

Taming of the **SPRUE**

November, 2007

Denver Metro
Chapter #17 of CSA/USA, Inc.
Celiac Sprue Association/
United States of America, Inc.
www.geocities.com/csadenver17

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

December Meeting

Date: Thursday, December 6, 2007

Time: 7:00pm – 9:00pm

Location: St. Thomas Episcopal Church
2201 Dexter St.
Denver, Colorado

Directions: Take Colorado Blvd. to 22nd Street (just north of Colfax) and go 8 blocks east to 22nd and Dexter St. You can't miss it!

Event: Annual Cookie Exchange--Come one, come all! It's time for our annual cookie exchange! Please bring at least 3 – 4 dozen of your favorite GF cookies or candy to share and 3-4 dozen recipes. We ask that you include your name and list the brand names of the ingredients you used. And don't forget to bring a baggie or container.

Also: Christmas Tamales will be available for sampling and purchase at this meeting. New member Cheryl Atkins (303-875-5934) makes these for Deby's GF Bakery. Purchase a frozen 6-pack this night or place an order for Christmas which you can pick up at Deby's. Deby's also plans to keep them on hand for sale whenever you happen to stop by.

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

Vendors: To provide samples or products for sale at this event, contact Jean Duane by Nov. 29th at 303-221-0771 or info@alternativecook.com.

October Meeting



Mary Capone, the Wheat-Free Gourmet, gave tips on baking brownies. The audience was able to ask questions and then enjoyed her brownies. Attendees were also able to purchase slices of GF pizza from Deby's Gluten Free Bakery. It was a toss up between which to eat first! Find out about Mary's classes in

Boulder at www.wheatfreegourmet.com or call 303-807-0050.

CSA CONVENTION-- COLORADO INVADES ARIZONA!!!



(Photo by Shirley Curtis—Newsletter Editor, Southern Arizona Celiac Support Group and convention photographer)

Colorado was well represented at this year's CSA Convention in Tucson. Everyone had a great time. Find out more about the convention on pages 4 & 5.



CSA Executive Chef Aaron Flores (center left) and Whole Foods GF Bakehouse Chef Lee Tobin (center right) cook up waffles and omelets for breakfast.

February Meeting...The Program Committee hopes to confirm for our next meeting Dr. Scot Lewey (www.thefooddoc.com). He has tentatively agreed to speak and answer questions about food-related digestive issues, so please be thinking about what you'd like to ask him. Look for more information in the next newsletter.

Announcements

Newsletter Deadline

January 5, 2008 is the deadline to submit articles or information for the January newsletter. Please send submissions to csadenver17@yahoo.com.

Oats issue

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

Celiac Friendly Restaurants

Carino's Italian Grill now has a gluten free menu! The Gluten Intolerance Group has worked on this project throughout this year and it's finally finished. Menus have been distributed to all locations. Or go to www.carinos.com and click on "Our Menu" and then select "Gluten Free" and print out your own menu. Be sure to mention your special needs and if you have any questions, ask for a manager.

Update on **Brother's BBQ**: Many of the Brothers BBQ sauces contain Worcestershire sauce, distributed by Shamrock Foods. The Shamrock Worcestershire sauce contains soy sauce AND undisclosed wheat in the soy sauce. Only Brothers Original Barbeque Sauce is Gluten Free. Brothers has been contacted and asked to re-label their other bottled sauces. Although not required by the Federal allergen labeling laws, Shamrock Foods will be working with CSA to improve allergen awareness by their suppliers and to improve labeling. **ALSO**: they use their sweet sauce on the ribs, so the ribs are **NOT** gluten free. All other meats are GF. **GOOD NEWS** though: Brothers BBQ is now carrying gluten free beer...Bard's Tale Beer and Redbridge.

From Mary Anderies:

An's Lemongrass Grille is a great place to pick up fresh, healthy fast semi-fast food. This Vietnamese restaurant does not use soy sauce and its fish sauce is GF. The egg rolls are made with rice paper wrappers; these are deep fried in a fryer which is not used for frying any wheat products. The only item I noted on the menu which was not GF was the Hoisin Sauce, which is served on the side as a dipping sauce, and can be left out of the soup--just ask! An's is located at 1617 California Street and at their new location, at 2643 West 32nd Avenue.

A reminder to everyone submitting restaurant information: Please review cross contamination issues with the management, i.e. separate fryers and oil, cleaning of the grill or cooking meat on aluminum foil, separate pans, spoons, etc., separate preparation areas if possible and gloves if they are handling floured items before the GF ones. Also ask about staff training and review ingredients carefully as

some personnel are not familiar with all hidden gluten containing ingredients. This info is shared with many people and some may be more sensitive than others.

