

TAMING OF THE SPRUE



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

January 2014

Please be advised that the opinions of the authors whom contribute their articles to our newsletter are not the opinions of the Denver Metro CSA Chapter 17.

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SAVE THE DATE!!

**February Chapter Meeting with
Guest Speaker, Dr. Charles Miranda**

Thursday, February 6, 2014

7:00pm

First Plymouth Congregational Church

Plymouth Hall, 3501 S. Colorado Blvd.

Englewood, CO 80113

Dr. Charles Miranda, Internal Medicine and Pediatrics, will be presenting information about Celiac Disease including diagnosis and the latest research. Dr. Miranda is currently with South Denver Internal Medicine and Pediatrics – located at Sky Ridge Medical Center in Lone Tree.

A complete Bio of Dr. Charles Miranda is printed on page 3.

December Cookie Exchange Recap



It was a cold wintry evening, but those members that were able to make it out to the Cookie Exchange for our December meeting were certainly not disappointed. The room was filled with the smell of fresh baked cookies while our guest speaker, Sara Vollmer from the Gluten Intolerance Group of North Dakota, entertained the crowd with her priceless jokes and anecdotes about the challenges of living gluten-free. Sara's talk was entitled "A Delicate Flower"- a story of her struggles with early diagnosis and the countless lessons that she has learned along the way.

Whether you were newly diagnosed or a seasoned veteran, there

was something that everyone took away from Sara that evening. The most important lesson of all: remember to take this whole journey of life with a little bit of humor. Life isn't about waiting for the storm to pass; it is learning to dance in the rain (or in our case, the winter snow).

Special thanks go out to Kathy and Lexie from The Last Crumb Bakery for coming to the meeting and sharing some of their incredible GF mixes with us, and to Sara Vollmer again for the amazing night of endless laughter.

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 kids 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!

UPCOMING EVENTS:

February
Valentine's Day Party

April
Easter Egg Hunt

We always love new ideas and any parent input so if you have something to share please let us know. Also make sure you have let us know that you want to continue on our email and e-vite list. Celkids@denverceliacs.org



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Guest Speaker for February Chapter Meeting

Thursday, February 6, 2014

7:00pm

First Plymouth Congregational Church

Plymouth Hall, 3501 S. Colorado Blvd.

Englewood, CO 80113

CHARLES MIRANDA, M.D., F.A.C.P.



Dr. Charles H. Miranda is board certified in internal medicine. He has practiced medicine for over 20 years and has served the residents of South Denver for more than a decade. Dr. Miranda is a native of Colorado. He completed medical school at the University of California, San Francisco School of Medicine and completed his residency training in internal medicine at Baylor College of Medicine in Houston, TX. Immediately following his residency Dr. Miranda was given a full time faculty appointment at Baylor College of Medicine. For ten years he served as the Director of the Combined Internal Medicine and Pediatrics Residency Training Program. In 2003, he was recruited to open an internal medicine practice at Sky Ridge Medical Center. In addition to maintaining a busy medical practice he remains on the volunteer clinical teaching faculty at the University of Colorado

Denver School of Medicine. He has received many honors and awards which include the Fulbright & Jaworski L.L.P. Faculty Excellence Award in Teaching and Evaluation, the University of Colorado School of Medicine Department of Medicine Medical Student Teaching Award and Denver's 5280 Magazine, "Top Doctors."

He still enjoys playing soccer, skiing, baseball, and practicing yoga. He is most proud of his children. His son plays high school basketball and baseball and is a talented pianist. His daughter is always smiling, a talented artist and enjoys gymnastics.

For more information about this Chapter meeting, please visit www.denverceliacs.org.

Neighborhood Nosh

November Nosh Recap @ Colore Italian Restaurant & Pizzeria:

We had ten (10) members attend and we had a fabulous time. A woman from another table stopped by on her way out to ask who we were as we appeared to be having such fun!



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! Reservations are required as space is limited. Each person is responsible for his or her own tab.

