

# Taming of the **SPRUE**

September, 2009

Denver Metro  
Chapter #17 of CSA/USA, Inc.  
Celiac Sprue Association/  
United States of America, Inc.  
[www.geocities.com/csadenver17](http://www.geocities.com/csadenver17)

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

## OCTOBER MEETINGS:

**TWO MEETINGS – OCTOBER 1<sup>st</sup> and OCTOBER 15<sup>th</sup>**

**First October Lecture: Dr. Steve Wangen (Celiac author and physician).**

**Date:** Thursday Oct 1st, 2009

**Time:** 7:00 p.m.

**Location:** This talk will be on the North West side of town, Arvada or Wheat Ridge area. Please check the CSA Website for updated information or call Abbie Keyes at 303-335-8857

Dr. Wangen will present his book, Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease and Non-Celiac Gluten Intolerance (2009). Dr. Wangen will review the process that led to the writing of this book and will cover the major aspects of *Healthier Without Wheat*. These include how and why people react to wheat and to gluten, and the numerous signs and symptoms (over 200) that are associated with gluten intolerance. Of major focus will be a discussion on how and why celiac disease only represents a small fraction of those with gluten intolerance, and celiac disease is not necessarily worse than other forms of gluten intolerance. You will leave with a much better appreciation for the wide range of issues related to gluten intolerance and an understanding of how to determine whether or not someone is gluten intolerant. Dr. Wangen is a licensed and board certified gluten intolerant physician and the founder and medical director of the IBS treatment Center located in Seattle, WA.

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

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

**2<sup>nd</sup> October Lecture:** Shelly Case (registered dietitian)

**Date:** Thursday Oct 15th, 2009

**Time:** 7:00 p.m.

**Location:** This talk will be on the South Side of town, Centennial, Highlands Ranch or Parker area. Please check the CSA Website for updated information.

The Gluten-Free Diet: What's New and What's Not - the latest scoop on oats and other grains, update on gluten-free labeling and practical tips for healthy gluten-free eating. Shelly Case is a registered dietitian who is a leading international nutrition expert on celiac disease and the gluten-free diet. We welcome her from Regina, Saskatchewan Canada and love that she was willing to come in a day early for the Dietitians conference she will be speaking at in October. Shelly will be bringing the latest edition of her Gluten-Free Diet: A Comprehensive Resource Guide.

## SAVE THE DATE

**November, 2009 :** Jules Gluten Free will be traveling through Denver in November and she is going to do a cooking class. If you are interested please see the article in the newsletter or check out Jules' Website for more information!

**Annual Cookie Exchange: Thursday December 3rd.**

Dust off your recipe box and find your favorite gluten free cookie recipe. Bring your cookies and recipes to share with others!

**February 5th 2010** Michelle from GF Adventures will come and talk about her exciting trip sailing across the Atlantic! Look for more details to come!

**Newsletter Deadline** November 1, 2009 is the deadline to submit articles or information for the November newsletter. Please send submissions to [newsletter@denverceliacs.org](mailto:newsletter@denverceliacs.org)

## Picnic Recap!



Thank you everyone who came out to Clement Park to celebrate Great Gluten Free Pot-Luck! It was great to talk with everyone and eat some great food. There were lots of options to choose from. It was exciting for many people to get to eat without worry! Thank you for coming and bringing yummy dishes. The recipes that were left with the dishes were picked up and are published in this newsletter!

**CSA Denver would like to thank:** Steve Craig from Pacific Street Liquors in Telluride for the New Grist Beer that people were able to take home and try after the picnic. Udi's Bakery and Dee for brining all the great Gluten Free Bread for us to have bbq sandwiches on and the Agave Soda. Seth from Simply Boulder Sauces for the amazing sauce gift boxes. By Abbie Keyes



Are you thinking about 2010 Yet? I am already looking into the programs for 2010 Please contact Abbie by e-mail [Abbie@YourGlutenFreeChef.com](mailto:Abbie@YourGlutenFreeChef.com) if you have ideas or suggestions.

