

TAMING OF THE SPRUE



Denver Metro • Chapter #17 of CSA/USA, Inc. • Celiac Sprue Association/United States of America, Inc. • www.denverceliacs.org
March 2012

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No Oats at Meetings

In consideration of newly diagnosed members and those unable to tolerate oats, please do not bring snacks that contain oats.

Save the Date: April Chapter Meeting

Thursday, April 5, 2012 @ 7:00 PM
The First Plymouth Congregational Church - Plymouth Hall
3501 S. Colorado Blvd. Englewood, CO 80113

***From 6-7pm - **Quiero Arepas** will be out in front of the Church with their food truck. This is the only Gluten Free Food Truck in Denver so it is a great opportunity to check them out before the meeting starts. Don't miss out on this wonderful gluten free dinner before our chapter meeting!

Dr. Brent Vuyovich of Shift Chiropractic will be our speaker and will cover the extensive ties between the nervous system and digestive systems. The presentation will also look at healthy eating and how this matches the body's genetic requirements. Also, why gluten and wheat, even for people who can "tolerate it," can cause problems down the road. Plus, he will be sharing some of his favorite gluten-free recipes. Don't miss out on this very interesting presentation. As always we will also have some wonderful gluten free vendors who will be offering samples of their great products.

Help Needed: Become a Board Member for the Denver Celiacs!

Several positions on the Denver chapter board come open at the end of 2012. It's a fun group and you will find an overwhelming sense of purpose in helping chapter members, especially those newly diagnosed. If you are newly diagnosed, it's a great way to learn about this new way of life. By stepping up now, you have the opportunity to learn about the position while there's still a board member doing it. Email any of the people in these current jobs if you have questions. All board member positions are eligible for CSA Conference scholarships.

President—Represent the Denver chapter at events and celiac-related meetings. Organize the board meetings (6/year), take emails and calls from members with questions. Represent the Denver chapter at the annual CSA National Conference.

Treasurer—Produce the financial reports for each board meeting, prepare the budget at the end of each year and produce the year-end report to send to national as well as handle any financial dealings related to events.

VP/Programs--If you enjoy event planning, this is for you. You would be in charge of getting speakers for meetings, finding venues, working with gluten free vendors, and planning events such as our annual food fair. Katie would love for someone to come on board this year so you can get a feel for this position while she's still here. She's also more than happy to help out next year during the transition phase. It is a very fun and rewarding position.

Membership Database Manager--This involves receiving membership forms and checks, depositing checks in the bank, updating the database, and preparing a bi-monthly address list for the printer, emailing/ mailing membership expiration reminders. Volunteer should be computer literate and organized. This is a great volunteer opportunity for someone who prefers to do most of the work from home and on his/her own time.

February Meeting Recap

By Katie Uhlenbrock, Vice President, Programs

What a fun and tasty meeting!!! The Last Crumb Bakery did a cooking demo and tasting - YUM. They made a tart with a wonderful piecrust and layered in the tart was white chocolate and chocolate ganache – it was amazing!! Did you know they are also the ones providing the gluten free buns for the Lark Burger chain?!!! Awesome gourmet burgers...for us too!!! I have used their Cheatin Wheat Flour for years and it is one of the best wheat flour substitutes that I have found.

If you are a baker and have had troubles baking gluten free you may want to check them out - <http://www.lastcrumbbakery.com>.

Also I want to give a very special thank you to Kelly with Comfort Café. The Comfort Café is the first dedicated gluten free restaurant in Denver. If you are worried about eating out because of cross contamination issues make sure to check out this restaurant in the Highlands - <http://www.thecomfortcafe.net>.

Cappello's Pasta supplies gluten and grain free pasta to the Comfort Café and they came to our meeting as well. They handed out samples of their wonderful pasta and gave each person a product to take home and try. Make sure to try it if you have a chance.



