

TAMING OF THE SPRUE



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

November 2012

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Save the Date: December Meeting & Annual Cookie Exchange

Thursday, December 6, 2012 @ 7:00 PM

The First Plymouth Congregational Church, Plymouth Hall
3501 S. Colorado Blvd. Englewood, CO 80113

The Denver Celiac Sprue Association is holding our annual Cookie Exchange and December meeting. Dr. Robert E. Kramer, a Pediatric Gastroenterologist from the Children's Hospital here in Colorado, will be our speaker. Dr. Kramer has started up a celiac support group for parents and is heading up the 1st Celiac Center here in Colorado. He has a wife and two daughters with biopsy-confirmed celiac disease so he is very passionate about helping children and families with this disease. Join us for this great presentation and some yummy holiday treats. Please bring 2-3 dozen of your favorite GF cookies and the recipes to share. No oats at the meetings please!! Contact vpprograms@denverceliacs.org for questions.

No Oats at Meetings

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

First Gluten Free Gallop a Big Success

ATTENTION GALLOPERS! A big thanks to all who supported Denver's first ever Gluten Free Gallop. A beautiful fall day greeted 275 participants, 35 volunteers, and our 6 corporate sponsors--King Soopers, Udi's, Glutino, Rudi's, Body in Balance and Distinct Cupcakes. Families and friends from Colorado Springs to Fort Collins gathered at Washington Park in Denver. Our 5K fun run/walk raised over \$4,500 to support gluten free food donations to local food banks, and the development of the Celiac Center at Children's Hospital. Thanks to you, our inaugural event was a huge success, and can now become an annual affair. We look forward to seeing you all next year!



October Chapter Meeting Recap

By Erik Johnson



With clinical manifestations that can extend well beyond classic gastrointestinal issues, it is always interesting to hear how healthcare practitioners are identifying new ways to diagnose Celiac Disease. After all, each of us probably has our own unique story about how we found out about this condition. For some of us, it may have seemed like an eternity before we found the right person that helped us make that first step toward discovery. As we learned from our guest speaker at the October chapter meeting, however, the newly diagnosed might now be getting help in the most unlikely place - the dentist chair.

Dr. Ted Malahias, a dentist from Connecticut and keynote speaker at the 2011 National CSA Convention, explained at our chapter meeting how dentists and other health care providers are beginning to identify people who may have Celiac Disease by patterns in their oral health. Dental enamel problems stemming from Celiac Disease may involve permanent dentition and include tooth discoloration—white, yellow, or brown spots on the teeth—poor enamel formation, pitting or banding of teeth, and mottled or translucent-looking teeth. Other symptoms also include chronic dry mouth, frequent aphthous ulcers (canker sores), and atrophic glossitis (a condition characterized by a red, smooth, and shiny tongue). While some of these imperfections often resemble defects that stem from childhood illness or too much fluoride, trained health care practitioners can now find enough evidence in someone's dental health to suggest a follow-up trip to the gastroenterologist.

For those of us that are already diagnosed, Dr. Malahias says that it is important to tell your dentist about your condition at your next visit. Although most dental products are gluten free and are also labeled to reflect other possible food allergies, it is important for your dentist to review this information and let you know that everything is safe. It also does not hurt to ask if your dentist is trained to identify these Celiac patterns and/or for you to ask these questions when researching a new dentist. For home use, Dr. Malahias presented a quick list of familiar dental products (among many) that are gluten free: Aquafresh, Crest, Colgate, Sensodyne, and Biotene products (*as always, please contact the manufacturer of your dental products if you have any concerns).

Take an extra moment when you brush your teeth tonight to see if you have any of the conditions listed above. If you are anything like me, you can also check all family members and friends too. Did you find anything on them? Are they experiencing any issues that might relate to Celiac Disease? If so, maybe a trip to the dentist isn't the only thing that is overdue.

Worried About Wine?