### 2009 PRODUCT LIST IS NOW AVAILABLE

Please see the order form on this newsletter to get your 2009 copy.

## NO MORE NEWSLETTER

This could be the scenario, **no more newsletter**, if we can't get someone to volunteer for the newsletter editor position.

Our chapter has the best volunteers in the country. Many of these people have done these jobs for years. Others have stepped up recently and they're doing great too. None of the positions, including the president, is paid. But by the time you add work and family, they're doing all they can. They can't take on more or they'll burn out and then our chapter won't be of help to anyone. We don't want to cut back on meetings and events and the help that we give to members, particularly the newly diagnosed. But we need help!

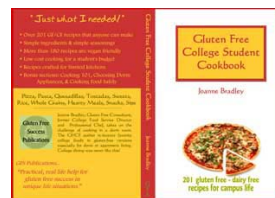
**Newsletter editor** is the most critical of our positions. It's organizing the info that comes from many different places and people, formatting it and getting it to the printer every other month.

**Co-Vice President of Programs** is needed starting in January. Abbie Keyes is the other Co-Chair of Programs so there's no starting out cold. Many of next year's programs are already planned, it simply means helping to execute the events.

**Huddle Leaders** for the Highlands Ranch/Lone Tree/Castle Rock area as well as the Centennial/Greenwood Village (East of I-25)/SE Aurora, Parker/Elizabeth area are needed. Just take calls and questions from people in your area when they're looking for answers. Some leaders plan an occasional group dinner at a restaurant or a potluck at someone's house to help familiarize those in the area with places they can eat, things they can make. You can make this position as much or as little as you want.

"Celiacs Helping Celiacs" is CSA's motto. I'm so proud of the work our volunteers do. But now we need your help. Please call the current chairmen of these positions if you have any questions regarding what they entail. Or call me. But please consider helping.

*Karen Cranford - President*



### New Book : Gluten Free College Student Cookbook

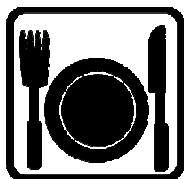
With this book, you will quickly discover how easy it is to make foods to take with you in a knap sack or share at

a dorm event. Even your late night snacks will be better than what other students are eating. **Special Promotion Code for September 2009...** The **15% off discount code will work only on the GFS Publications website** (not [Amazon.com](http://Amazon.com)) click on this link.:

[wwwcreatespace.com/3384314](http://wwwcreatespace.com/3384314) and enter this code at checkout: **TCJEMNPC**. There is no limit on the number of books that can be ordered at this special rate. Valid until September 30, 2009.

**Celiac Friendly Restaurants**

From Laura Determan: There is a restaurant called **The Asian Grill** at 1128 S. Colorado Blvd (phone: (303) 758-6699) that has Mongolian Bar-B-Que and they are knowledgeable about the gluten-free diet. The waitress (whose name is Hong) can tell you what sauces are and are not gluten-free. I have suggested that they buy some La Choy Soy Sauce and La Choy Teriyaki sauce so that the GF choices have more flavors.



**Beau Jo's** introduces new GF appetizers and entrees to their menu! They are now offering Baked Stuffed

Mushrooms, Garlic Bread with Cheese, Honey Cheese Bread, Hearty Arty and Chips & Salsa! Stacked high with the freshest ingredients are their new GF Sandwiches! Offering the Canadian Club, Albuquerque Turkey, Italian Turkey and The Chuckwagon! The GF Pizza, also with the choice of dairy free cheese, is now available in 14 pre-selected "Try One of Ours" or the "Build Your Own!" These items including GF beer will be available at all locations! The ingredients have been reviewed by On The Menu and a Nutritional/Allergen chart is included in their menu. A thank you to Chip Bair--BeauJo's owner, Pam Friedentag, VP Sales & Marketing, Chris Baer, General Manager, University Hills Beau Jo's, and Steve Baer, server at the University Hills Beau Jo's for hosting the chapter board members at a taste-testing of their new appetizers. You will love them! And if being a friend to the celiac community isn't enough, Manager Chris Baer also offers a gluten free pizza night once a month for the autism community. Hats off to all of you for all you do!