PLEASE NOTE: *January's Nosh has moved to the Lakewood Location, see below.*

January 22, 2014 --6pm to 8pm
Bonefish Grill
14770 West Colfax Avenue
Lakewood, CO 80401
(Intersection of Colfax and Indiana)
www.bonefishgrill.com

Seating is VERY limited.

RSVP to Maryann at majordan9@msn.com or
Donna at donnadevisser@msn.com

Be sure to RSVP as we are limiting the size of our group to ensure better interaction. Also, please let us know what time you plan to be there (either at the start time or a bit later). Thanks!

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

HOW TO REACH THE GLUTEN FREE COLORADO MARKET

The Denver CSA Chapter 17 has a number of events in which you/your business can participate as a vendor or sponsor... or both!

Upcoming 2014 EVENTS:

Bi-Monthly Meetings
Annual Family Potluck Picnic
The Incredible Edible Gluten Free Food Fair
The Gluten Free Gallop
The Annual Holiday Cookie Exchange

Advertising is always available in our monthly newsletter, which is mailed and emailed to our members six times a year.

newsletter@denverceliacs.org

For more information about the Denver CSA Chapter 17 please visit our website at www.denverceliacs.org.

Educational Presentations Available Celiac Disease/Gluten-Related Disorders

The Denver Metro Chapter of the Celiac Sprue Association offers presentations about Celiac Disease & Gluten-Related Disorders and the gluten-free diet. Presentations can be tailored to any audience: health care providers, community groups, students, food-service facilities and others.

For further information, contact:

Diane Moyer, M.S.,R.D.,
(Chair, Medical Education Committee,
Denver CSA) at:

dietitian@denverceliacs.org

or

720-560-3734.

Cel-Teens

Cel-Teens is a group where kids from the ages 13-18 can get together at fun events without having to worry about the stress of gluten contamination. A place where there is no judgment, discrimination and not having to feel different because everyone understands what it is s like to have Celiac Disease. Some of you may have been diagnosed as young children and some of you may have been recently diagnosed. Either way it can be an adjustment. Cel-Teens is the way to discuss the likes, dislikes and general frustrations of having Celiac Disease as well as having a little bit of fun, which I think is the best part!

Cel-Teens Logo Competition!

We need a logo for the Cel-Teens group, and are hoping that you could help us out! So we are having a Logo Competition for the best Cel-Teens logo. If you would like to participate, send your logo ideas to celteens@denverceliacs.org by **January 20, 2014**.

The winner will be announced at the Bowling event on January 26, 2014. (See event details below)

****Winner will receive a \$30 gift card to Beau Jos Pizza****

Logo/Design Submission Requirements:

- Digital Design in TIFF format
- Text: CEL-TEENS
- Optional Text: DENVER CELIAC SPRUE ASSOCIATION
- Design must be an original creation/design

**Disclaimer: By submitting your idea to Cel-Teens, you are releasing all creative, copyright and trademark rights associated with your design for the use of the Denver Celiac Association. You will not be eligible for monetary reimbursement for the submission or use of your design.*

**January 26, 2014 from 1:00p-3:00p
Bowling @Punch Bowl Social
65 Broadway, Denver CO**

Free bowling, free snacks, and a chance to meet your fellow CelTeens and the new CelTeens Leaders, Alyssa Whitaker and Nicole Michael. The winner of the logo competition will be announced here and will receive a \$30 gift card to Beau Jos.

If you have any questions, please contact Alyssa Whitaker ([949-290-0739](tel:949-290-0739)) or Nicole Michael ([303-260-9248](tel:303-260-9248)) or email us at celteens@denverceliacs.org

GLUTEN FREE SKIN

By Vanessa Oakley of Celiac.com

Something like 60% of the stuff you put on your face is absorbed into your skin. Ladies and gents I'm talking make-up, lotion, soap, anything like that. Your skin is your largest organ and it sure does like to suck stuff up. Let's all take a minute to think about the things you put into and on your body... that's a lot of stuff! Some experts believe that gluten cannot be absorbed through the skin. Now of course we all react differently to this gluten stuff. I am super sensitive and not only does my skin freak-right-out but I may perhaps even have an angry pore or two. Lotion, shampoo basically anything that touches your skin or is ingested, is something you should watch out for.