FOOD PACKAGED FOR WHOLESALE DISTRIBUTION

by Mary Anderies

With the passage of the Federal Food Allergen law for retail products, the lives of Celiacs got much, much easier. Wheat has to be disclosed. Barley, malt (from barley) and rye are almost always used in sufficient quantity that they are disclosed on a label. Kraft and many other national manufacturers have committed to disclose gluten from any source, in any amount, and require their suppliers to do the same. Studies showing the safety of distilled vinegar and distilled alcohol have made it even easier to purchase safe foods. Hey, life is pretty good, here!

But just when I started getting cocky about this whole gluten-free thing, I realized that there is a whole part of the food supply where we need to continue to be vigilant. The Federal labeling law does not cover food products which are packaged for wholesale distribution, including all of the Shamrock and Sysco products sold to restaurants, schools and other institutions. I assume that ingredients which form more than 2% of a product will be noted on the label (if there is a label), but manufacturers and distributors still do not have to disclose minor amounts of the 8 allergens!

It's not enough to ask a waiter to check the label for wheat/barley/rye or possibly oats in a commercially prepared product. If the product comes from a major USA manufacturer and is a product you have successfully purchased from a retail source, you are probably safe in using it at a restaurant. When in doubt, check labels yourself (yes, I've had the waitress haul out that 55 gallon drum of salad dressing, before!) and look for possible red-flags--soy sauce, Worcestershire sauce, natural flavorings or modified food starch (from an undisclosed source). We can't retire our old red-flag-warning system, yet!

Neighborhood Huddles

A complete listing of current neighborhood resource contacts is included with this newsletter.

Boulder/Longmont – The 2007 Holiday Cookie Exchange, sponsored by GF Pastry Chef will be held Sunday, December 2, 2007, 2-4 PM at Niwot Grange (in Downtown Niwot, on corner of 2nd and Franklin). Bring your favorite gluten-free cookies (in sets of four dozen) for sharing with members. Please bring copies of recipes and/or allergen information. We kindly ask that you do not bring gf oats as many Celiacs still cannot handle them. If you can assist with set-up/clean-up of the event or need additional information, please contact Melissa at 303-684-9772 or melissa@gfpastrychef.com.

Speaking Gluten Freely

From Debbie Knapp at **Vitamin Cottage**:

Cravings Place GF baking mixes, made in a dedicated facility, are now available through Nature's Best (distributor). These include peanut butter cookie, cornbread and a cake/cookie mix. A few mixes are unsweetened, as well as allergen-free.

Pamela's has a new GF Vanilla Cake mix and 3 GF frosting mixes; including Confetti, Vanilla and Dark Chocolate.

Lara's (Cream Hill Estates of Montreal) brand of GF oats and oat flour, guaranteed pure with no cross contamination, is available through Nature's Best. Vitamin Cottage soon will also be carrying **Bob's Red Mill GF rolled oats** and steel cut oats through Rainbow Foods.

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From the CSA Convention

Glutino-NEW--GF Cinnamon French Toast; GF Cranberry Breakfast Bars and Chocolate Breakfast Bars along with their Blueberry and Apple. Also, their GF Wafer Cookies has added Strawberry along with their Vanilla, Lemon and Chocolate. Also new are their GF Organic Bars in Wildberry, Chocolate & Peanuts, and Chocolate & Banana.

Domata Living Flour—an all-purpose flour that is gluten free, casein free, dairy free, wheat free, and sugar free. Use as a cup-for-cup exchange. It's delicious and easy to work with. It's also affordable and easily attainable. Volume purchasing and state of the art production equipment allows them to be the 'low cost producer' on the web. Check it out at www.domatalivingflour.com or call them in Missouri at 417-276-7789, 417-298-2452 or write to them at domatalivingflour@windstream.net.

Glutenfreeda's Real Cookies are now available at Whole Foods and Vitamin Cottage. This is frozen cookie dough, ready to bake, available in Peanut Butter, Chocolate Chip, Peanut Butter & Chocolate, and Dark Chocolate & Mint.

* * * *

From The Natural Products Expo East by Carol Fenster:

Pamela's has a new white cake which would make a lovely wedding cake (now at Vitamin Cottage).

Bob's Red Mill unveiled its new gluten-free rolled oats and steel-cut oats and they offer a recipe for the steel-cut oats at www.bobsredmill.com.

Farm Pure, www.farmpure.com, also introduced a variety of gluten-free oats and oat products. They sell them under the brand name Only Oats.

Ener-G Foods, www.ener-g.com, has a tasty new onion cracker (which traveled extensively with her throughout Spain).