From Cathy Curtiss: **Sunnyside Cafe**, 8800 S. Colorado Blvd., Unit G, Highlands Ranch, CO 80126 serves GF pancakes. Tel: 303-470-1900.

**Mod Market** ([www.modmarket.com](http://www.modmarket.com)) is a healthy, fast, casual restaurant for the modern diner located in Boulder's latest hub, 29th St. Mod Market will be serving delicious flatbread pizza made with The Gluten Free Bistro's pizza crust cooked in their giant stone hearth oven. Try the gluten-free flatbread pizzas with names like the, "med", "mex", or "steak" and you will see what this new market is all about! The menu here is like the seasons-it changes and is also reasonably priced. Mod Market offers wonderful salads, desserts, and has beer and wine.

**Bagali's Italian Kitchen** ([www.bagalio.com](http://www.bagalio.com)) located in Broomfield near the Flat Iron Crossing Mall. Bagali's is carrying two items from The Gluten Free Bistro, and that includes our 14" famous style pizza and our flat bread. The flat bread is for diners to enjoy before their meal with some fresh olive oil or as a side to dunk in sauces or dips (surcharge applied to bread). The Gluten Free Bistro offers two styles of crust; the famous-style or thicker crust and their Neapolitan-style or thinner crust. Both are gluten-free and free of other major allergens, however, the famous-style crust does contain egg whites.

**Mancino's Pizza and Grinders** in Ft. Collins has somewhat of a secret...gluten-free pizza and subs! Celiacs living in Ft. Collins may know about this gem, but visitors should make a special trip for great food. The gluten-free grinder (or sub) bread, pizza crusts, and even large chocolate chip cookies are all from Sweet Escape Pastries, a dedicated gluten-free bakery in Longmont, CO.

**Starbucks is NO LONGER carrying its Gluten Free Valencia cake. They will be looking for another Gluten Free option**

**Coors Field Opens Gluten-Free Concession Stand**



**Dedicated Gluten-Free Location is Thought to be First of Its Kind in MLB.**

**WHAT:** The Colorado Rockies and ARAMARK, the

exclusive food and beverage provider at Coors Field, announce the opening of a dedicated gluten-free\* concession stand. The menu features hot dogs, hamburgers, chicken sandwiches, chips, cookies, brownies, soda, water and gluten-free Redbridge beer. Believed to be the first of its kind in Major League Baseball, the gluten-free stand is located behind Section 147 on the left field concourse.

**WHY:** This specific location was created in response to increasing requests for gluten-free options from fans with Celiac Disease. The stand is part of the Rockies and ARAMARK's overall commitment to offer menu options that allow all fans, regardless of dietary restrictions, to enjoy the ultimate ballpark experience. Invesco Field will be testing a Gluten Free booth for the Bronco games with GF hot dogs and brownie cookies. Please ask for the location(s) of this booth as at this time they have not been determined." If you would like to see a GF booth there, please let management at Invesco Fields know.



## Speaking Gluten Freely



**Walmart:** ALWAYS, ALWAYS READ THE LABELS!!!! For anyone living near a WalMart that has been updated to include a gluten free section, we are so grateful and appreciative for that 'extra mile' effort. However, several times items have been found in these sections that have wheat in them. And it's not that a package of gluten-filled goodies has been dropped in that area. These items have shelf tags! When you read the label, often wheat is the first item. It's not as if there is wheat starch in it and it still tests below 20 ppm. Wheat is the first item. So ALWAYS, ALWAYS read the labels. And if you know a newly diagnosed celiac, remind them to always read the labels. Don't just trust the placement of an item in a gluten free area.