When I was first diagnosed I never thought about lotion as something I had to watch out for. When asked about the wheat or oats in my hand cream I simply said... 'Well, I'm not eating it'. There are so many articles out right now about celiac disease and lotion or cosmetics. Google it, you will find a lot. Some of these articles are stating that gluten is too large of a particle to be absorbed through the skin. I have noticed that, for me, I will react to gluten on my skin. And there are so many other Celiacs out there that are having gastrointestinal problems due to the absorption through the skin and not knowing why they are feeling so bad. We aren't eating our lotion or our makeup. It wasn't until I joined the celiac society in my city that I learned that all gluten is bad gluten. Who knew?

There are cosmetics and bathroom supplies that are gluten-free. These can be hard to find because of the lack of ingredient labels but, my friends, there is always a solution. Call the manufacturer and talk to them regarding the ingredients/gluten content in the products that are in question. Ask them to email you the ingredient list if they are not able to give you a straight answer. Please never feel weird about calling the manufacturer; they are the only people that truly know what is in their products. If they can't tell you what is in it please by all means do not buy that stuff! I have found that the manufacturer wants my money so they will do what they can to reassure me in their product. Sometimes I can get the product sometimes I can't.

Now if you are less sensitive and don't notice anything happening to your skin or internal discomfort just remember that sometimes we don't feel that damage as its happening. You also might be one of the lucky ones that just plain don't have a reaction to it on or through your skin. You are awesome and please enjoy for those of us that don't partake.

You need to do right by you (you do you) and I believe as long as you are listening and really paying attention to your body you will know what is right and wrong for you.

Why we need you to report your address changes....

In our attempt to use chapter funds responsibly, we/our printer have opted to use a less costly Presort Postage permit with the USPS. There are certain quantity requirements, plus the printer groups & bundles newsletters with neighboring zip codes which he then delivers to the post office. As part of this permit #152 with return service requested, the post office charges us \$1.12 for each newsletter that has an incorrect address or is non-deliverable. Most people believe that filing a forwarding address with the post office ensures they get all mail forwarded to them. It does not. Forwarding works only for first class mail. Each time a newsletter can't be delivered, you haven't received important news on a timely basis, or at all. It takes time for a volunteer on this end to attempt to solve where our dues-paying member moved. Sometimes we can reach you by phone or by e-mail, but not always. Then we must pay first class postage to resend the wayward newsletter to you, our member.

Please remember to inform us of your changed location (physical address & e-mail changes): electronically to database@denverceliacs.org or via USPS to Denver Metro Chapter #17 CSA, 2307 Willow Creek Dr., Golden CO 80401 (the return address portion on the back page of each issue of Taming of the Sprue).

We hope this explanation encourages you to keep us in the loop so we can keep you in the loop.

We've got you covered.



breakfast



midday snack



brunch



lunch



on-the-go



dinner



dessert



late night snack

EVERY MEAL. EVERY TIME. EVERYWHERE.

Midnight snack, post-workout meal, potluck casserole – any meal can be gluten free with Udi's Gluten Free Foods.
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www.udisglutenfree.com

CEL-TWEENS



Cel-Tweens provides kids in the age range from 10-12 to meet, share and have fun with other kiddos who are also living with celiac disease. At this age kids are starting to become more independent and making daily decisions about what foods they can eat. We want this group to be a place where they can be educated about staying healthy while having fun and understanding that they are not alone in this! The goal is to plan events to do to teach them about their gluten-free lifestyle, while allowing them to meet other kids their age and have fun.

We hope you all enjoyed the Annual Holiday Cookie Exchange and were able to enjoy some wonderful treats. The holidays are filled with wonderful food and good times with family and friends. We wish you all a wonderful and safe holiday season.