Enjoy Life Foods, www.enjoylifefoods.com, now offers Sunflower Crunch snack bar, which she took to Spain and often ate for breakfast. They also added a new flavor of trail mix: called Beach Bash Not Nuts. She took these to Spain as well. The beauty of these products is that they are not only gf, but also nut-free.

Arico Foods, www.aricofoods.com, offers new chips made from cassava. They are somewhat like potato chips.

Soyatoo, www.soyatoo.com/us, is a vegan whipped topping that is not hydrogenated now offers its product in a box, which you can whip yourself. Recall that last year's new offering was the aerosol version, which doesn't always work well. Carol learned that if you let the aerosol can sit at room temperature for 20 minutes the dispenser will work better. This same company, based in Germany, now offers vegan cream cheese as well.

Glutino (Gluten-Free Pantry), www.glutino.com, now offers frozen chicken entrees...great for those nights when you need a meal right away. Take to work and microwave for lunch.

Heartland's Finest Ingredients now offers lasagna noodles, www.heartlandsfinest.com, made from their bean flours.

Cherrybrook Kitchen has a new brownie mix, www.cherrybrookfarms.com, and **Foods by George**, www.foodsbygeorge.com, has a terrific pizza that Carol sampled many times during the show.

Hol-Grain, www.conradricemill.com, has a new chicken coating mix to use when you fry chicken.

Carol sampled a wonderful artisan French bread by **Against the Grain Gourmet**, but it is only distributed thus far in the Eastern United States. Check it out at www.againstthegraingourmet.com.

The first quinoa-based drink was unveiled by **Quinoa Gold** in three flavors: Pina Colada, Berry and Mango that are 100% organic, www.quinoagold.com. Also made from quinoa are the new Cocoa Nibbles, www.cacoanibble.com, which include a blend of quinoa along with dark chocolate, and dried fruit.

* * * *

Rustic Crust, a New Hampshire-based bakery has launched its new line of wheat-free, gluten-free, dairy-free pizza crusts. The 2-crust pkg. retails for approximately \$5.99 and is available nationwide in key grocery chains and natural food stores including Vitamin Cottage or go to www.rusticcrust.com.

Bell & Evans GF Chicken Nuggets and Tenders are now available at Whole Foods. They're the best tasting GF breaded products yet!

From Monica Poole: King Soopers will soon be carrying 8 Free Brand Gluten Free/Allergen Free products, hopefully by December 1st. The first offerings will be Multigrain Sandwich bread, English Muffins, Pizza Crusts, and two cookie doughs – Sugar and Chocolate Chip. Look for them in a small separate freezer in their bakery section. 8 Free Foods is the branding for Deby's. King Soopers will only have access to these 5 products. They hope to add to the 8 Free line if these first 5 are successful. Deby's locations in Erie and Highlands Ranch are closed. Find delivery info by calling 303-283-4060 or go to www.debyg glutenfree.com.

2007 CSA CONVENTION HIGHLIGHTS

Stefano Guandalini, MD, Professor of Pediatrics, University of Chicago, spoke on "Overview of Celiac Disease—From Diagnosis to Treatment".



1) Common belief in the celiac community is that Samuel Gee was the first to write about symptoms in the 1880's when in fact, actual writings in 100AD by Aretaeus, 17 centuries before, are found to actually be the first to describe CD symptoms.

- 2) 33% of celiacs are diagnosed due to GI symptoms.
 25% are diagnosed due to Type I Diabetes.
 10% are diagnosed due to family screening.
- 3) Breastfeeding at the time of gluten introduction into diet appears to delay or prevent the appearance of celiac disease.
- 4) Current Research in Celiac Disease:
 * Removing gliadin from wheat
 * Oral Enzyme Therapy is the most advanced and currently the most promising—but it is **NOT** out yet. Do not be fooled by Glutenase being promoted in the public sector. This is **NOT** for celiacs.
 * Anti-Zonulin Block—AT-1001



Rosemary Young, MS, RN from Omaha, Nebraska, presented on "Celiac Disease, Importance of Effective Communication". Included in her talk:

Prevalence of Celiac Disease in

- | | |
|--|-------|
| 1) Healthy individuals | 1:133 |
| 2) First-degree relatives | 1:22 |
| 3) Second-degree relatives | 1:39 |
| 4) Symptomatic children | 1:25 |
| 5) Symptomatic adults | 1:68 |
| 6) Those with Infertility (idiopathic) | 1:16 |
| 7) Type 1 diabetes | 1:23 |
| 8) Autoimmune liver disease | 1:12 |
| 9) Irritable bowel syndrome | 1:23 |
| 10) Osteoporosis | 1:39 |

Other Facts:

- 1) Average American consumes 133 lbs. of wheat per year
- 2) \$700 million/yr spent on GF foods—estimated to be \$1.7 billion in 2010.
- 3) Cost differential:
 *Wheat flour-\$0.39/lb vs brown rice flour \$1.89/lb
 *Wheat pasta-\$0.87/lb vs GF pasta \$3.69/lb

Nancy Schuller, R.D., Clinical Nutrition Manager, Morrison Health Care at Carondelet St. Joseph's Hospital, Tucson. Nancy became involved in the local Celiac Support Group ten years ago because of a patient. She attended 5 national and one international celiac conference. She educated their hospital kitchen staff on the GF diet and then was diagnosed herself two years ago!