**Deby's** will have products available in Vitamin Cottage starting this Tuesday September 8th. The products they will be carrying include our Country White, Mock Honey Whole Wheat, Mock Rye, and Italian Sandwich breads, as well as our 9" flatbread pizza crust and our Hamburger Buns. There will also be pre-made lunch meals available, both at Vitamin Cottage and at Deby's. The meal will include a sandwich made on Deby's bread, a brownie and or a muffin, and a drink. They will be under the Forbies label, but the bread, brownies and muffins will be Deby's products.

The **Vitamin Cottage** bulk facility is no longer packaging the tapioca flour and potato starch that is used in the Better Hagman GF flour mix, due to machine capabilities. Your best bet is to either order a case and receive a 10% case discount on the retail pack items as listed below or purchase the larger bags from Authentic Foods. Brown Rice and White Rice flour is still available. Tapioca Flour from Authentic Foods is 2.5 lbs, Bob's Red Mill is 20 oz and Ener-G Foods is in a 16 oz box. The potato starch from Authentic Foods is 3 lbs, Bob's Red Mill is 24 oz and Ener-G Foods is in a 16 oz box. Another choice for these two bulk ingredients, along with white rice flour is Deby's GF. Please call ahead to assure it is available, at 303-238-4060.



Next month, **Nature's Path** will be introducing two new gluten-free cereals to their family of gluten-free foods. Crunchy Maple Sunrise and Crunchy Vanilla Sunrise. These two new exciting organic cereals are an excellent source of whole grain, fiber and omega-3. They are made with organic corn, rice, flax, quinoa, buckwheat and amaranth.

Now **The Gluten Free Bistro's** crust can be eaten and enjoyed in Denver at **Café Colore** ([www.cafecoloredenver.com](http://www.cafecoloredenver.com)) located at 1512 Larimer St. in the heart of Lodo (303) 534-6844. Café Colore, a gourmet style Italian café, is carrying The Gluten Free Bistro's Neapolitan 10" crust, which is a thin style of crust that is also free of major allergens. The Gluten Free Bistro was founded by three gluten-intolerant locals who were dissatisfied with the gluten-free pizza crusts available. The company's creators include two nutritionists and a self proclaimed "foodie" who grew up around everything made from scratch. We make the crusts by hand ourselves in a catering kitchen in Boulder. We have a designated area that is gluten-free where we prepare our crusts. These products also available at **Radda Trattoria** and **Bagali's Italian Kitchen** and coming soon are more of The Gluten Free Bistro's products in the Boulder and Denver areas. Call 720.329.3254 or visit [www.theglutenfreebistro.com](http://www.theglutenfreebistro.com).

**The Gluten Free and Fabulous** company has announced that their products are now available to order from their website at [www.glutenfreefabulous.com](http://www.glutenfreefabulous.com). You can buy Cookies and Quinoa Pastas off their site. When you are at the Home page just click on either the Cookies or the Mac & Cheese which will bring you to the products, it's so easy now and WAY CHEAPER to buy direct. They would love to hear your feed back so please feel free to email Shari Cole, VP Marketing/COO at [shari@glutenfreefabulous.com](mailto:shari@glutenfreefabulous.com).

**Kettle Cuisine Soups** was founded 23 years ago. From the beginning there has been a strict commitment to making all-natural soups that are cooked to taste and texture perfection with no msg or flavor enhancers. The owner's daughter was diagnosed in 1989 with celiac disease at the age of one. Early last year they launched a line of frozen, all natural, gluten-free soups. One of their regular soups is New England clam chowder, so they reformulated their recipe and used rice starch and rice flour for the roux. They also looked for soups with protein so the initial five protein-based flavors range between 13 and 21 grams of protein in a 10 ounce bowl. This year they added four vegetarian offerings (3 vegan) and will have one more this fall - vegetarian three bean chili. They have a 60,000 square foot cooking facility in Chelsea, Massachusetts and their manufacturing process has been designed to eliminate the chance of cross contamination. Every batch of gluten-free soup is tested to 5 parts per million. There are nine flavors currently available. These soups are currently available in the frozen foods section in King Soopers and should be available in Whole Foods in the next couple of months, plus other independent health food stores.



