

TAMING OF THE SPRUE



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

May 2010

June: Gluten-Free Family Potluck Picnic Saturday, June 12th

11:00 AM-1:00 PM

Clement Park Shelters A&B

7306 W. Bowles Ave., Littleton, CO 80123



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SAVE THE DATES!

4th Annual Incredible Edible Gluten Free Food Fair

Sunday, August 29, 2010

Our Fair has grown and we've moved to Jefferson County Fairgrounds this year. Join us from 1 - 4 pm to meet your gluten-free vendors, sample their products, and purchase your favorite gluten-free foods. If you know of vendors that should be there, please let the Vendor Fair Committee know by e-mailing that information to gfvendorfair@DenverCeliacs.org. We will also be looking for volunteers on the day of the fair. Helping with booths and helping in general... if you would like to volunteer to help, please send us an e-mail.

No Oats at Meetings

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

It's time again for the Gluten-Free Potluck Picnic! CSA Denver will provide BBQ from Big Papa's BBQ and beverages. Please bring your favorite gluten free side dish to our picnic. Start the summer by sharing and collecting numerous potluck and picnic friendly gluten free foods. Bring copies of your recipes so everyone can use these great recipes for their summer picnics. Shelters A&B are best accessed from Pierce Street just south of Bowles Ave. For a map of Clement Park please visit <http://www.ifoohills.org>

This year, we will begin accepting donations for the gluten-free food bank at The House of Neighborly Service in Loveland, Colorado! Please visit their website for more information on the types of items that you can bring to help out our friends in need!

<http://www.honservice.org>

April Meeting Recap

Dr. Isaac Melamed discussed how our bodies relate to our environment, lifestyle, and stress level. Each of these factors activates certain genes and when combined with certain foods activate the "Bad Gene Pool." These triggers challenge the immune system to create a "symphony" of illnesses, including metabolic syndrome, cancer and autoimmune disorders such as celiac disease.

Some triggers may progress from allergies to immune disorders and/or inflammation resulting in a "Leaky Gut"- also known as *increased intestinal permeability*. Gluten is a known cause of leaky gut. In a perfect world elimination of gluten would allow healing to occur. However other factors contribute to the health of the gut: i.e. infections, and other food sensitivities. Beneficial bacteria (probiotics) and nutritious diet may balance the gut.

He stated that blood sugar disorders (metabolic syndrome), obesity, asthma, and blood test markers such as leptin can be indicators of inflammation and should be checked regularly. If autoimmune disorders are suspected, he recommends regularly checking your Vitamin D levels.

Special Thanks to our April Vendors

THANK YOU to our April vendors that brought or sent all kinds of goodies! **Outside the Bread Box** came all the way from Colorado Springs to bring us samples of their delicious freshly baked gluten-free goods! www.outsidethebreadbox.com. **Free Choice Foods** shared samples of all six varieties of their gluten-free, whole grain entrees and side dishes. www.freechoicefoodsusa.com. **Katz Gluten Free** sent several types of cookies for everyone to enjoy. www.katzglutenfree.com

In a recent article, by Matthew Weaver, in Capital Press, scientists claim to be developing wheat for people who cannot digest gluten. Arcadia Biosciences just received a sizeable grant from the National Institute of Health to specifically design a wheat plant for people with Celiac Disease. They plan to modify the DNA of the wheat plant in order to eliminate the problem proteins. They expect to have a celiac friendly plant to begin animal and clinical testing within 5 years.



NEW ADVICE ON HOW TO AVOID COMMON FOOD ALLERGENS

At the 2010 Natural Products Expo West there was a large emphasis on the emerging demand for and understanding of GF foods. This was not only evident among the new products unveiled on the show floor, but in the educational programs as well. During her discussion, *From Gluten to Casein to Nuts: Helping Consumers Avoid Common Food Allergens*, Dietician-Ronni Alicea RD, MBA advocated that people who are suffering from Celiac Disease and other food allergies should go to local support group meetings and food fairs to meet GF vendors and retailers. She also encouraged these people to get to know local health care professionals and create relationships with them. Ronni urged the GF consumer to understand labeling regulations and why they are crucial to successfully managing CD. She advised, however, that the easiest way to avoid gluten containing foods is to become familiar with CSA and GIG seals and their standards. Her reasoning for this was that these certifying agencies and their vendor participants work together to assure that you, the GF consumer, may confidently eat products bearing the following seals.



