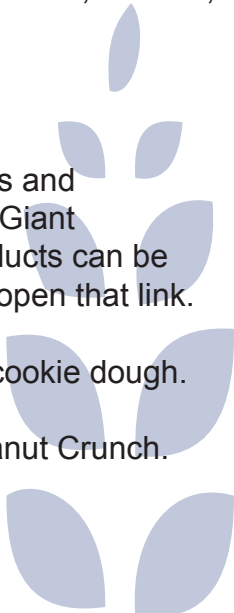
These guidelines are consistent with regulations set forth by the Food and Drug Administration (FDA) in August, which also ruled that alcoholic beverages made from ingredients that do not contain any gluten – such as wines fermented from fruit and spirits distilled from non-grain materials – may continue to be labeled as gluten-free.

Craft Brew Alliance (CBA), the Portland, Oregon based maker of Omission Beer, brewed with traditionally malted ingredients and then treated to reduce the gluten content in the finished product, issued a statement that the “TTB announcement regarding gluten-free labeling does not require changes in the way Omission Beer is labeled, or any other aspect of the production and sale of our beers.”

Source:
Brewhound.com

- **Chex GF Oatmeal** has three flavors: Apple Cinnamon, Maple Brown Sugar and Original.
- **Crunchmaster**, the maker of Multi-Seed GF crackers, now has Multi-Grain Crisps in Original and Sea Salt, along with Cheezy Cheddar Crisps and Cinnamon & Sugar Grammy Crisps. Their Popped Edamame chips come in Sea Salt and Wasabi Soy.
- **Enjoy Life Foods** are free of all 8 major allergens. Some of their products are bars, cereals, cookies, seed and fruit mixes and chocolate baking chips.
- **Food Should Taste Good** Brown Rice Crackers are available in four flavors.
- **General Mills** GF products include the following brands: Betty Crocker Dessert Mixes and Frostings, Chex cereals, Food Should Taste Good, Fruit Rollups and Snacks, Green Giant vegetables, LaraBars, Progresso soups, Yoplait yogurt and more. A list of these products can be found at www.livebetteramerica.com, put GF Product List in the search engine, then open that link.
- **Immaculate Baking** has several GF cookie mixes and a Peanut Butter refrigerated cookie dough.
- **Nature’s Valley’s** GF products are Roasted Nut Bars in two flavors, Almond and Peanut Crunch.

Submitted by Bonnie Atherton of CSA



TEST YOUR FOOD SHOPPING SAVVY

Take this quiz to see what you know - and what you don't - about making informed decisions when you shop
By Melissa Diane Smith, Better Nutrition Magazine (Aug. 2014)

Natural, organic, gluten-free, free-range, grass-fed, and more. There are so many terms and so many different ways to read labels, it's a lot for natural food shoppers to sort through, grasp and comprehend. Many marketing terms are confusing. And let's face it: some are downright misleading.

Most consumers don't know exactly what all of these various terms mean, but they probably have ideas of what they think they mean - ideas that are often wrong. And misunderstanding terms on labels can cause us to sometimes - maybe far more often than we realize - purchase products we don't really want.

The only way to prevent this is to get educated and super savvy as a consumer. Take the simple quiz below to test your knowledge. After you answer the questions, view the answers to get the real scoop on what various food label terms mean and what the FDA and food laws require, and get up to date on any information you may not have known before.

SAVVY SHOPPER QUIZ

Avoiding Gluten and Food Allergens

1. TRUE or FALSE: "Gluten-free" on a label means the product is completely free of the problematic protein gluten.
2. TRUE or FALSE: Food manufacturers are required to identify on food labels when any of the top eight food allergens are included in a product, and also when food allergens might be present in the manufacturing facility.
3. TRUE or FALSE: The top eight food allergens that are required to be identified on food labels are wheat, soy, milk, peanuts, tree nuts, fish, shellfish, and eggs.

Answers:

1. FALSE. In order for a food manufacturer to be able to use the term "gluten-free" on its label, a food must contain less than 20 parts per million (ppm) gluten, a standard many gluten sensitivity experts think is too high. To choose food products with stricter standards, seek out products that have been certified gluten-free by the Celiac Sprue Association or by the Gluten Intolerance Group (which is behind the Gluten-Free Certification Organization or GFCO). These organizations have programs that certify foods that test below 5 or 10 ppm, respectively.