Gluten Free 101

Newly diagnosed? Looking for tips on living the GF lifestyle? Please join us from 6:15-6:45pm on April 5th (before the support group meeting) for this great opportunity!

Diane Moyer, our chapter dietitian, and Jerrine Hicks, our VP of Membership, will present a brief introduction to Celiac disease and gluten intolerance, and tips for gluten-free cooking, shopping and eating out. We will also discuss the many ways the Denver CSA chapter is here to support you and your family. There will be lots of time for questions. Everyone is welcome!

Helped Wanted for Denver's 1st GF Walk!

The October Gluten Free Gallop (Denver's first ever walk to raise awareness of Celiac and Gluten intolerance) needs help with advertising, publicity and marketing communications. If you are artistic, creative, or know someone who is, the GFG committee needs your help. In the near term (Feb/March), we need help with graphic design to make a race logo, registration forms, information postcards, html emails and publicity flyers. As the race gets closer (July/Aug), we need your help with creating T-shirt designs, banners and race day signage.

Not creative? Don't worry, volunteers are also needed to plan the race day fun, and to help on race day. If you can help, please send an email to glutenfreegallop@denverceliacs.org.



In The News: Health Day Article on Gluten-Free Beer



Over the Holidays you may have come across the Health Day article entitled, “Some Gluten-Free Beers Really Aren’t: Study.” This is an unfortunate

title that has led to some confusion. The article is available at:
http://www.nlm.nih.gov/medlineplus/news/fullstory_120196.html

The study behind the article Colgrave ML, Goswami H, Howitt CA, Tanner GJ. What is in a beer? Proteomic characterization and relative quantification of hordein (gluten) in beer. J Proteome Research. October 2011. The study is available at:
<http://pubs.acs.org/doi/suppl/10.1021/pr2008434>

Study authors tested three types of beer: regular beer made with barley malt; gluten-free beer made without barley malt; and what the study authors call low gluten beer. This last type of beer, which the authors state is classified as containing less than 10 parts per million of gluten, is made with barley malt using proprietary methods that reportedly reduce the level of hordein (the problematic protein in barley).

Investigators found that of the beers included in the study, all regular varieties made with barley malt contained hordein; none of the gluten-free varieties made without barley malt contained hordein; and both of the so-called low gluten beers contained hordein.

This study was conducted in Australia which may explain some of the word choices that led to confusion. In the United States, beer containing barley malt is regulated by the Tobacco Tax and Trade Bureau (TTB). In January 2011, I was told by the TTB that, “the Bureau considers labels that declare a product to be “gluten free” or lead to the impression that a product is safe for those who suffer from celiac disease as making health claims, which are prohibited.” In other words, what the study calls “low gluten beers,” meaning those beers made using barley malt but reportedly processed to reduce gluten content, can not be labeled gluten-free in the US.

Note: Many of you are probably aware of a Spanish import made using barley malt with packaging that inferred (maybe still infers) gluten-free status (e.g., gluten-free neck tag, bottle cap with a crossed out stalk of wheat). Sometimes products slip through the cracks. Undoubtedly, this also is contributing to the confusion.

What those of us in the gluten-free community generally refer to as “gluten-free beer” does not contain barley malt. Therefore it is not considered a malt beverage under TTB regulations and instead is regulated by the FDA. “Beer” regulated by the FDA can be labeled gluten-free but it can not contain barley malt.

Hopefully this all makes sense. It can be rather confusing when there are two regulatory agencies involved!

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CSA's Cel-Kids Network™

Cel-Kids Network provides children and youth opportunities to meet and share experiences with others of their age-group who are also living with celiac disease and/or dermatitis herpetiformis.

Being a part of CSA's Cel-Kids Network allows youth to meet others who know how they feel. Along with get-togethers, they learn important things about staying healthy and living confidently every day. It's nice to know that they are not alone in the world with this weird-sounding disease and can't eat the same foods as their friends.