By Karen Cranford

There's been a long, on-going discussion about wine possibly being cross-contaminated by gluten if it was fermented in barrels sealed with wheat paste. Worry no more! First, the Tobacco Tax and Trade Bureau only allows wine that is labeled gluten free to be labeled that way if it was aged using a barrel alternative. Many wineries still use oak barrels, but many others use barrel alternatives. Secondly, it is not the staves of the barrels that use the paste, but the barrel heads; and the amount used for that is minimal. Tricia Thompson of the Gluten Free Watchdog, tested two wines from a winery that spent the most time in wheat-sealed barrels. She tested each wine four times with 2 different R5 Elisa tests. Both tests came back with the lowest possible results for both tests meaning that wine aged in wheat-glue-sealed oak barrels contains less gluten than is currently capable of testing for. If you are still having reactions, some wines contain sulfites which can cause responses in those who are sensitive to sulfites. For more details go to: <http://www.glutenfreedietitian.com/newsletter/2012/10/10/gluten-content-of-wine-aged-in-oak-barrels-sealed-with-wheat-paste/>



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.

Cel-Kids and Cel-Teens Updates

UPCOMING EVENTS (Dates TBD)

- Holiday Party- December, 2012
- Valentines Party- February, 2013
- Easter Egg Hunt- April, 2013
- Gluten Free Picnic, June 2013
- Gluten Free Fair- August 2013

CALLING ALL CEL-TEENS

Let's get together and jump! Jumpoline on November 18th from 2pm to 4pm. Please RSVP at celteens@denverceliac.org. Hope you all had a great Halloween and look forward to seeing you at Jumpoline!

Gluten Free Holiday Cooking Class Cel-Kids and Cel-Teens



When: Saturday, December 22, 10 am- 12pm
Where: 10955 E. Exposition Ave, Aurora, CO 80012
Ages: 7- 17
Cost: \$20 for members and \$27 for non-members
Please mail your check to Maria Brotherston
13317 E. Carolina Place, Aurora, CO 80012
Check made out to **"City of Aurora"** Re: Cel-Kids cooking class
What: Children will be making: Brownies, Christmas Cookies, Chewy Hazelnut Meringues and Almond Citrus Biscotti

Reservations and Payment by: Dec. 1, 2012

You are welcome to drop off your child or wait at the recreation center. Due to space, parents will not be able to participate with their child. Space is limited to 15 children. Three adults will be there to supervise plus the chef. To make reservations please contact Maria at 303-915-9756 or Heidi at 303-503-6166, or you can send us an email at celkidscolorado@yahoo.com. Please do not send reservation and payment until space is confirmed. Thanks!

Denver CSA Announcements

NEWSLETTER EDITOR(S) NEEDED

Our current editor will be stepping down from this important position after the January, 2013 issue! Do you have a passion for writing and attention to grammatical detail, as well as an interest in helping out our celiac community? If so, considering sharing the latest news and issues affecting the GF community with our members through our chapter's bi-monthly newsletter. Add your own personal touch and creativity to enhance our newsletter. If you or someone you know may be interested, or maybe you'd like to co-chair it with a friend, please contact: newsletter@denverceliacs.org.

WELCOME NORTHERN COLORADO NEW BOARD MEMBERS!

The Northern Colorado CSA Chapter was on the verge of dissolving their chapter due to a lack of volunteers offering to fill board positions. Fortunately, four individuals have stepped up to take over the helm and we at the Denver CSA Chapter want to welcome Dr. Audrey Tool, Carole George, Mark Reinhardt and Mark Reid. We know those in that area's celiac community are grateful to have the group continue. Thanks for your service!

FEBRUARY 2013 – BREAKFAST FOR DINNER

If you love breakfast, don't miss our February 2013 chapter meetings. We have two nights out planned in February where we will meet and enjoy some breakfast for dinner at breakfast locations in the metro area. See your January 2013 newsletter for all the details on how to RSVP for these events.