### Classes and Events

#### Fourth Annual Gluten-Free Culinary Summit West Edition this fall!

GF Culinary Productions, Inc. of Denver is expanding The Gluten-Free

Culinary Summit into an East and West Edition format for its fourth annual production.

**Where:** Johnson & Wales University (Denver Campus).

**When:** October 3 and October 4.

Conducted by nationally and internationally acclaimed culinary masters and industry experts, this weekend symposium features artisan gluten-free baking and cooking class demonstrations, seminars, tastings, baking competitions, special dining events, and more. You will discover a world of GF cuisine at your fingertips. **All levels of interest and skills welcome!** For event schedules and registration, please visit [www.theglutenfreelifestyle.com](http://www.theglutenfreelifestyle.com) or call 303-368-9990. In addition to acclaimed chefs and cookbook authors coming from out of state to present at the Summit, Colorado will showcase its breadth of exceptional gluten-free culinary wisdom and artistry with local presenters including: Professor/Chef Eric Stein of Johnson & Wales University; Professor/Chef Marcia Kramer of Johnson & Wales University; Carol Fenster); Certified Master Baker Chadwick White of Udi's Bakery; Executive Chef Elise Wiggins of Panzano Restaurant, Executive Pastry Chef James Gallo of The Brown Palace Hotel; Elana Amsterdam (Author: The Gluten-Free Almond Flour Cookbook); Chef Proprietor Michael Long; and Peter & Kelli Bronski. Chef/Author Richard Coppedge of The Culinary Institute of America and Chef/Author Robert Landolphi of The University of Connecticut are graduates of Johnson & Wales University.

**Chef Abbie:** You Never Know...act now! Do you have a recipe you wish was Gluten Free? Want a deeper understanding of cooking gluten free? My Dad just had a heart attack and it made me realize how lucky I am, because he is ok! Because of this family crisis Your Gluten Free Chef is running a "Just because I love you" Sale. Since my dad had a heart attack, and there are 6 of us in my immediate family I'm having a 17% off sale. Call 303-335-8857 for help with the frustrating parts of being gluten free. ~Chef Abbie

**Tender Loving Cooking** is a personal chef service focusing on gluten-free creations. As a celiac myself, my aim is to make life easier, safer and healthier for those on a gluten-free diet. I offer in-home meals and parties, cooking lessons and gluten-free consultations. Please feel free to check out my website at [TenderLovingCooking.com](http://TenderLovingCooking.com), email me at [mary@tenderlovingcooking.com](mailto:mary@tenderlovingcooking.com) or give me a call at 303-929-0317. Mary Simmons (Certified Natural Foods Chef)

**Going Gluten-Free!** An educational workshop for individuals and families diagnosed with Gluten Intolerance or Celiac Disease presented by Lisa Lanzano, M.S., R.D. on October 10, 2009 from 9:00 am to 12:30 pm in Boulder, CO. See [EssentialNutrition.com](http://EssentialNutrition.com) or call 303-496-6770 for registration information. It's not about what you can't eat, it's about what you can eat!

**Monica Poole** will be teaching a GF cooking workshop at the **Seasoned Chef** on Sept. 30, 2009 from 6:30 - 9:30 pm. See their website - [seasonedchef.com](http://seasonedchef.com) under class descriptions.

#### Introduction to the GF Diet and Celiac Disease

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

This 3 hour class offers an introduction to the gluten free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, what to look for on food labels, how to stock your kitchen, eating out and more. Cost is \$45.00 (includes a copy of the Denver Metro *Gluten-Free Products List*). Call 720-560-3734 for more information.

#### MEDICAL EDUCATION COMMITTEE

Do you ever wish your medical providers knew more about Celiac Disease? Or are you looking to educate a community group or some organization about Celiac Disease? The medical education committee of the Denver CSA offers an excellent presentation, appropriate for any audience. We are always looking for people willing to help publicize and set up these presentations to members of the medical community. If you are interested in setting up a presentation for a group, or could help in contacting medical professionals, or would like more information about these presentations, please contact Diane Moyer, M.S.,R.D.,C.D.E, 720-560-3734 or [DHMoyer@Juno.com](mailto:DHMoyer@Juno.com).