Nancy's response: "**The Five Stages of Grief**":

1. Denial: Surprise & Shock
2. Anger
3. Bargaining
4. Grief & Depression
5. Acceptance: an ongoing journey
 - *Periods of success and failure
 - *Connect with a Support Group who understands

Concerns for Deficiencies in the GF Diet

- *Any diet that prohibits common foods can eliminate many necessary nutrients
- *Usual additives to fortify glutinous products such as wheat bread & cereals:
1. Vitamin B complex: Thiamin, Niacin, Riboflavin, Vitamin B6, Vitamin B12 and Folate
 2. Vitamins A, C & D
 3. Minerals: Calcium and iron
- *Fiber—Most fiber in the regular diet is from wheat and whole grains that are not gluten free.

Keep a Positive Attitude

- *This change should make you feel better and recover your health.
- *More alternative products online or in markets.
- *Many GF products are becoming less expensive.
- *Cookbooks, recipes on GF flours & grains.
- *Planning & preparation can be sporadic with the advent of convenience GF foods.
- *Many restaurants are offering GF menus.
- *****



Marth Lee Palotta, LDN, RD, CDE is a Dietitian/Nutritionist in Baton Rouge, Louisiana. Her program was "Extreme Makeover...CELIAC Edition".

Martha's Key Advice:

1. Attitude is everything.
2. It is normal to mourn the loss of favorite foods.
3. Spontaneity in eating is replaced with planned eating.
4. Focus on all of the foods you CAN eat.
5. Have a positive outlook.

Martha also says the market for GF foods is getting better and since the GF diet is also recommended for other conditions including autism, Crohn's, psoriasis, ADHD, etc., then it's a **Large Market To Target**.

1. Each year since 2001, the market for GF products has increased at a compound annual growth rate to 27% (\$696.4 million in 2006).
2. The GF market is estimated to continue growing at 25% per year until 2010.
3. Once fixed regulations are in place to define GF foods, it is expected that major manufacturers will enter the GF market.

Martha also talked about labels and what particular kinds of ingredients to be concerned about. She also had suggestions on things to bring with you if you have a **Planned Hospital Stay**:

- * A copy of your medical history
- * A list of your current medications
- * A list of medications and foods that you do not tolerate (allergy information)
- * Info about celiac disease...just in case you are asked "How do you spell that?"
- * Gluten Free snacks

She also says to be sure to ask for a visit with the dietitian or call the dietitian in advance to enlist her help in making certain your meals are accurate. And if you have any doubts that your special products will be available, bring some of your own GF foods.



Laila B. Hishaw, DDS, is a pediatric Dentist in Tucson who spoke on "Dental Effects of Celiac Disease". Her research found:

Oral Signs & Symptoms of Celiac Disease

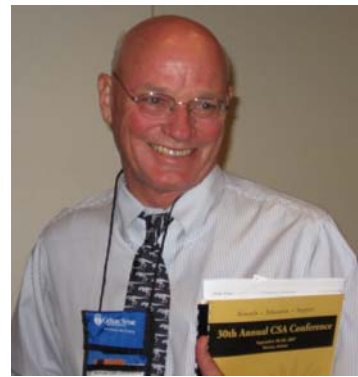
- | | |
|---|---------------|
| 1. Enamel Hypoplasia (Defect in the quantity of enamel) | 3. Gingivitis |
| 2. Aphthous Ulcers | 4. Dry Mouth |

Dr. Hishaw says she didn't find any research for this, but her belief is that if the pregnant mother has CD and is not absorbing vitamins & minerals, then no calcium is being absorbed in utero, therefore, it could affect at least the baby teeth of the child whether he/she ultimately has CD or not.

For a **Gluten Free Visit**, ask your dentist to use:

1. Non latex/powder-free gloves (powder in the gloves has gluten)
2. GF prophylaxis paste: Fang Dango, Festival, Glitz, Oral BPP Stages Tooth & Gum Care ONLY, Premiere, Salivart & Sultan Healthcare—or just use plain pumice if no GF prophylaxis paste is available.
3. Fluoride: Systemic & Topical is usually GF.
4. Alginate impression material: it is available in a GF product.