CSA (Celiac Sprue Association) - Products bearing the CSA Recognition Seal meet the strictest criteria for absence of gluten in product ingredients, processing and packaging. To verify that a food manufacturer has addressed all of the above elements, their products are tested using the most sensitive ELISA test presently available in the United States. These products must test below 5 parts per million of gluten to qualify for the CSA Recognition Seal.



GIG (Gluten Intolerance Group) - The GF logo stands for the independent verification of quality, integrity, and purity of products. Products carrying the GF logo undergo an ingredient review, down to the original supplier, onsite inspections by experienced, trained independent (third party) field inspection agents, and ingredient testing using scientifically AOAC approved testing methods (GFCO).

Did You Know...

MyCeliacID Tests are being sponsored by Living without Magazine. If you are gluten-free but have not been diagnosed with celiac disease this simple test can determine if you have the genes for celiac disease. Visit MyCeliacID.com and enter the code "Living Without" to save \$80 on your test. The test is a simple do it yourself saliva test and you receive your results in just days.



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

Spotlight ON... WHOLE GRAINS

By now, you're probably familiar with the advertising slogan "Made with the goodness of whole grains". However, you may find yourself asking what exactly IS a whole grain food? And furthermore, what's so good about them and why should I include whole grains in my diet?

Whole grains and foods made from them contain the entire grain kernel, which consists of three parts – the bran (outer hull), germ (oil storage component), and endosperm (starch storage component). Whole grains are sources of dietary fiber, vitamins and minerals, plus high levels of antioxidants and other healthy plant-based nutrients. These grains are often processed, or refined, resulting in cracked, crushed, rolled, extruded, and/or cooked food products. Refined grains have most of the outer bran and the germ removed, resulting in the loss of dietary fiber and other important nutrients.

In the past, whole grains were thought to provide mostly fiber that promoted digestive health. Recent studies have shown that eating more whole grains may help reduce the risk of heart disease, cancer and diabetes, as well as lower triglycerides, improve insulin control, help with weight management and slow the build-up of plaque in arteries.

While most people eat enough grain products to meet dietary recommendations, not as many of us consume enough whole grains. The *Dietary Guidelines for Americans* advise making at least half of your daily grains whole. Try to include at least three 1 oz. servings of whole grains every day. A 1 oz. serving equals 1 slice GF whole-grain bread, 1/2 cup cooked brown rice, 5 GF whole-grain crackers, or 1/2 cup GF oatmeal.

Does "Made with Whole Grains" mean the food is a good whole-grain source? Not necessarily. "Made with whole grains" means that the product has some whole grain in it, but the product is not 100% whole grain. When shopping for whole-grain choices, make sure the label says "100% whole grain" and the ingredient label says "whole" before the grain. Gluten-free whole grains include brown rice, wild rice, GF oatmeal and whole oats, whole-grain corn, buckwheat, amaranth, millet, montina, quinoa, sorghum and teff. Another handy tool is the Whole Grain Council Stamps.

The Whole Grain Stamps feature a stylized sheaf of grain on a golden-yellow background with a bold black border. There are two different varieties of Stamps, the Basic Stamp and the 100% Stamp. The percentage of whole grains in the product determines whether the item is stamped with a 100% stamp (all grains are whole grains) or a basic stamp (contains at least eight grams — a half serving — of whole grains).

Put on Pack by Whole Grains Council.