#### Denver Celiac Walk Fundraiser

The Denver CSA is considering hosting a Celiac Walk next year. The purpose would be to raise awareness, help fund celiac research at the University of Maryland's Center for Celiac Disease Research and to get some exercise. This would probably be done in conjunction with the picnic next summer. At this time we are assessing interest and looking for volunteer help with the planning, set up and facilitation of the event. If you are interesting in being a part of this committee please email Carol Kendall at [bealsio@q.com](mailto:bealsio@q.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 from the 2009 CSA Picnic



### Chewy Chocolate Chip Cookies

By Laura Abbott

2 ¼ C. GF flour mix  
¾ C. butter, softened  
1 tsp. baking powder  
¾ C. brown sugar (firmly packed)  
1 tsp. baking soda  
½ C. sugar  
½ tsp. salt  
2 eggs  
¼ tsp. xanthan gum  
2 tsp. vanilla  
1 12oz. pkg. semi sweet chocolate chips  
Heat oven to 375 degrees. Combine flour, baking powder, baking soda, salt & xanthan gum in medium bowl. Combine butter, brown sugar & sugar in large bowl, beat until creamy. Add eggs & vanilla, beat until well mixed – reduce speed – add flour, gradually stir in chocolate chips. Place rounded tbs. full of dough, 2 inches apart on an ungreased sheet, 9-12 min. Don't overbake.

### Patio Beans By Flora Bryant

¼ C. molasses  
¾ C. brown sugar  
1 16 oz. can B & M beans  
1 ½ C. ketchup  
1 16 oz. can butter beans  
1 C. chopped onion  
1 16 oz. can kidney beans  
1/2 lb. bacon, fried crisp & crumbled  
1 16 oz. can lima beans  
½ lb. ground beef, browned  
Drain all beans except B & M. Drain fat from bacon & ground beef. Mix all together and cook in crock pot on low 3-4 hours or bake in oven.

### Corn Dip

3 cans Fiesta\* corn, drain well  
2-8oz. pkgs. finely shredded cheddar cheese  
1 sm. Can diced jalapenos  
1 C. mayonnaise  
1 bunch green onions, chopped  
1 C. sour cream  
Mix it all up and serve with Fritos Scoops.  
\*If you can't find "Fiesta" corn, use Kuner's Corn & Pepper corn or something similar

### CrockPot Rice Pudding

8 cups milk (or use 365 soy milk)  
1 C. long grain white rice (S&W White Rice)  
¼ C. heavy cream or half & half (Great Value brand)  
3 eggs  
2 tsps vanilla (McCormick)  
½ tsp cinnamon (McCormick)  
¼ tsp. salt

Using a 4-quart crockpot, spray the stoneware insert with cooking spray, then combine the milk, rice and sugar. Stir well and cook on low for 4-6 hours or high about 4, or until the rice is bite-tender. When the rice is tender, mix in a large mixing bowl the eggs, cream, vanilla, cinnamon and salt. Scoop ½ cup of the hot rice mixture into the mixing bowl and whisk. Keep adding ½ cup at a time of the rice and milk mixture into the egg bowl until about half of the milk and rice mixture is gone from the crockpot. Then put everything back into the crockpot. Stir well. This is called 'tempering your eggs'—you have to do this step or your eggs will scramble on you when you add them to the crock.

Cover and cook on high for 1 hour. Stir well, then take the lid off of the crockpot and unplug it. When the rice pudding is room temperature, you can refrigerate it.

### Rice Crispy Treats

3 TBS butter  
1 pkg. Kraft Jet Puffed Large Marshmallows  
6 cups Erehwon Rice Twice Cereal  
Melt butter in large pan. Add marshmallows, stir until both are well blended. Add cereal and coat with above mixture. Press firmly into a greased 13" by 9" pan. Cool. Cut into 24 pieces to serve.