Prince and Princess Themed Valentine's Day Party: A Royal Event for the Cel-Kids

Thank you to all parents and children who attended the Prince and Princess Themed Valentine's Day Party. The children decorated their own Valentine's bags with crayons, markers, stickers and all shared little valentines and candy. We had 62 people attending which was great. Thank you to all attendees for your kind patience about the restaurant service. The Old Spaghetti Factory is giving each child that attended the party a gift certificate for a Free Kids meal. The service that day was very slow and they were understaffed even though the reservation was made in advance. So Heidi and I would like to apologize for that and the restaurant wants to make it right.

Enjoy the great pictures from the event!



Calling all teens! Denver Celiacs is organizing a Cel-Teens Network!

This is a great opportunity for gluten free teens to form a group and just simply have fun. Do you have a teen that may be interested? Please email Denise Geiger at celteens@denverceliacs.org with the name and age of anyone interested.

A meet and greet will be planned in the near future for all teens interested. Please spread the word on this wonderful new group!

Next Event: Indoor Easter Egg Hunt Saturday, March 31st 10:45am- 12:45pm PUMP-IT-UP, 8150 S. University Blvd. Suite 100, Centennial, CO 80122

Please make your reservations as early as possible - space is very limited. Do not forget to bring your Easter basket!!!

Please contact Maria at 303- 915-9756 or Heidi at 303-503-6166 to make a reservation. Or you can send us your reservation at: celkids@denverceliacs.org

A Wonderful Camping Opportunity for Kids – Don't Miss Out!

If you are a member of the Denver CSA chapter and you were thinking about sending your child to a gluten free camp this summer, we may be able to help you! The Denver chapter has budgeted monies this year for covering some or perhaps the entire registration fee for kids of chapter members who will be attending a gluten free camp. All we ask is that you send us the info on where your child will be attending, the contact info, how much the fee is (the monies will be sent directly to the camp) and a letter from your child about why she/he wants to go there.

Info on GF camps is available at www.csaceliacs.info/camps.jsp. Camps are located in Wyoming, Oklahoma, Texas, Minnesota, Michigan, Rhode Island and the San Bernardino Mountains. Send your info and child's letter to celkids@denverceliacs.org.

CORRECTION:

Inadvertently, the amount of peanut butter in the Crispy Peanut Butter Balls was left out of the recipe in the last issue of the newsletter. Two cups of creamy peanut butter is required to make Crispy Peanut Butter Balls!

Check out our website at www.denverceliacs.org for the updated recipe – it's a great one!

Bean-O now contains gluten.

Bean-zyme is a great alternative as it works the same as Bean-O. Even better, it is free of most major allergens/irritants: gluten, wheat, sugar, salt, yeast, soy, milk, egg, and preservatives. It can be ordered online for \$7.25 per 100 capsules, plus \$1.49 shipping.



Save the Date for our Summer Events

* **Our Annual Gluten Free Picnic** will be held at Clement Park in Shelters A&B on Saturday, June 9th at 11am. The address is 7306 W. Bowles Ave. Littleton, CO 80123.



* **The Sixth Annual Incredible, Edible Gluten-Free Food Fair™** will be Sunday August 19th at the Denver Merchandise Mart. The event will be open to the public from 10am-4pm.

Please contact Katie, gffoodfair@denverceliacs.org, if you would be interested in volunteering for this exciting event. We will need volunteers to help out on the day of the food fair and I am really hoping to find someone that could be in charge of our volunteers for the day. You would need to be willing to send out a few e-mails and/or make a few calls before the event and be willing to be at the Food Fair all day. These events would not be possible without our wonderful volunteers!!

Speaking Gluten Freely

A very special thank you to Debbie Knapp of Vitamin Cottage and our contributing members for providing the invaluable information below to our members.

Please remember to read labels - even on products that you are familiar with! Products may not remain gluten-free and ingredients statements and manufacturer disclaimers can change at any time.