Here are some simple tips to help increase your consumption of whole grains:

- Add cooked grains to stews, soups, and vegetable salads.
- Start the day with hot breakfast cereal with warm milk, chopped fresh seasonal fruits and flavorings like cinnamon, nutmeg, vanilla and maple extract.
- Create a side dish pilaf by sautéing vegetables in a small amount of olive oil and adding cooked whole grains.
- Marinate cooked grains with salad dressings and sprinkle or toss into main course salads.

While most grains can be cooked on the stovetop using two parts water to one part grain, you may need slightly more water for drier grains like millet, quinoa, and amaranth.

Developed in conjunction with The American Dietetic Association's Public Relations Team

Spotlight... is a new feature in the bi-monthly publication of *Taming of the Sprue*. This column will highlight popular topics in the news and their relevance to celiac disease. Is there a topic that you would like to know more about? Contact us at newletter@denverceliacs.org.

LOCAL CELIAC COMMUNITY SUPPORTS GLUTEN-FREE FOOD COMPANIES

When the CSA sent out word last month that Costco was thinking about carrying Udi's collection of baked goods, our members responded! We needed to generate enough interest to show Costco that there is a real need for gluten-free products.

One of our members, Kyle Davis, and her son Austin went to Costco in support of Udi's. Kyle sent us this picture from their gluten-free shopping trip.

"We thought it was great they were there and truly hope Costco will invite them in as a vendor." –Kyle Davis

Sometimes loyal customer support like this is all it takes to convince the large grocers to keep your favorite gluten-free items in stock. So don't forget to ask your grocer for the gluten-free foods you love!



GLUTEN-FREE TOURS

King Soopers lists upcoming GF store tours in their Wednesday grocery section the second week of each month, along with specials on their GF items. In order to view the appropriate weekly ad with GF information, please visit www.kingsoopers.com and go to store locator.

GLUTEN FREE SUMMER CAMPS for Kids

Parents who would like their celiac kids to experience a traditional summer camp typically need to start planning for this during the winter. Camps with gluten-free sessions start to put their registration forms online in January.

Fortunately, there are a variety of gluten-free summer camps to choose from. Some allow non-celiac siblings to attend as well. In most cases, you'll need to sign up with the camp *and* with the organization sponsoring the gluten-free sessions. For more info and a complete list of camps, visit <http://celiacdisease.about.com/od/raisingaglutenvfreechild/tp/SummerCamps.htm>

FOREIGN EXCHANGE STUDENT HOSTING OPPORTUNITY



This is Tora. She is a high school student from Norway and has Celiac disease. Tora has applied to study in the US for the 2010-2011 academic year. Her hobbies are skiing, gymnastics, cheerleading, and dance. She also loves dogs! Pacific Intercultural Exchange is looking for a host family for her that can accommodate her diet. Anyone can host - single parents, empty nesters and retired couples. Students come with their own medical insurance and spending money. If you would like to host Tora please contact Paula Nicholson at Pacific Intercultural Exchange at 303-794-3363 or send her an email at paulacnicholson@yahoo.com