GF Dental Products (professional & home) are at: www.withoutthewheat.com/Dental_Products.html.



David Sands, PhD is Professor of Plant Pathology at Montana State University in Bozeman where they hold the patent for Montana, the gluten free cereal grain (1998). Professor Sands is often a presenter at

the CSA conferences and spoke on "Healthier Grains Through Biotechnology". He and his University also developed Proatina, a high protein GF oat in 2002. They also developed Timtana, another GF cereal grain, in 2004 and CSA holds that patent. They also created Camelina, a high protein, high omega-3 oil crop in 2005 as well as wrinkled peas with a straight starch, low glycemic index for diabetics in 2006. Teff is another one of their success stories. Their latest research is in new GF crops like Indian Rice Grass, that has much higher nutritional value than wheat.



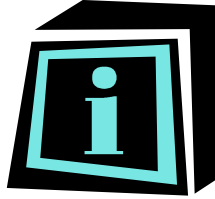
Lee Tobin, the brainchild behind the **Whole Foods Gluten Free Bakehouse**, gave out samples to the kids in attendance at the CSA Conference. New from Whole Foods was Cheddar Biscuits, similar to the ones at Red Lobster. They are great! Find them at Whole Foods in the frozen GF foods section. And don't forget, just in time for the holidays, pre-formed GF pie shells...again in the frozen food section.

Recipes from presenters Lee Tobin and Rebecca Reilly can be found on page 8.

CD copies of each presentation at this year's conference can be checked out from the Denver CSA Chapter Library.

DID YOU KNOW?

Jean Duane, Denver's own **Alternative Cook**, has a gluten-free, dairy-free cooking segment on Comcast's Video on Demand under the category "Your Colorado", and then under "Healthy Living". Learn things like hidden names for gluten and dairy, substitutes for milk and eggs, how to adapt a favorite recipe to be gluten-free and dairy-free and have it turn out great, plus where to find support, information and community groups. Find Jean at www.alternativecook.com.



Newsletter Renewal Time

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

******* PUBLICITY *******

The October 9, 2007 **Boulder Daily Camera Online** issue featured a story titled, "Running isn't Only Challenge For These Three Fairview Athletes". The story tells what life is like for three cross country Fairview students who have celiac disease. Go to www.dailycamera.com/news.

Did you miss your **Living Without** fall issue? Their office was closed this fall while moving into new headquarters. The fall issue was not published and anyone holding a subscription will have their subscription extended by one issue. For more info or to subscribe, go to www.livingwithout.com.

The Sept. 17th issue of **Newsweek** had "Waiter, Please Hold the Wheat", one of the most factually correct and comprehensive articles in print. It featured CNN anchor Heidi Collins, the celebrity spokesperson for the National Foundation for Celiac Awareness, and Dr. Peter Green.

The October issue of **Delicious Living Magazine** had an article, "The Gluten Question...what you need to know." It covered the difference between celiac and intolerance, label info, what foods may have gluten in them and even featured a taste comparison between GF products!

The September 24th issue of **The Huntsville Times** had "A Young Scientist Outsmarts Her Disease" about a home-schooled ninth grader who has celiac disease. Bethany Johnson's science project was

formulating her own GF flour blends to get as close as possible to the nutrition and taste of wheat flour. It earned her a spot as one of 40 finalists in the Discovery Channel Young Scientist Challenge. She traveled to Washington, D.C. in October and competed for more than \$100,000 worth of scholarships and prizes. She didn't win but she is hoping her flour blend will be on the market some day and her father is securing intellectual property rights on the research she has done!

RESEARCH UPDATE

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



CELIAC EXCHANGE STUDENT

Would you like to host an exchange student who happens to have celiac disease? Rob is 16, from Holland, taking part in a Student Exchange Program starting in August of 2008. However, the exchange program knows nothing about celiac disease. They have given his family November and December to try to find a family on their own who would then go through the approval process by the Student Exchange Program closest to them. If he can't find a celiac family to live with, he will have to go with whatever family the program finds him and that's a scary prospect for his parents. If you'd be interested and you have a high school nearby that he can attend, contact Karen Cranford at 303-979-8094 or crankaren@aol.com.

Governor Proclaims Celiac Disease Awareness Month

On September 24, 2007, Colorado Governor Bill Ritter, Jr. signed an honorary proclamation naming October, 2007 as Celiac Disease Awareness month. Many governors throughout the country did the same in their own states.

SCHOOL TOOLS

By Amy Beckstrom, CU Director Of Dining Services



The University of Colorado's Dining Service has introduced a popular new service to their menu offerings! This past fall, the Kittredge Dining Center opened a new "Back to Basics" line, a uniquely designed line geared toward simple items. All items are gluten free, but also highly suitable for all customers wanting simple foods. This food line features 2-3 protein items and 2-4 accompaniments, and is open Monday – Friday, lunch and dinner.