- Ancient Harvest Organic Quinoa comes in a Mac 'n Cheese mix.
- Andean Dream organic Quinoa dry soup mixes include Rice Noodle and Tomato Noodle; also Quinoa/Rice pasta shells. All are Corn Free too.
- Annie's Homegrown Rice Pasta Shells now has a White Cheddar mix, also a microwave GF single Mac 'n Cheese mix. GF Mini Cookies are Ginger Snap and Snickerdoodle.
- Asian Authentics frozen entrees come in several flavors.
- Bakery on Main instant multigrain oatmeal packets have Chia, Flax, Quinoa and
- Amaranth and come in 3 flavors. Their True Bars (nut/seed/fruit) are all GF.
- Blue Diamond is discontinuing its BBQ flavor Nut Thins. Their Almond/Coconut milk blend in an aseptic box & in the cooler is "free of soy, dairy and gluten".
- Bold Organics spicy GF pizza is dairy-free too in Deluxe, Meat Lovers, Vegan Cheese, and Veggie Lovers varieties.
- Breeze Bars are like a dry rice krispy bar with flax, fruits and nuts.
- Bumble organic sesame seed bars now have a smaller size bar.
- Cappello's refrigerated grain-free pastas, fettuccine and gnocchi are made locally from almond flour.
- Columbia Gorge GF organic bars are available in 5 flavors.
- Crisp Root cassava chips come in a snack bag size.
- Dos Pistolas Salsa & Mango Jalapeno Sauce are GF.
- Free Choice Foods has new flavors of GF pilaf mixes.
- Good Karma refrigerated Flax milk is GF and dairy-free.



Have you checked out Denver's newest gluten free bakery yet? **Gluten Escape** just opened in February and they are a 100% dedicated gluten free facility! Not only that, but all of their products are also dairy and soy free. The bakery is open Tuesday through Friday from 7am to 6pm and Saturday 10am to 5pm. Here is some more helpful info:

4403 South Tamarac Parkway #103
Denver, CO 80237
303.694.9999

Check out Gluten Escape today! Online at
www.theglutenescape.com.

Chapter Board Members & Neighborhood Resource Contacts

President - Karen Cranford
(303) 979-8094
president@denverceliacs.org

Vice President, Programs - Katie Uhlenbrock
(303) 819-5531
vpprograms@denverceliacs.org

Vice President, Membership - Jerrine Hicks
(303) 688-1327
vpmembership@denverceliacs.org

Treasurer - Kathy Craig
(303) 480-9347
treasurer@denverceliacs.org

Secretary – Jennifer Leeson
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Jennifer.leeson@hmboftherockies.com

Newsletter & Facebook – Susannah Faulkner
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newsletter@denverceliacs.org

Dietitian – Diane Moyer
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dietitian@denverceliacs.org

Database Manager – Donna DeVisser
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database@denverceliacs.org

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

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

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

Mail Order Coordinator – Don Smith
(303) 794-7258
donsmith6834@comcast.net

Product List Manager – Bonnie Atherton
(303) 756-8970
productlist@denverceliacs.org

Below are the resource contacts in neighborhood areas in the Denver-Metro area as well as resource contacts throughout Colorado. If you have questions or are not sure which area corresponds with your neighborhood, please contact Jerrine Hicks at 303-688-1327 or email Jerrine at vpmembership@denverceliacs.org. Also, many positions are currently open and we would love to hear from you if you are interested in filling these important positions!