Introducing...
**Udi's Gluten Free
Dinner Rolls and Baguettes**



Our delicious gluten-free rolls are perfect for sharing at dinner with family and friends. They are so good, no one will know they are gluten free.



News from the National Celiac Sprue Association Conference in Long Island, New York

By Karen Cranford



Dr. Amy DeFelice spoke on “Pediatric Celiac Disease-What is New?” and talked about what to look for in kids outside of the usual/common intestinal symptoms. The first most common ‘extra-intestinal symptom’ is iron deficiency. The second most common symptom—again, other than intestinal problems—is short stature. The third most common symptom in this discussion is prolonged puberty and that is then followed by Diabetes Type I and Thyroid Disease.



Janet Rinehart, former national CSA President and a seasoned traveler, spoke on “Traveling the World Gluten Free”. While she mentioned that no special meals are available on domestic flights, gluten free meals are generally available when traveling internationally.

Request this when you make your reservations. Reconfirm your special meal at least 3 days in advance, as well as the day you leave, at the gate and with a flight attendant in your section. If taking a cruise, inform the cruise line at the time of your reservation that you have medically-prescribed dietary restrictions. Talk with a customer service rep—a real person—about your diet in advance. The day of boarding, make an appointment with the Restaurant Manager and/or chef to discuss the gf options. For large cruises, it’s safest to eat in the main dining room at your assigned table where the waiters are aware of your dietary restrictions and have access to gf foods at every meal.

Very helpful is to take translated restaurant cards where ever you travel outside of the USA.

Glutenfreepassport.com has free translated cards in many languages. Also, the resource “No Thanks, I’m Allergic” has translated allergen details for allergies to nuts, gluten and lactose in 37 different languages and is available on www.amazon.com.

Another great tip is to take foil or vacuum-packed pkgs. of tuna, chicken or salmon to have with you in case you have a problem getting a gf meal. These can then be put on top of a salad or eaten with fruit and you at least get some protein. She also suggests always taking a converter plug. And toaster bags allow you to put your bread in them and use in a regular toaster without getting cross contaminated by crumbs. These can be found at www.csaceliacs.com or www.amazon.com.



Mrs. Alaska International 2012, Brandy Wendler, RN, MSN, ACNP-BC spoke on “A Heart Healthy Lifestyle with Celiac Disease”. Denver CSA Chapter President, and former Miss Colorado, Karen Cranford caught up with Brandy Wendler who not only has celiac disease and promotes it as her platform issue, but is a cardiac nurse as well. She says 1 in 3 people die of heart disease...and heart disease is the largest cause of death among those with celiac disease!

Her biggest point was telling us that while the general population has a 33% risk factor for heart disease, those with celiac disease not adhering strictly to a gluten free diet, have a 66% increased risk because of the on-going inflammation caused in the body by ingesting gluten. Once gluten free, the risk returns to that of the general population. The different cardiovascular issues typically associated with celiac disease include: Myocarditis, Atrial Fibrillation, Coronary Artery Disease, Cardiomyopathy, Anemia, Ischemic Heart Disease, and Pericarditis.

Brandy recommends that a “Heart Healthy” diet include: high fiber, good fats (low saturated fats, low cholesterol), lower calories, lots of FRESH fruits, vegetables and lean meat, and low sodium. She says dairy, soy, corn and gluten are very inflammatory to everyone which can contribute to heart disease. To minimize your risk factors, Brandy says keep an eye on your weight, blood pressure, cholesterol and diet.

CSA Conference News Continued



Elena Torsiello has authored a children's book titled "Willie Villie Meets Casey Kramps in Sprueville". The book is dedicated to children diagnosed with celiac disease, their parents, family members and her husband. Casey lives in Sprueville and receives a visit from Willie Villie from Spruton. Willie helps Casey understand the gluten free diet and even has a Villi Zapper Viewer (VZV) which would certainly be handy for all of us!!! If you have a little member of Sprueville you'd like to get this for, contact Xlibris Corporation, 1-888-795-4274 or go to www.Xlibris.com or Orders@Xlibris.com or orderbook@willievillie.com.