### Apple Slaw

2 Tbsp. apple cider vinegar (Eden brand)  
2 medium apples, Granny Smith, cored  
2 Tbsp honey and coarsely grated  
2 tsp walnut oil (Spectrum)  
2 medium shallots, minced or finely grated  
½ tsp. salt  
½ C. dried cranberries  
2 C. Savoy or Napa cabbage, finely chopped  
1/8 tsp. black pepper  
2 C. jicama, coarsely grated  
1 carrot, grated  
In a large bowl, whisk together apple cider vinegar, honey, walnut oil and salt. Toss in cabbage, jicama, apples, carrot, shallots and dried cranberries.

### Spinach Artichoke Dip

1 C. chopped artichoke hearts  
½ tsp. red pepper flakes  
½ C. chopped thawed spinach  
¼ tsp. salt  
8 oz. cream cheese  
1/8 tsp. garlic powder  
½ C. grated parmesan cheese  
1 small can chopped Jalapeno peppers  
Boil spinach and artichoke hearts in 1 cup of water for 10 minutes. Drain. Melt cream cheese and add parmesan cheese, red pepper flakes, salt, garlic powder and jalapeno peppers. Mix cream cheese with drained spinach and artichoke hearts and serve warm. Serve with crackers.

## Chapter Board Members

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## Gluten Freeing: Jules Shepard is on a mission.



Times were different when Jules Shepard was diagnosed with celiac disease in 1999. With not nearly the variety of gluten-free items to choose from, and little assistance in the way of support or information, Jules did what she has done her entire life. She

figured out ways to make the absolute most of the situation, without lowering her standards.

“I simply wouldn’t sit still and eat what I was told were my only options for gluten free food,” says this noted gluten-free author, baker and mother of two. “I ate a lot of popcorn and Peppermint Patties in those early days,” she laughs. Fast forward several years, and Jules had painstakingly created a now patent-pending blend of five flours and xanthan gum that nearly perfectly mimic the properties of white wheat flour. Fellow celiacs who tried and loved it, begged her to mix it for them...and the impetus for the flagship all-purpose flour offered by her company, Jules Gluten Free, was born.

Her travel schedule this summer took her to the national Gluten Intolerance Group meeting in Seattle in June where she gave several talks and cooking demonstrations. Many of you may have sampled her delicious food at our own vendor fair the following week! Rumor has it that she may swing through the Denver area the first week of November for a cooking class or two! Stay tuned for details on that!

When she’s not covered in flour, writing her newsletter or on the road teaching all things gluten free, Jules is also an author. Her first cookbook, *Nearly Normal Cooking for Gluten Free Eating* has done well since it was first published. Last December, she published a second book, a month-by-month reference for people making the transition to eating gluten free. Written from her perspective as a celiac patient, the book, entitled, *The First Year: Celiac Disease and Living Gluten Free* is applicable to anyone endeavoring to eat gluten free.

The gluten-free community is what it is today because of the passion and involvement of people like Jules Shepard. You can learn more about her, sign up for her free newsletter and buy her remarkable flour on her website, [JulesGlutenFree.com](http://JulesGlutenFree.com).

**Meet Your Neighborhood Celiac Resource Contact** *Updated Aug. 2008*

Below are the resource contacts in eleven neighborhood areas in Metro Denver, as well as resource contacts throughout Colorado. If you have questions or are not sure which area is your neighborhood, please contact Mike Brook, at 303-858-0822 or email [mikebrook@aol.com](mailto:mikebrook@aol.com).