SPEAKING GLUTEN FREELY – LIST OF NEW GLUTEN FREE PRODUCTS

- Snyder's of Hanovers's GF Pretzels now certified by GFCO
- Angel Food Ministries has a 5lb. allergen free box (gluten free) for \$23.00. These are breaded items like chicken nuggets, tenders, wings and patties, as well as steak fingers and patties that you take from the freezer to the oven. Go to www.angelfoodministries.com for ordering and pickup details. They have locations in the metro area as well as across the country
- Dr. Steve's Probitest-CSA certified GF protein snacks are great tasting, nutritious, healthy, and ready to eat. No preparation, no cooking, and no mixing required. Official snack of USA volleyball team (2003-4)! Products are available to order at www.probitest.com
- New Planet Beer Co. based in Boulder is expanding distribution of Tread Lightly Ale throughout the state of Colorado
- Gluten-free Emergency Kits are now available to prepare your GF household for natural disaster. For more information visit www.glutenfreeemergencykits.com
- Bella Gluten-Free in Longmont, CO provides all natural, gluten-free as well as allergen-free dry bakery mixes. These include bread and pizza crust! For more information please visit their website at www.bellaglutentfree.com
- Onesource Optimal Nutrition is donating \$2 to CSA for every case of their lactose-free milk drinks purchased. Buy today at www.1sourcenutrition.com enter the code "CSA" and \$2 will be donated to fund research on Celiac disease
- Amy's Kitchen has a frozen GF Chocolate Cake
- Bob's Red Mill's new products include GF certified Millet Flour, Quick Oats, Shortbread Cookie mix and Vanilla Cake mix
- Cherrybrook Kitchens now offers a GF Chocolate Chip Pancake mix
- Edward and Sons Rice Snax crackers come in 4 flavors
- Food for Life is making a GF English Muffin
- GF Café added canned soups to their product line
- Glutino's breakfast bars now come in Cherry and Strawberry; their pretzels are Chocolate or Yogurt covered
- Michael Angelo's 2 frozen risotto entrees are Bolognese and Chicken Lemon
- Montana Monster Munchies Legacy Valley Foods has GFCO certified oats in a variety of forms. See mtmonstermunchies.com for information
- Nugo rice protein bars come in Crispy Cat, Nugo Free and Nugo10 (also vegan) flavors
- Raw Revolution food bars are made in a new snack size
- Santa Cruz organic chocolate syrup Raspberry and Mint flavors are GF
- So Delicious GF Coconut Milk Fudge Bar minis are also dairy free (DF)
- Udi's new GF items are bagels (frozen) and 4 types of granolas
- Deby's Gluten-Free has added the following items to store shelves at Vitamin Cottage: 3 lb. bag of All Purpose Flour Blend, Soft Bread Mix, Plain and Sesame Seed Bagels, Pound Cake, Bread Crumbs, Cookie Crumbs, & Instant Stuffing Mix
- Cakes by Karen now has their own kiosk inside Deby's Gluten-Free. Select cakes will be available for immediate pick-up and special orders will have a 24-72 hour turn-around time

Diane Moyer, M.S., R.D., C.D.E presents *Introduction to the GF Diet and Celiac Disease*

This 3 hour class offers an intro to the gluten free diet and a basic explanation of Celiac Disease: "safe" foods, "unsafe" foods, what to look for on food labels, how to stock your kitchen, eating out and more. This class is \$45 and includes a copy of the Denver Metro *Gluten Free Products List*. Call 720-560-3734 for more information.

Dining Out



Dazzle Supper Club now has a gluten-free menu. So come enjoy Denver's premier jazz club at 930 Lincoln St. in Denver. For further information please visit their website at www.dazzlejazz.com or give them a call at 303-839-5100. (Note that the French fries are NOT cooked in a dedicated fryer)



The Gluten Free Bistro is now offering their gluten-free pizza crust to the nation. Their crust can now be ordered via their website, www.theglutenfreebistro.com, individually, in 6 packs or 12 packs.



Mediterranean Cafe www.medcafe-co.com, is getting good reviews. Customers say they know what gluten-free and dairy-free mean, and are more than willing to accommodate and substitute for no extra charge.



Le Central is an affordable brunch and lunch destination in Denver. They are bit pricier for dinner but they do offer a gluten-free bread basket and will make dairy free accommodations as well.



P.F. Chang's has added five new gluten-free beef items to their menu: Mongolian Beef, Hong Kong Beef with Snow Peas, Beef a la Sichuan, Pepper Steak, and Beef with Broccoli.



Sweet Escape Pastries has moved! They are now located at 600 South Sunset, Suite D in Longmont, CO. Please check their website for directions, an up-to-date restaurant list and their Friday retail hours at www.sweetescapastries.com



Kaos Pizzeria in the Old South Pearl St. neighborhood offers GF wood fired pizzas! Their pizzas are true Southern Italian Naples style pizza. Take out or have Kaos deliver to you 303-733-KAOS (5267)!