One reason the Back-to-Basics line was implemented so successfully was because one cook, Joan Moore, has been dedicated to this project by working with current recipes, as well as developing many new recipes. Joan also communicates frequently with students to find out their likes and dislikes, ensuring they are offered foods they will enjoy.

The concept of providing this type of extended services for customers who prefer simple foods, in particular students requesting gluten-free offerings, was a result of the collaborative efforts between CU's Dining Services and strong advocates such as Bonnie Atherton with the Denver CSA Chapter and Noah Chutz with the Boulder CSA Chapter. As a result of their communication and strong belief that all students need access to these types of foods, Dining Services recognized the benefits and need for this type of program. Their collaborative efforts, in partnership with Dining Services' Dietician, Lauren Heising, have helped launch one of the most popular venues on campus!

BOOKS

Carol Fenster's new book is out!!! "**Gluten-Free Quick & Easy, From Prep to Plate without the Fuss—200+ Recipes for People with Food Sensitivities**" shows you how to minimize ingredients, minimize effort and maximize your meals. She provides an 8-week menu plan showing in great detail how a single meal can be creatively "recreated." She lists substitutions for ingredients that might cause other allergies. There's shortcuts, tips and time-saving techniques. Get your copy at www.savorypalate.com (includes magnetic memo board), or it's in bookstores or at Amazon.com.

From Shauna James Ahern, aka The Gluten-Free Girl, comes her book, "**Gluten-Free Girl: How I Found the Food that Loves Me Back...And How You Can Too**" (hardcover). Find it now at Amazon.com, Barnes & Noble. Follow her book tour calendar on her site at www.glutenfreegirl.com where it shows her to be in Colorado January 1st through the 6th, but there are no details. Perhaps hearing from us will help her book some events.

*** HELP !!!! ***

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

Vice President—Programs

Vice President—Membership

Treasurer

Newsletter Editor

Please call if you're even remotely interested and find out what the positions entail. Let's keep the momentum going! We can't accomplish what we'd all like to do if we don't all pitch in. We're counting on you! Call Gina Meagher at 303-279-9382 or email her at gmeagher@mines.edu by Dec. 5th.

Classes Offered

Introduction To The Gluten-Free Diet And Celiac Disease

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

This 2 hour class offers an introduction to the gluten-free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, what to look for on food labels, how to stock your kitchen, eating out and more. Cost is \$45.00 (includes a copy of the Denver Metro *Gluten-Free Products List*).

Call 720-560-3734 for more information.

Wild Oats Gluten-Free Cooking Classes

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

Carol Fenster, author of *Gluten-Free 101*, and other gluten-free cookbooks, has cooking and baking ideas available on her website. This month's issue of *Carol's Culinary Cues* can be found at: www.savorypalate.com.

Confidentiality

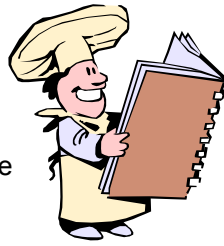
The Denver CSA chapter respects your right for privacy. On the membership renewal form, there is a new added section regarding confidentiality. We are requesting your permission to share your information with other celiac members within the organization for official CSA chapter business. The list will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

RECIPES

Rebecca Reilly's Dark Chocolate Sauce

½ C. evaporated milk, coconut milk or a non-dairy milk of choice
½ C. sugar
1 tsp. vanilla extract
3 oz. unsweetened baking chocolate, chopped

Place chocolate in a non-reactive bowl. Place milk and sugar in a small saucepan over medium-high heat and heat until hot to the touch but not boiling. Pour hot milk over chocolate in bowl, add vanilla extract and let sit a few minutes until chocolate has softened. Stir until chocolate has melted completely. Serve sauce immediately, or cover and refrigerate up to one week. To serve, heat in microwave just until hot and liquid.



Lee Tobin's GF Shrimp and Grits

2 C. water
1 (14 oz) can chicken broth
¾ C. half-and-half
¾ tsp. salt
1 C. regular grits
¾ C. shredded Cheddar Cheese
¼ C. grated Parmesan Cheese
2 Tbsp. butter
½ tsp. hot sauce
¼ tsp. white pepper
3 bacon slices
1 lb. medium-size shrimp, peeled & deveined
¼ tsp. black pepper
1/8 tsp. salt
¼ C. sweet rice flour
1 red pepper, julienned
1 C. sliced mushrooms
½ C. chopped green onions
2 garlic cloves, minced
½ C. low-sodium, fat-free chicken broth
2 Tbsp. lime juice
¼ tsp. hot sauce
lime wedges

Bring water, chicken broth, half-and-half, and salt to a boil in a medium saucepan; gradually whisk in grits. Reduce heat, and simmer, stirring occasionally, 10 min. or until thickened. Add cheddar cheese and next 4 ingredients. Keep warm.

Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet. Crumble bacon and set aside.

Sprinkle shrimp with pepper and salt; dredge in sweet rice flour.

Saute mushrooms and red pepper in hot drippings in skillet 5 min. or until tender. Add green onions, and sauté 2 min. Add shrimp and garlic, and sauté 2 min. or until shrimp are lightly brown. Stir in chicken broth, lime juice, and hot sauce, and cook 2 more min., stirring to loosen particles from bottom of skillet.

Serve shrimp mixture over hot cheese grits. Top with crumbled bacon; serve with lemon wedges.

Rebecca Reilly's Buckwheat Coconut Crepes

Crepes are surprisingly easy to make. The trick is to make sure the batter coats the bottom of the pan evenly and that your heat isn't too high.

1 C. buckwheat
2 Tbsp. coconut flour
Pinch Salt
1 Tbsp. sugar
2 eggs
2 yolks
1 Cup coconut milk
2 Tbsp. virgin coconut oil

Mix the buckwheat flour, coconut flour, salt and sugar together. Make a well large enough to hold the eggs, yolks, coconut milk and oil. Whisk the liquids, slowly into the dry ingredients. Whisk until well blended. Strain and let sit for 15 min.

Select an eight inch non-stick skillet. You don't need a fancy crepe pan. It's okay to make larger crepes if you want to, just use more batter. Preheat your pan on medium heat. She uses about one-fourth of a cup of batter to make a crepe in this size pan. Pour the batter into the pan and begin to tilt the pan from side to side. As you tilt the pan, the batter coats it and makes the crepe. If you put in too little batter to begin with, pour in some extra batter to fill in the gaps. The appearance of the batter will change as it cooks. You can usually see a lace pattern developing on the underside of the crepe. At this point it is ready to flip over. The crepe will also usually slide around when it is ready. (It may stick a bit at the edges though.) Slip the spatula under the crepe. Flip the crepe over. Look at that nice lace pattern on the crepes. If you're skillful, you can flip the crepe with a quick action of the wrist and no spatula. After the second side has cooked for maybe twenty seconds, slip it out of the pan onto a plate for serving, or into a baking dish that you can put into a warmed (200 deg.F) oven covered.

After the crepes are made, roll each up and slice into ¼" wide strips. To assemble the dessert, make a pool of fruit sauce in the middle of the plate. Pile the "fettuccini" on top of the sauce. Drizzle some more fruit sauce over the "fettuccini". Top off with a dollop of whipped cream and a sprinkling of toasted almonds and shredded natural coconut.

KITCHEN HINTS

To degrease meat soups and stews, put a sheet of waxed paper or plastic wrap directly on top of the liquid before refrigerating. When ready to reheat, peel off the waxed paper, and the fat will come with it.

Pour broth through a coffee filter to produce a clarified broth that will be clear.

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Common issues, concerns and questions expressed by our members:

- Q.** Some packages say wheat-free and some say gluten-free. Are these the same?
- A.** Gluten-free means no wheat, rye, barley and oats (unless they're pure gluten-free oats). Wheat-free means that rye, barley and oats could still be an ingredient yet still be classified as wheat free. Always read the ingredients to be sure.
- Q.** Some ingredients list corn gluten. I thought gluten was only found in wheat, rye, barley and contaminated oats?
- A.** Rice and corn also contain gluten, but it is made up of a different amino acid chain and therefore is not the same gluten that is so harmful to celiacs and the gluten intolerant.
- Q.** I often see 'chocolate liquor' as an ingredient in many items that otherwise seem to be gluten free. Is it gluten free?
- A.** Chocolate liquor is a component of chocolate and not alcohol based; therefore, it is gluten free.
- Q.** Do the grains Kamut and Amaranth contain gluten?
- A.** Amaranth is a gluten free grain; however, Kamut is an ancient grain that is a close relative of durum wheat. Kamut is not gluten free.