GREAT VENDORS at the conference:

- **Bare Naked Bakery & Café** (www.BareNakedBakery.com) from Bellmore, NY had all kinds of bagels and breads, NYC Soft Pretzels, Black & White Cookies, Crumb Cakes, and Rainbow Cookies, just to name a few...516-809-7370.
- **Gluten Free Baked Goods** (www.GlutenFreeBakedGoods.com) of Amherst, NY had a raspberry coffee cake just like I remembered. They also had great breads, brownies, cakes, fruit rings, donuts and pizza...716-839-0871.
- **Aleia's** (www.aleias.com) from Branford, CT is best known for their award-winning Almond Horn Cookies, but their macarons were also great. And they have breads, bread crumbs, croutons, real panko (gf of course) and stuffings...203-488-5556.
- **Get Fresh Bakehouse** (www.getfreshbakehouse.com) of Fairfield, NJ provided a packaged brownie for our sack lunch that was so decadent and mouth watering that it tasted like more! "A rich brownie with a smooth cake-y texture highlighted by white & semi-sweet chocolate chips" is what it says on the package...855-GETFRESH or 855-438-3774.

NEXT YEAR'S CONFERENCE will be a part of the International Symposium on Celiac Disease—a great chance to attend an international event here in the USA.

15th ICDS Congress

September 22-25, 2013

Host: The University of Chicago
Celiac Disease Center

Venue: Sheraton Chicago Hotel & Towers
301 East North Water Street, Chicago, IL

Registration Fee for the Clinical Forum Before April 1, 2013 \$299 covers conference materials, sessions, breakfasts, breaks, and lunches. The early discount price is good until April 13, 2013.

Website: www.icds2013.org General inquiries: icds2013@vista-fr.com

Registration: registration.icds2013@vista-fr.com Housing: housing.icds2013@vista-fr.com

The ICDS will present two distinct forum tracks:

The **Scientific Forum** is for physician scientists, physicians, and scientists as well as fellows and researchers focused on CD and gluten-related disorders.

The **Clinical Forum** is for registered dietitians, nurse practitioners, support group leaders and members, alternative practitioners, advocates, nurses, and those living with CD and gluten-related disorders.

Speaking Gluten Freely

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

- Applegate Farms now has GF Corn Dogs.
- Arrowhead Mills brown rice flour can be purchased in 4 lb bags; a Sprouted Corn Flakes cereal is also available.
- Bella GF, a Denver company, has several baking mixes.
- Cappello's grain-free pasta is made with Almond flour. Their lasagna noodles can be found in the cooler.
- Celifbr bouillon cubes are all GF and vegetarian.
- Feel Good Foods dumplings and eggrolls are in the freezer.
- Glutenfreeda's two new frozen burrito flavors are Chicken Chipotle and Pork Verde. More flavors of instant oatmeal are Cranberry and Strawberry.
- Glutino's new items include: Baked Potato Crisps (like chips), crackers (like a Wheat Thins square) in Rosemary Olive Oil and Sea Salt, Brown Rice pasta (which supposedly cooks up better than Tinkyada), Glazed Donuts and Genius breads – soft sandwich slices in Cinnamon Raisin and Seeded Bread.
- Le Pain Des Fleurs crackers/crispbreads are made from Buckwheat, Chestnut and Quinoa flour.
- Pastariso GF pasta – low in sodium Mac 'n Cheese cups.
- Pie in the Sky has GF pumpkin slices.
- Simply Organic baking mixes include Cranberry and Pumpkin Bread – nice for the holidays.
- Smart Grain has GF breadcrumbs, croutons and stuffing mix, pricey but multigrain.
- Udi's Gluten Free Foods' (recently purchased by Smart Balance) new products are Double Vanilla muffins (almost like a cupcake), Everything Bagels, Mighty Bagels, French Baguettes and Harvest Crunch Muffins.