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

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

Metro Denver Areas	Contact	Phone	E-Mail
<b>DEN-C: Central Denver City/County</b>	Laura Determan Andrea Loughry	303-757-3982 303-722-6284	<a href="mailto:lddet@msn.com">lddet@msn.com</a> <a href="mailto:oppermanda@netzero.net">oppermanda@netzero.net</a>
<b>DEN-N: Westminster, Commerce City, Brighton, Northglenn, Thornton</b>	Darci Kunard	720-214-3144	<a href="mailto:kdarci@yahoo.com">kdarci@yahoo.com</a>
<b>DEN-S: Centennial &amp; Grnwd Vlg. (W/I-25), Englewood, zips: 80120,-21,-22,</b>	Cathy Curtiss	303-771-8029	<a href="mailto:cmc1974@msn.com">cmc1974@msn.com</a>
<b>DEN-W: Lakewood</b>	Betty Morris	303-238-5145	<a href="mailto:wabe22204@comcast.net">wabe22204@comcast.net</a>
<b>E: Aurora, zips: 80231 &amp; 80247</b>	Maria Brotherston		
<b>NW: Arvada, WheatRidge, Zips: 80021&amp;80212</b>	Melissa McLean Jory		
<b>S: Highlands Ranch, Lone Tree, Castle Rock</b>	<b>OPEN HUDDLE POSITION</b>		
<b>SE: Centennial &amp; Greenwood Vlg. (E/I-25), SE Aurora, Parker, Elizabeth</b>	<b>OPEN HUDDLE POSITION</b>		
<b>SW: Littleton, Ken Caryl, Roxborough</b>	Joan Van Loozenoord Nancy Lindsey	303-933-1565 303-973-1279	<a href="mailto:jkvanlooz@comcast.net">jkvanlooz@comcast.net</a> <a href="mailto:n-lindsey@comcast.net">n-lindsey@comcast.net</a>
<b>W: Golden, Evergreen, Morrison</b>	Beverley Haney	303-670-0063	<a href="mailto:mrsbevins@q.com">mrsbevins@q.com</a>

**Other Colorado Area Contacts**

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



**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 07/09 NL

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

**ORDER FORM**

Send to Don Smith, 6834 S Franklin Circle, Centennial CO 80122 303 794 7258

DENVER METRO CHAPTER CSA/USA

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Quantity: \_\_\_\_\_ X **\$10.00** = \$ \_\_\_\_\_  
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DENVER METRO CHAPTER #17  
2675 VAN GORDON DR.  
LAKEWOOD, CO 80215-7001

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Where else do celiacs go for recipes and news than blogs? Some bloggers have culinary skills that rival the best TV chefs. Other bloggers keep readers up to date on news and product information. These are the top 13 gluten-free blogs, in no particular order:

[Elana's Pantry](#) -Author of [The Gluten-Free Almond Flour Cookbook](#) and recipe blogger

[Beyond Rice Cakes](#) -Author of [Beyond Rice Cakes: A young persons guide to cooking, eating & living gluten-free](#) and recipe and news blogger

[Gluten Free Girl](#)-Author of [Gluten-Free Girl](#) and recipe blogger

[Karina's Kitchen](#) -A blogger with 400 gluten-free recipes, many vegan and vegetarian

[Gluten Free Mommy](#) -A blogger with great, easy recipes

[Hold The Gluten](#) -A blogger with recipes and an informational podcast

[Delightfully Gluten Free](#) -A blogger with news, product info, and recipes

[Life After Gluten](#) - A Denver local and professional chef with great recipes

[No Gluten, No Problem](#) -A Boulder local with recipes and restaurant reviews

[Gluten Free Gobsmacked](#) -A blogger with great recipes and a personal touch

[The Crispy Cook](#) -A grower who cooks with fresh ingredients from her garden

[Gluten Free Steve](#) -A Denver local with witty insights and fantastic recipes

[Gluten Free Blog](#) -Author of [Gluten-Free and Wheat-Free Gourmet Desserts](#)

**For more info:** Visit my own gluten-free blog, [Gluten Free Tiffany](#). Most bloggers have a "blogroll" on their page that lists their favorite blogs. The "I Blog Gluten-Free" badge pictured above is from the Karina's Kitchen blog, and can be viewed <http://glutenfreegoddess.blogspot.com/2007/02/gluten-free-bloggers.html>