Lala's Wine Bar & Pizzeria has a complete GF menu which includes appetizers, salads, sandwiches, entrees, pizza and dessert! View their menu at www.lalaswinebar.com



Ras Kassas www.raskassas.com, is an Ethiopian restaurant in Boulder that has an affordable lunch buffet and they are very knowledgeable in gluten-free and dairy-free



Souper!Salad! now has a GF menu. It includes, soups, featured and signature salads, toppings, Hot Bar, dressings, desserts and beverages. Because there are many locations nationally, there may be "regional differences and possible ingredient substitutions by our suppliers". Please check with your local restaurant to confirm which items there are GF.



Gelman's Restaurant and Bar, a neighborhood bistro at 2911 West 38th Avenue in Northwest Denver, has an extensive gluten-free menu. Check out their website at www.gelmansrestaurant.com or give them a call at 303-458-1163



Namaste in Lakewood, CO specializes in Indian Cuisine. They are very familiar with delicious gluten-free cuisine. Their fried pekora is reminiscent of fried chicken or a bloomin' onion. And their garbanzo bean crackers (pappadams) can be ordered for carry out. For more information please visit their website at <http://namasterestaurant.com>.



Restaurant Home is a new restaurant at SouthGlenn in Centennial that has several GF items on their menu. They specialize in "Vintage & Modern" styles home cookin' so there is sure to be something to please everyone! 6955 S. York St. 303-703-8100 or www.restauranthome.com



Le Peep locations at Bowles Crossing in Littleton, at Belmar in Lakewood, and at Colorado & Mexico in Denver are now serving a full gluten-free menu! They use products from Sweet Escapes Bakery, so you can enjoy Belgian Waffles, French Toast, or a flatbread sandwich!

ARE YOU NEW TO GLUTEN-FREE COOKING

Do you need to be gluten and/or dairy free but feel overwhelmed?

Love to cook but are afraid you will be relegated to tasteless, boring meals? Don't be. Come explore how to prepare, with ease, tasty, healthful meals that address food intolerances. Learn a little bit about the trouble with gluten and dairy, the fine art of substitution (with before and after recipe makeover examples), how to meet nutritional requirements, and how to avoid the common pitfalls of gluten free living. The class is a combination of presentation, demonstration, and hands-on cooking fun. Leave with a basic substitution list, recipe cards, and leftovers. **Lolita Hanks** is an integrative family nurse practitioner who treats individuals with food sensitivities and lives gluten free. She is the author of *Living Gluten Free Casein Free*, an online menu planner to assist people with gluten and casein (dairy) free lifestyle. There are still openings in this class at this time.

<https://www.colofreeu-registrar.com/sdc/regclass.html?class=255744> May 22

<https://www.colofreeu-registrar.com/sdc/regclass.html?class=255745> June 26

Carol Fenster's Culinary Cues

Stay informed about the latest in gluten-free culinary techniques with my Carol's FREE monthly e-mail called Carol's Culinary Cues. Every month you'll receive an e-mail that will remind you to visit this site, and get the most recent "Carol's Culinary Cues" with the latest tips on baking techniques, new ingredients for your gluten-free kitchen, and ways to make sure your cooking turns out perfect, each and every time. Plus, she sends special announcements to help you use her cookbooks more successfully. Sign up at <http://www.culinarycues.com>