2. FALSE. The Food Allergen Labeling and Consumer Protection Act requires food manufacturers to identify only those allergens that are in the ingredients of the product, not allergens that might also be present in the manufacturing facility and might be picked up in the food through cross-contamination. Some manufacturers voluntarily disclose the allergens that are present in their facilities. But others do not, and they are not required by law to do so. If you don't see this statement and are concerned, contact them to ask if other allergens are present.

3. TRUE. The law requires that food labels identify the food source names of these eight major allergens used to make the food. When the usual name of an ingredient (e.g., buttermilk) is a major food source name (i.e., milk), that qualifies. Otherwise, the name of the food source of a major food allergen must appear in parentheses following the name of the ingredient. Example: "lecithin (soy)," "flour (wheat)," and "whey (milk)"

Or the name of the allergen source must immediately appear after or next to the list of ingredients in a "contains" statement. Example: "Contains Wheat, Milk and Soy."



LASAGNE-STYLE PASTA BAKE

Recipe by Glutino

INGREDIENTS

8 ounces Glutino Rotini Pasta
1 pound sweet or spicy Italian sausage meat
1 small onion, minced
3 cloves garlic, minced
1 8 ounce can crushed tomatoes
2 tablespoons tomato paste
2 teaspoons minced fresh oregano
¼ cup chopped fresh basil
Pinch red pepper flakes
8 ounces ricotta cheese
2 cups grated mozzarella
½ cup shredded Parmesan cheese



DIRECTIONS

Cook rotini according to package directions. Rinse with cold water and set aside until needed. Warm a large skillet over medium-high heat and add the sausage. Cook it until well browned, breaking it up with a wooden spoon as it cooks. Reduce heat to medium, add the onion and garlic and let them cook until translucent. Stir in the crushed tomatoes, tomato paste, oregano, basil and red pepper flakes. Bring to a simmer and then let the sauce cook over very low heat for 10 minutes. Preheat oven to 350 degrees F.

Spoon ¼ of the sauce into the bottom of 9×13 inch lasagna pan. Cover with a layer of rotini, using half the pasta. Spoon half the ricotta over the rotini, dropping it in blobs. Sprinkle with half the mozzarella. Cover with sauce, using half the remainder. Repeat the pasta, ricotta and mozzarella layers. Cover with the remaining sauce and sprinkle with Parmesan cheese.

Bake for 40-45 minutes until lightly browned on top and very hot. Let sit for 5 minutes before cutting into squares.

8-10 Servings



Find more gluten free recipes at
www.glutino.com

We've got you covered.



breakfast



midday snack



brunch



lunch



on-the-go



dinner



dessert



late night snack

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www.glutino.com

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CHAPTER BOARD MEMBERS

President – Cari “Cas” Strouse
president@denverceliacs.org

Past President – Gina Meagher
(303) 279-9382
gmeagher@q.com

VP, Programs - Erik Johnson
vpprograms@denverceliacs.org

VP, Membership - Dave Barber
vpmembership@denverceliacs.org

Treasurer – Kathleen Craig
treasurer@denverceliacs.org

Secretary – Bonnie Atherton
(720) 427-8971
secretary@denverceliacs.org

Dietitian – Diane Moyer
(720) 560-3734
dietitian@denverceliacs.org

Cel-Kids Network -
Maria Brotherston & Heidi Lyster
(303) 915-9756
(303) 503-6166
celkids@denverceliacs.org

Cel-Teens Network –Nicole & Alyssa
celteens@denverceliacs.org

Cel-Tweens Network –
Carrie Kollar & Anne Gray
(303) 522-4147
celtweens@denverceliacs.org

Membership Manager – Angie Roz
(303) 667-9462
database@denverceliacs.org

Webmaster – Kurt Fulwider
(303) 734-4657
webmaster@denverceliacs.org

Gluten Free Gallop (Celiac Walk) –
Katie Uhlenbrock
glutenfreegallop@denverceliacs.org