Wordoku Puzzle

By *Angie Roz*

	I				L		P	
S			A			R	L	
C		R	I			E		U
E	R	S	P		C			
L	P						S	R
			L		R	P	C	E
I		L			E	S		P
	S	U			P			A
	A		S				U	

Dear Puzzle Solver,

Wordoku is a type of Sudoku puzzle in which letters replace the numbers 1 through 9. As you solve the puzzle in the usual manner (so that each row across, each column down, and each small 9-box square contains each of the 9 letters), you'll have solved for the remaining shaded letters in the overall grid.

Now unscramble those eleven letters to solve the "secret" words related to our gluten-free community.

The answer will be published in our January newsletter.

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 Slack
(303) 550-5983
jenn.slack@foodallergytherapist.com

Newsletter & Facebook – Susannah Faulkner
(814) 464-4621
newsletter@denverceliacs.org

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

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

Cel-Teens Network - Denise Geiger
(720) 427-0774
celteens@denverceliacs.org

Database Manager – Angie Roz
(303) 667-9462
database@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

Gluten Free Gallop (Celiac Walk) - Steve and Kelly Moran
glutenfreegallop@denverceliacs.org

Below are the resource contacts in neighborhood areas in the Denver-Metro area. If you have questions or are not sure which area corresponds with your neighborhood, please contact Jerrine Hicks at 303-688-1327 or email Jerrine at vpmembership@denverceliacs.org.

Denver City and County	Laura Determan (303) 757-3982 Susannah Faulkner (814) 464-4621	lddet@msn.com susannah.faulkner@gmail.com
Westminster, Commerce City, Brighton, Northglenn, Thornton	Katie Lampkin (313) 282-7667	katelampkin@gmail.com
Centennial, Greenwood Village, Englewood	Janis Dodson (303) 905-9450 Jean Duane (303) 221-0771	JanisDodson@yahoo.com info@alternativecook.com
Lakewood	Maryann Jordan (303) 989-2050	majordan9@msn.com
Aurora, zips 80231 & 80247	Maria Brotherston (303) 752-0958 Heidi Lyster (303) 503-6166	maria@brotherston.us blueeyes_80110@yahoo.com
Arvada, Wheat Ridge zips 80021 & 80212	Melissa McLean Jory (303) 868-7790	Melissa@glutenfreeforgood.com
Highlands Ranch, Lone Tree, Castle Rock, Parker, Elizabeth, Franktown	Jerrine Hicks (303) 688-1327	jerrine.hicks@gmail.com
Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord (303) 933-1565 Nancy Lindsey (303) 973-1279	jkvanlooz@comcast.net n-lindsey@comcast.net
Golden, Evergreen, Morrison	Donna DeVisser (303) 973-4613	donnadevisser@msn.com

Raise Your Forks!

Gluten free living just got more delicious



Here's to the good life, where GLUTEN FREE means getting exactly what you want. From classically crunchy potato chips to deliciously dark chocolate cake – the most difficult decision you'll have to make is which gluten free goodie to try first. Have you tried the new Glutino?

Check out our new line-up and DIG IN at www.glutino.com



glutino!
We are what you eat.

Join us for Neighborhood Nosh!

Would you like to spend more time with gluten free friends? Would you like to improve your restaurant experience? Come and share a meal and your restaurant experiences with someone who understands you!!!

We will meet once a month at different locations throughout the Denver metro area. Reservations required as space is limited. Each person pays their own tab.

December 10th, 6pm. Indulge Bistro and Wine Bar in Golden. RSVP to Maryann Jordan at majordan9@msn.com

January 15th, 6pm. BJ's Restaurant in Aurora. RSVP to Maria Brotherston at maria@brotherston.us

Note: Restaurants are selected based upon gluten free availability and previous dining experience. Please use your own best judgment when ordering from any restaurant.