Denver City and County	Laura Determan Debbie Allen	(303) 757-3982 (303) 782-4841	lddet@msn.com deb@webdeb.com
Westminster, Commerce City, Brighton, Northglenn, Thornton	OPEN POSITION		
Centennial & Greenwood Village (W/I25), Englewood, zips: 80120,21,22	Cathy Curtiss	(303) 771-8029	cathycurtiss@q.com
Lakewood	Maryann Jordan	(303) 989-2050	majordan9@msn.com
Aurora, zips: 80231 & 80247	Maria Brotherston Heidi Lyster	(303) 752-0958 (303) 503-6166	maria@brotherston.us blueeyes_80110@yahoo.com
Arvada, Wheat Ridge, Zips: 80021 & 80212	Melissa McLean Jorg	(303) 868-7790	Melissa@glutenfreeforgood.com
Highlands Ranch, Lone Tree, Castle Rock	Jerrine Hicks	(303) 688-1327	jerrine.hicks@gmail.com
Centennial & Greenwood Village (E/I25), SE Aurora, Parker, Elizabeth	Becca Konen	(303) 693-3795	beccakonen@gmail.com
Littleton, Ken Carl Roxborough	Joan Van Loosenoord Nancy Lindsey	(303) 933-1565 (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
Golden, Evergreen, Morrison	Maura Putnik	(303) 278-9044	mputnikre@gmail.com
Other Colorado Area Contacts			
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.org		bouldercountyceliacs@yahoo.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	Kathya Holland	(970) 255-0511	
Greeley	Mary Graverholz	(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
Greeley/High Plains (Chapter #147)	Monica Hupalo		hupalo@comcast.net
Glenwood Springs (Western Slope CSA Chapter)	Melanie Nichol	(970) 379-4257	mnichol@sopris.net

Ask the Dietitian: Gluten-Related Disorders?

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



Scientists are now recognizing and starting to conduct research on gluten-related conditions other than Celiac Disease.

This is a very positive development for many reasons: a) the current incidence of Celiac Disease is estimated at 1%, the incidence of all gluten-related disorders (including wheat allergy) may be 10 times higher than that¹, b) there are currently no good tests for diagnosing “gluten sensitivity”, c) complications of “gluten sensitivity” can be just as serious as with Celiac Disease, and d) studies are suggesting that, just like untreated Celiac Disease, the rate of mortality is also higher in “gluten sensitivity”.²

So, what is “gluten sensitivity” or “gluten-related disorders” and how do they differ from Celiac Disease? Celiac Disease is an auto-immune disease. Auto-immune antibodies (EMA – endomysial antibodies – and tTG – tissue transglutaminase) are found to be elevated in this condition. There is also a strong genetic component, with the presence of HLA genes for DQ2 or DQ8 present in almost all people with CD. On the other hand, in “gluten sensitivity”, EMA and tTG are negative, and only about 50% of people carry the HLA DQ2 or DQ8 genes.¹ With Celiac Disease, there is severe damage to the villi (villous atrophy); with “gluten sensitivity”, there is less severe damage, often minimal or none. Symptoms, though, may be identical: various digestive problems, bone or joint pain, osteoporosis, fatigue, skin rashes, headache, “brain fog”, depression, anemia, nerve problems, leg cramps, and

more.^{1,3} Researchers are recognizing that “gluten sensitivity” is an immune reaction, although not an allergic reaction, and with some differences from the immune reaction in CD.

The next question might be: how is “gluten sensitivity” diagnosed? Unfortunately, there are currently no good tests to diagnose it. Anti-gliadin IgG antibodies are frequently positive in this condition⁴, however, many doctors and labs no longer perform this test. It is also possible that many people are currently being labeled as “gluten sensitive”, and in fact, have undiagnosed Celiac Disease. Many times the diagnosis of CD is missed. Blood testing by commercial labs is not as accurate as at research labs; there are individuals who have been told their antibodies were normal, when upon retest, they were actually quite elevated. A recent study done at the Celiac Disease Center at Columbia University⁵ re-evaluated biopsies done at other hospitals, and found that their diagnosis differed in 1/4 of the cases, leading to a 20% increase in the actual diagnoses of CD. With certain forms of Celiac Disease (Dermatitis Herpetiformis and Gluten Ataxia), there is often no damage to the intestine and the standard tTG test may be negative. So, there may be many people with CD, whose diagnosis was missed and who think that perhaps they just have a “gluten sensitivity”.