Food Fair Coordinator -
Katie Uhlenbrock
gffoodfair@denverceliacs.org

Newsletter Editor – Deidre Haska
newsletter@denverceliacs.org

Social Media –
Erik Johnson & Deidre Haska
socialmedia@denverceliacs.org

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
janellehahn@hotmail.com

Centennial, Greenwood Village, Englewood

Jean Duane
(303) 221-0771
info@alternativecook.com

Lakewood

Maryann Jordan
(303) 989-2050
majordan9@msn.com

Golden, Evergreen, Morrison

Donna DeVisser
(303) 973-4613
donnadevisser@msn.com

Arvada, Wheat Ridge

Melissa McLean Jory
(303) 868-7790
Melissa@glutenfreeforgood.com

Aurora

Maria Brotherston
(303) 752-0958
maria@brotherston.us
&
Heidi Lyster
(303) 503-6166
blueeyes_80110@yahoo.com

Highlands Ranch, Lone Tree, Castle Rock, Parker, Elizabeth, Franktown

Jerrine Hicks
jerrine.hicks@gmail.com

Littleton, Ken Caryl, Roxborough

Joan Van Loozenoord
(303) 908-8746
[jkvanlooz@gmail.com](mailto:jkvannoord@gmail.com)
&
Nancy Lindsey
(303) 973-1279
n-lindsey@comcast.net

Boulder County

Tracy Ashmore
(720) 244-6249
gfpamperedchef@gmail.com
&
Barbara Sanford
(303) 499-7259
barbarasanford@comcast.net



MEMBER DISCOUNTS

MEMBER DISCOUNTS

Are you reaping the benefits of your CSA membership card?

We recently had a report that an employee at one of the participating retailers denied a CSA member their anticipated discount. Upon investigation, we learned that the business had hired a few new employees and didn't have them up to speed on such matters. If this ever happens to you, we encourage you to ask for the manager because they do know about their agreement with the Denver CSA chapter. The five businesses we currently list all have one year agreements in place until February of 2015, and we anticipate that they will be renewing.

Do you have a favorite retailer you'd like to see honor a discount? If so, send an e-mail to database@denverceliacs.org or by mail to Denver CSA, 2307 Willow Creek Drive, Golden CO 80401 with the business name, address, and phone number. We'll contact them about the possibility of their participation in this program.

Everyone who is current with their dues should have a business-card sized, laminated, membership card. The card is intended to remind you when it's time to remit your annual dues, plus offer you a discount when you do business with participating retailers.

You are encouraged you to remit your annual dues early in the month of expiration so your name will be included in distribution of the next month's Taming of the Sprue. Our printer needs the mailing list around the 20th of even numbered months so all the work is complete & newsletters hit the mail early in odd numbered months. This is why it's important that you take action when you know your membership is about to expire. Those of you who receive a paper copy of Taming of the Sprue will see your expiration month printed above your address label. For those who receive an electronic copy of The Sprue, a reminder e-mail is sent early in the month of expiration.

Do we have your current mailing/e-mailing information? Please remember to inform us of changes at the same e-mail address or physical address as listed above in paragraph 3.



10% off each visit
@ The Steel Yards
2500 30th Street #101
Boulder, CO
303-955-7988



25% off any (1) item
10125 W. San Juan Way, #130
Littleton, CO 80127
303-862-5210



15% off any food item, not to exceed \$15, not valid with any other offers
All participating locations



20% off all orders, \$25 or more
11651 W. 64th Avenue, #6
Arvada, CO 80004
303-668-1663



20% off of first online order placed
720-273-3727
www.eatingprimal.com

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
2307 WILLOW CREEK DRIVE
GOLDEN, CO 80401



Legendary Pizza
Since 1973

WHEAT FREE Wednesdays!

Free Trip to the Salad Bar when you
purchase either a Gluten Free Sandwich
or Gluten Free Pizza entree!

(restrictions apply)

Beau Jo's is now proudly serving
Udi's Gluten-Free Pizza Crust
and Sandwich Bread



ALSO SERVING
GLUTEN FREE PIZZA
CHICKEN NUGGETS
SANDWICHES
DAIRY FREE CHEESE



Participating Locations

Arvada
303.420.8376

Denver
303.758.1519

Ft. Collins
970.498.8898

Boulder
303.554.5312

Evergreen
303.670.2744

Idaho Springs
303.567.4376

www.beaujos.com



*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.