GLUTEN-FREE FOODS RECALLED

- Gluten-Free Naturals Pancake Mix – UPC 187058 000043 Lots 09159 (exp 12/8/2010), 09320 (exp 5/16/12) 09322 (exp 5/18/12)
- Gluten-Free Naturals Light & Moist Yellow Cake Mix – UPC 187058 000067 Lots 09083 (exp 9/24/10) and 09322 (exp 5/18/12)
- Gluten-Free Naturals Cookie Blend Flour – UPC 187058 000029 Lots 09086 (exp 6/24/10), 09219 (exp 11/7/10) and 10035 (exp 5/4/11)
- El Peto Products Vegetable Soup Mix (Gluten-free)
- El Peto Products Onion Soup Mix (Gluten-free)
- Glutino Raisin Bread (Best Before 08OCT10) UPC code 6-78523 03015-8 recalled for undeclared egg
- Marco Polo Brand Shrimp Snacks Original 24628 92482 2.5 oz plastic bag (exp 8/13/10) for undeclared milk and soy
- Marco Polo Brand Shrimp Snacks Onion & Garlic Flavored 24628 51183 2.5 oz plastic bag (exp 8/13/10) for undeclared milk and soy
- Marco Polo Brand Shrimp Snacks Bar-B-Que Flavored 24628 51083 .5 oz plastic bag (exp 8/13/10) for undeclared milk and soy
- Zatarain's Original Dirty Rice Mix, 8 oz. package with UPC Code 7142909535 and a "BEST BY" date of JAN 19 12H. Zatarain's Original Dirty Rice Mix packages with this date code contain undeclared wheat and barley ingredients
- McCormick Fajitas Seasoning Mix 1.12-oz. pouches labeled with UPC Code 5210002121 and "BEST BY" dates of JAN 16 12 AH and JAN 16 12 due to undeclared milk and wheat
- Cousins' Spinach Vinaigrette, 16 oz. jars, all product sold from June 2009 to present day, recalled for undeclared egg, soy, and wheat
- Harry London Chocolate Pecan Caramel Stars, 4.62 oz. sold prior to 28 December 2009, voluntarily recalled for undeclared wheat and FD&C colorings
- Vita Food Products' Elf Branded Herring in Sour Cream 12 oz 0-73302-22111-4 12/APR/10 or earlier and 8 oz 0-73302-23111-3 12/APR/10 or earlier, voluntarily recalled for undisclosed wheat
- Snacks On Racks' Gourmet Snack Packs recalled for undeclared milk, peanuts, tree nuts, egg, sulfites, soy and wheat. For information please call Jennifer Juarez at 816-505-9131 X7002
- Breyers Ice Cream 1.5-quart UPC077567254245 "Best If Used By" dates Feb1711GH, Feb1811GH, Feb1911GH recalled for undeclared wheat
- StarKist Seasatons frozen white whole fish fillet products-Thai with Basil UPC80000 50007 & Teriyaki Orange and Ginger UPC80000 50112-all 11.4 oz. packages have been recalled due to undeclared wheat

Neighborhood Huddle Information

Meet Your Neighborhood Celiac Resource Contact

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

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

Other Colorado Area Contacts

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

CHAPTER BOARD MEMBERS

Karen Cranford, <i>President</i>		(303) 979-8094		president@denverceliacs.org
Sue Doerner, <i>Co-VP Programs</i>		(720) 234-7928		vpprograms@denverceliacs.org
Abbie Keyes, <i>Co-VP Programs</i>		(303) 335-8857		vpprograms@denverceliacs.org
Katie Uhlenbrook, <i>Co-VP Programs</i>		(303) 819-5531		vpprograms@denverceliacs.org
Mike Brook, <i>VP Membership</i>		(303) 858-0822		vpmembership@denverceliacs.org
Kathy Craig, <i>Treasurer</i>		(303) 480-9347		treasurer@denverceliacs.org
Cheryl Lindberg, <i>Secretary</i>				lindche@gmail.com
Kathy Lewis, <i>Newsletter</i>		(303) 513-5737		newsletter@denverceliacs.org
Danielle Daubenspeck, <i>Newsletter</i>		(303) 669-2926		newsletter@denverceliacs.org
Karin Parker, <i>Electronic Communication & Cel-Kids</i>		(303) 797-4808		celkids@denverceliacs.org
Jennifer Parker, <i>Cel-Kids</i>		(303) 933-5992		jerparker@comcast.net
Diane Moyer, <i>Dietician</i>		(720) 560-3734		dietitian@denverceliacs.org
Donna DeVisser, <i>Database</i>		(303) 973-4613		database@denverceliacs.org
Joan Van Loozenoord, <i>Librarian</i>		(303) 933-1565		jkvanlooz@comcast.net
Don Smith, <i>Mail Order Coordinator</i>		(303) 794-7258		donsmith6834@comcast.net
Bonnie Atherton, <i>Product List</i>		(303) 756-8970		productlist@denverceliacs.org
Carol Fenster, <i>Media</i>		(303) 741-5408		carol@savorypalate.com
Gina Meagher, <i>Past President</i>		(303) 279-9382		gmeagher@q.com
Dr. Robert Dahl, <i>Medical Advisor</i>		(303) 463-3900		