Questions? Restaurant recommendations? Contact Jerrine at vpmembership@denverceliacs.org

Gluten Free, Goodness Loaded



Rudi's Gluten-Free Bakery bread is certified but very worthy of your ♥. Each delicious slice has real fresh-bread taste to make the whole happy, bring a to your day and add to your life.

Wholesome ingredients.
No artificial ingredients or preservatives.
Dairy free.
Soft delicious texture.



Rudi's
gluten-free bakery

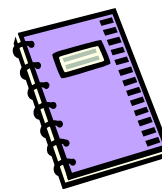
www.rudisglutenfreebakery.com /rudisglutenfreebakery

Gluten Free Food Product Guide

The 2011 GF Product and Restaurant List is still 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: _____

Gluten Free Holiday Baking in Aurora

Tuesday Nov. 13, 6:30-9:30 p.m.
Kitchen on the Green
\$46 Aurora Resident \$60 Non-Resident
Ages 15-Adult
Instructor: Gigia Kolouch
Call [303-326-8630](tel:303-326-8630) to register

10955 East Exposition Ave
City of Aurora Parks, Recreation & Open Space,
Aurora CO 80012
auroragov.org/cooking

"Encouraging active lifestyles and creating healthy environments for people, nature and community"

New Books on Celiac and Gluten Intolerance

The Gluten Free Edge, co-authored by Peter Bronski, award-winning writer and endurance athlete, and Denver's own Melissa McLean Jory, MNT. It's a 'nutrition and training guide for peak athletic performance and an active gluten-free life'.
Info: www.glutenfreeforgood.com.

Gluten: ZERO Global by Dr. Rodney Ford of New Zealand whose major area of interest is the relationship between your food and your health—good and bad. Dr. Ford has been a guest speaker here in Denver for our chapter.
Info: www.GlutenZeroGlobal.com or www.drrodneyford.com.

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.

New Member Renewal I want to give a gift of membership

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
(Please initial)

How can the chapter best help you with your gluten-free lifestyle? _____

Annual dues are \$15/year. To join, please send a check made payable to "Denver Metro Chapter #17, CSA/USA" and this form to: Angie Roz, 2307 Willow Creek Dr, Golden CO 80401 or visit our website at www.denverceliacs.org to join/renew online.

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.

Announcement:

Please remember to contact us when you move or change your e-mail. This is accomplished by e-mailing us at database@denverceliacs.org or in writing to Angie Roz, 2307 Willow Creek Drive, Golden CO 80401

Thank you for doing your part to ensure you receive all information we attempt to deliver to you as part of your membership.

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
 2307 WILLOW CREEK DRIVE
 GOLDEN, CO 80401

First Class Mail
 Presorted
 US Postage
 PAID
 Wheat Ridge CO
 Permit #77



Legendary Pizza
 Since 1973

**WE USE EXTREME CARE IN COOKING
 OUR GLUTEN FREE PRODUCTS**

- Gluten Free Pizza Shells, Sandwich Bread, Chicken Nuggets and Parchment Paper are stored in a flour free environment*
- Sauces and toppings handled separately
- Gluten Free Products cooked & served on parchment paper
- Specific Gluten Free utensils
- Knowledgeable kitchen staff trained in safe procedures

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



**ALSO SERVING
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 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 table set. No cash value. Not valid with delivery. Expires 10/31/13.

Participating Locations

Arvada
 7525 W. 53rd Ave.
 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

www.beaujos.com



*We do our best and take every possible care to serve our valued customers with gluten-free foods. Our gluten free pizza shells and sandwich buns are supplied by a gluten-free bakery. They are not certified 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 cross-contamination. However, Beau Jo's is not a gluten-free environment. We mix pizza dough throughout the day and it may contain particles of flour and proteins 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 Clean Diner, LLC assume any liability for the foods offered.