Meet Your Neighborhood Celiac Resource Contact

Updated Nov. 2006

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

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

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

| Metro Denver Areas | Contact | Phone | E-Mail |
|---|---|--|--|
| BD: Boulder, Lafayette, Louisville, Longmont | Barbara Sanford Beth Macht | 303-499-7259 303-665-7558 | barbarasanford@comcast.net elizabethwm@yahoo.com |
| DEN-C: Central Denver City/County | Laura Determan Andrea Loughry | 303-757-3982 303-722-6284 | lddet@msn.com oppermanda@netzero.net |
| DEN-N: Westminster, Commerce City, Brighton, Northglenn, Thornton | Darci Kunard | 720-214-3144 | kdarci@yahoo.com |
| DEN-S: Centennial & Grnwd Vlg. (W/I-25), Englewood, zips: 80120,-21,-22, | Cathy Curtiss Louise Williams | 303-771-8029 303-798-3415 | cmc1974@msn.com willou@comcast.net |
| DEN-W: Lakewood | Betty Morris | 303-238-5145 | wabe22204@comcast.net |
| E: Aurora, zips: 80231 & 80247 | | | |
| NW: Arvada, WheatRidge, Zips: 80021&80212 | Laura Meek | 303-467-0608 | lmbmeek@juno.com |
| S: Highlands Ranch, Lone Tree, Castle Rock | Mary Ann Peterson Cheryl Borgen | 303-683-1461 303-791-7731 | mapete1130@aol.com pricer15@qwest.net |
| SE: Centennial & Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth | Gale McGrevey | 303-766-7096 | gmcgrevey@att.net |
| SW: Littleton, Ken Caryl, Roxborough | Joan Van Loozenoord Jennifer Parker Nancy Lindsey | 303-933-1565 303-933-5992 303-973-1279 | jkvanlooz@comcast.net ierparker@comcast.net n-lindsey@comcast.net |
| W: Golden, Evergreen, Morrison | Marjie Reece | 303-756-6836 | denvermetrocsa@comcast.net |

Other Colorado Area Contacts

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

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

(a non-profit organization)

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

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

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

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

NAME: _____ PHONE: _____

ADDRESS: _____

CITY, STATE, ZIP CODE: _____

E-MAIL: _____

____ This is a renewal ____ There is no change in my address/phone ____ Interested in Volunteering

Please list yourself and all members of your **immediate** family who have Celiac Disease

| NAME | Circle one | NAME | Circle one |
|------|-------------|------|-------------|
| | Child/Adult | | Child/Adult |
| | Child/Adult | | Child/Adult |

Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization!

I authorize Denver CSA to share my contact information for official chapter business. _____
 (please initial)

Have you received a Celiac Disease Information Packet? ____ Yes ____ No 11/07 *NL*

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

| | |
|---|--|
| ORDER FORM | |
| DENVER METRO CHAPTER CSA/USA | |
| 2007 GLUTEN-FREE PRODUCTS LIST | |
| Quantity: _____ | X \$10.00 = \$ _____ (includes postage) Total |
| NAME: _____ | PHONE: _____ |
| ADDRESS: _____ | |
| CITY, STATE, ZIP CODE: _____ | |
| Make check payable to "Denver Metro Chapter CSA/USA" and send with form to: Don and Jeanne Smith, 6834 S. Franklin Circle, Centennial, CO 80122. For questions, call Don Smith at 303-794-7258. | |

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

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HOLIDAY GLUTEN FREE **COOKING TIPS**



Turkey—Among the GF turkeys--All Butterball Turkeys (fresh & frozen) are GF as are Safeway's Manor House as is Jennie-O's Prime Young Turkey (fresh & frozen) but NOT gravy packets.

Stuffing--Buy your favorite GF bread and use in the place of your favorite recipe...Kinnikinnick Sandwich Bread works great.

Gravy--Collect turkey drippings and add water or milk, GF flour or cornstarch, salt, pepper, and other GF spices. Cook until gravy thickens.

Green Bean Casserole—Use a GF canned or frozen green bean. Replace mushroom soup with Progresso's Cream of Mushroom Soup. To replace French Fried Onion rings on top, use Funyons or French's Potato Sticks or crushed GF corn flakes (Nature's Path).

Pie Crusts—Whole Foods now has GF frozen pie crusts or you can use crushed graham crackers from Outside the Breadbox or crushed GF oreos or K-toos from Vitamin Cottage.

Ice Cream-- Breyer's, Edy's, Blue Bunny, Perry's and most other vanilla ice creams are GF. Read labels.

Whipped Cream—Real cream, Reddi Whip and Cool Whip are gluten free.

Pumpkin—Libby's Pure Pumpkin is GF. Also GF is Libby's Easy Pumpkin Pie Mix.

Bread—You can make your favorite GF bread, or pick up one of the many varieties from Whole Foods or Deby's GF Bakery. And Gluten Free Pantry has a seasonal Pumpkin Bread Mix. 1-2-3 Gluten Free (Vitamin Cottage) also has a great Pan Bars mix that you can add pumpkin to.

Cookies—Go to www.northpole.com and click on "Holiday Recipes". Every recipe you can imagine is located there which will give you the start. Then adapt it, make it gluten free and make it your own!