Finally, how is it treated? The treatment for “gluten sensitivity” is the same as for CD – a totally gluten-free diet. I believe that since

(Continued from Page 8)

the complications can be just as serious as with CD, and since studies have shown a higher mortality, people need to be just as diligent with a gluten-free diet as with CD. Unfortunately, the attitude often conveyed is that “gluten sensitivity” is not very serious, so people may not be as conscientious in avoiding gluten.

Research on CD, along with knowledge about CD, has grown tremendously over the past 10 years. Research on “gluten sensitivity” is just starting. Hopefully, in another 10 years, we will know as much about this condition as we currently know about CD. In the meantime, the best advice if someone is suspicious of any gluten-related disorder, is to undergo the standard testing for CD, and, if negative, but there is still suspicion, to do a trial of a gluten-free diet. Working with a dietitian expert in Celiac Disease/gluten sensitivity would be highly recommended during this process.

If anyone has any questions about this topic, or any other celiac-related topic, or would like to suggest a topic for a future newsletter, please contact Diane Moyer at:

Dietitian@DenverCeliacs.org or
DHMoyer720@yahoo.com.

- 1 Sapone, A, Lammers, KM, et. al. Differential Mucosal IL-17 Expression in two Gliadin Induced Disorders: Gluten Sensitivity and the Autoimmune Enteropathy Celiac Disease. *Int Arch Allergy Immunol.* 2010;152:75 – 80.
- 2 Anderson ,LA, McMillan, SA, et. al. Malignancy and mortality in a population-based cohort of patients with celiac disease or “gluten sensitivity”. *World J Gastroenterol.* 2007 Jan 7;13(1):146-51.
- 3 Sapone, A, Bai, J, et. al. Spectrum of gluten-related disorders: consensus on new nomenclature and classification. *BMC Medicine* 2012,10:13
- 4 Volta, U, Tovoli, F, et. al. Serological Tests in Gluten Sensitivity (Nonceliac Gluten Intolerance) *J Clin Gastroenterol,* 2011, Dec. 5.
- 5 Arguelles-Grande, C, Tennyson, CA, et. al. Variability in small bowel histopathology reporting between different pathology practice settings: impact on the diagnosis of celiac disease. *J Clin Pathol.* 2011 Nov. 12.

Gluten Free in the News



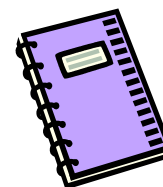
- Chick-fil-A has launched new gluten free options on their kids menu! Now, your little celiac can enjoy grilled chicken nuggets as well as Buddy Fruits® Pure Blended Fruit To Go as a part of the new additions to the menu. As always, make sure to alert the employees of your child's sensitivity to avoid any cross contamination.
- Subway is continuing to expand their gluten free options! The company is using the state of Oregon as a test market for their gluten free rolls and brownies. Hopefully the gluten free products will be a success and available across the country in no time!

Gluten-Free Food Product Guide

The 2011 GF Product and Restaurant List is now available. It can be purchased at Chapter Meetings for \$7.00. To have a copy mailed to you, send the form below along with a check made out to Denver Metro Chapter #17 in the amount of \$10.00 (which includes postage) and mail to Don Smith at 3379 Mill Vista Rd., #4116, Highlands Ranch, CO 80129

Our intent is that the Gluten-Free Products List will make your grocery shopping, cooking, and snacking easier. It should also eliminate some of the risks to your health caused by “mystery” ingredients. The products have been reported to be gluten-free by the companies that manufacture and process them. Keep in mind that, in spite of careful research, we can never guarantee that a product is completely gluten-free. This is not a comprehensive listing of all GF products available. Continue to read labels to watch for ingredient changes, and to discover more gluten-free foods on your own.