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

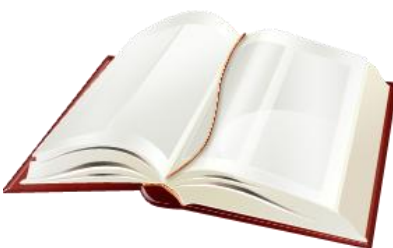
If you or someone you know are interested in volunteering, please reach out to any of the Board Members listed.



GLUTEN-FREE Food Product Guide

Congratulations to All of You Food Product Book Buyers!

You are in an elite group of special people from around the world. The Denver Chapter of Celiac Sprue has sent many copies to Europe and Asia as well. So you see, you are not alone in this great world we live in. It always amazes me that we have such a good following and we know, from our letters you send, that it is appreciated very much. Sometimes this is just what our beginners need to get started on their journey. Of course, our main area of Colorado, Wyoming, New Mexico, and Arizona gives us the most people to send our books. But we also have a big following in the Chicago area as well as Madison, Wisconsin. From Florida to Washington, from Maine to California, I think we have covered most of the states. If you know of people that need to get started on the Celiac journey, please give them our address or phone number and we will be most happy to send them a book for the current mail price of only \$10.00. Send it to me, Don Smith, 6834 S. Franklin Circle, Centennial, CO or call 303-794-7258. We know it will be very beneficial to you.



2009 GLUTEN-FREE PRODUCTS LIST ORDER FORM

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

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

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Email: _____

MEMBERSHIP EXPIRING?

Review your mailing label on this newsletter to determine when your membership expires. Be sure to renew before the expiration date so you won't miss any newsletters. If you have questions about your membership, call Donna at 303-973-4613.

The Denver Metro Chapter is your best local resource for celiac information, support and gluten-free socializing. Annual dues are \$15.00/year. Make check payable to "Denver Metro Chapter #17, CSA/USA"

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

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip _____

Email: _____

_____ This is a renewal _____ There is no change in my contact info _____ Interested in Volunteering

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

Name	Circle one	Name	Circle one
	Child/Adult		Child/Adult
	Child/Adult		Child/Adult

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

I authorize Denver CSA to share my contact information for official chapter business.

(Please initial)

Have you received a Celiac Disease Information Packet? _____ Yes _____ No

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

**Our Chapter is Going Green!**

Our chapter is looking to the future by finding ways to be more efficient and economical. You can do your part by signing up for email delivery of your newsletter. You will get information quicker and more efficiently and the chapter will be able to reduce newsletter costs. This allows us to keep our membership dues at a low annual fee of \$15. Remember that your membership not only pays for the newsletter, but also covers expenses for the meetings and speakers, provides the facilities and the main dish at the Family Picnic, and enables us to stage the Incredible Edible Gluten Free Food Fair. Please send an email to sdevisser@msn.com telling us that you wish to opt into email delivery. For questions, please call Donna at 303-973-4613.

CELIAC SPRUE ASSOCIATION/UNITED STATES OF AMERICA, INC
DENVER METRO CHAPTER #17
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Participating Locations

Arvada
7805 Wadsworth
303.420.8376

Denver 
2710 S. Colorado Blvd.
303.758.1519

Ft. Collins
100 N. College Ave.
970.498.8898

Boulder 
2690 Baseline Road
303.554.5312

Evergreen
Downtown Evergreen
303.670.2744

Idaho Springs 
Historic Downtown
303.567.4376

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For all 10 locations, visit www.beaujos.com