2011 Gluten Free Products List Order Form



Please include a check made payable to: **Denver Metro Chapter #17**

Mail this form to: **Don Smith, 3379 Mill Vista Rd., #4116, Highlands Ranch CO 80129, (303) 794-7258**

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

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____



Introduction to Celiac Disease and the Gluten Free Diet

This 3 ½ hour class offers an introduction to the gluten free diet and a basic explanation of Celiac Disease: “safe” foods, “unsafe” foods, reading food labels, how to stock your kitchen, eating out and more. **Presented by Diane Moyer, M.S., R.D.** Individual nutrition counseling is also available, specializing in Celiac Disease. For more information, call 720-560-3734.

Membership Application Form/Renewal Form

Join, Renew or Give the Gift of Membership to Denver Metro Chapter #17 of CSA/USA

The Denver Metro Chapter is your best local resource for celiac information, support and gluten-free socializing. **To join, renew your membership or give the gift of membership, please choose one of options below.** Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization. If you're currently a member receiving a newsletter via USPS, your membership expiration date is on your mailing label. Questions? Reach out to Donna DeVisser at database@denverceliacs.org or 303-973-4613.

☐ New Member

☐ Renewal

☐ I want to give a gift of membership

Annual dues are \$15/year. To join, please send a check made payable to "Denver Metro Chapter #17, CSA/USA" and the form below to: Donna DeVisser, 2675 Van Gordon Drive, Lakewood, CO 80215-7001 or visit our website at www.denverceliacs.org to join/renew online.

Member Name: _____ Phone: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Email: _____

Gift Giver's Name (for acknowledgement) _____

Please send my Newsletter by Email: _____ Have you received a Celiac Disease Information Packet? Yes / No

Looking for a Speaker on Celiac Disease?

The medical education committee of the Denver Metro Chapter of CSA offers presentations about Celiac Disease and the gluten-free diet to any audience - community groups as well as health care providers. We are especially interested in educating health care providers. Please help us accomplish this by mentioning this educational opportunity to your health care providers. For more information, contact Diane Moyer, M.S., R.D. at 720-560-3734 or by email at dietitian@denverceliacs.org or DHMoyer720@yahoo.com.

Come advertise with the Denver Celiacs!

Calling all gluten free friendly bakeries, cafes, and restaurants – please consider advertising with our CSA chapter! It's an excellent opportunity to reach the gluten free community in the greater Denver area!



Disclaimer:

The information in this newsletter is generated by Denver Celiacs and is intended for the benefit of its members and other interested parties. The text has not been submitted for approval to the Celiac Sprue Association (CSA). Neither Denver Celiacs, nor any of its members, assume liability for the use of this information. Food manufacturers' products are subject to formula change at any time. If you cannot confirm, by the label, that a product is GF, call the company's toll-free number. When in doubt leave it out!

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

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PAID
Wheat Ridge CO
Permit #77



Legendary Pizza
Since 1973

Beau Jo's Is Now Serving The Gluten Free Bistro's Pizza Crust!

Serving gluten-free customers is nothing new at Beau Jo's and we take cross contamination prevention seriously. As a part of The Gluten Free Bistro's Safe Dining Program each Beau Jo's location has been given: access to a training video, green handled pizza wheels for cutting gluten-free pizza only, laminated safe handling practices document in English and Spanish, and ingredient cards for wait staff. All of these items promote education and mindfulness among the staff in an effort to provide safe food to our customers.



theglutenfreebistro.com

ALSO SERVING
GLUTEN FREE PIZZA
CHICKEN NUGGETS
SANDWICHES
DAIRY FREE CHEESE



15% OFF
ANY FOOD PURCHASE

Valid at participating locations only. Please present coupon with order. One coupon per table. Not valid with any other offers or discounts. Not valid with groups or parties. Please call ahead for take out. No cash value. Expires 7/31/12.

Participating Locations

Arvada **303.420.8376**

Denver **303.758.1519**

Ft. Collins **970.498.8898**

Boulder **303.554.5312**

Evergreen **303.670.2744**

Idaho Springs **303.567.4376**

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