Upcoming Activities:

March/April – cookie/cupcake party. The details are being finalized so keep an eye out for more details. We are still also hoping to find a date to hold a cooking class with specific emphasis on foods that our Tweens love (pizza, sweets, etc...)

To join our Cel-Tweens mailing list please email: celtweens@denverceliacs.org. We look forward to meeting you at our upcoming events.

Gluten Free Twisted Hoppin' John Soup Author: Gluten Free Gigi (www.glutenfreegigi.com)



Ingredients:

- 1 cup onion, diced
- 1 cup green pepper, diced
- 1 cup celery, diced
- 1 Tablespoon garlic, minced
- 1 Tablespoon olive oil
- 1 quart chicken or vegetable stock
- 6 large collard leaves, washed, dried, and shredded
- 2 cans black eyed peas, not drained
- 1½ cups cooked rice
- 1 cup water
- 1½ teaspoons red pepper flakes
- ½ to 1 teaspoon sea salt, to taste
- ¼ teaspoon black pepper

Instructions:

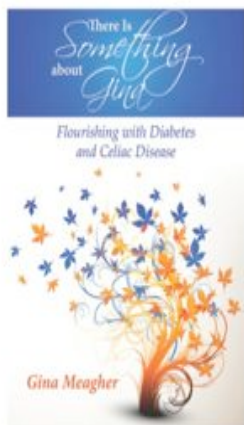
In a large soup pot, heat olive oil and cook onions, green pepper, and celery until tender, about 5 minutes. While the veggies cook, wash and remove center rib from collard leaves by cutting leaves in half length-wise and discarding center rib. Stack the leaf halves and cut into strips; set aside. Add garlic to the veggies in the soup pot and stir 2 minutes, until garlic becomes aromatic. Add broth, collards, water, red pepper flakes, salt, and pepper, and stir. Cover the pot and simmer over medium-low heat for 30 minutes. Remove the lid and stir in rice and beans. Stir and simmer an additional 15 minutes until heated through. Serve with gluten free cornbread.



SAVE THE DATE!!

The 8th Annual Incredible, Edible Gluten-Free Food Fair will take place at **The Denver Mart on Sunday, August 17, 2014**. The Denver CSA has made sure that the event will be free to attendees, but this year the Mart will be charging \$5 per car to park so please plan ahead.

If you are interested in being a vendor at the event, early registration will begin in April. E-mail Katie Uhlenbrock at gffoodfair@denverceliacs.org to be placed on the vendor e-mail list in order to receive updates and reminders regarding the Food Fair.



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NEW GF PRODUCTS

Submitted by Bonnie Atherton of
Denver CSA Board

General Mills now has a GF Rice Flour Mix which contains rice flour, potato starch and tapioca starch.

Hershey's GF Baking Chips are Butterscotch, Cinnamon, Heath, Milk Chocolate, Premier White, Reese's, Semi-Sweet, Special Dark and Sugar Free w/ Maltitol.

Amy's GF Foods has several new bowls, candy bars and desserts. Their GF list can be found at www.amys.com/products/product-categories/gluten-free

B & G Foods has an online GF list at www.bgfoods.com/int_glutenfree.asp. Some of their GF products include B & G condiments, Emeril's dressings, salsas and pasta sauces, Las Palmas sauces and Ortega salsas, seasonings and more.

Schar has expanded their line of GF products. A list is available at www.schar.com and includes bagels, breadsticks, ciabatta, cookies, crackers, honey grams, pizza, shortbread and wafers.

Garbanzo Mediterranean Grill is testing a GF prebaked pita from My Bread bakery in Chicago, a 100% dedicated GF and nut free facility certified by GFCO (GF Certification Organization). Garbanzo is following strict handling procedures for My Bread pita to avoid gluten contamination. The restaurant does make its own pita from scratch, is not a GF facility and can't guarantee there is no cross contamination in its stores. The test market stores in Colorado are in Aurora, Glendale and Lone Tree.

Common Misunderstandings of Gluten-Free Alcoholic Beverages (CONTINUED)

Published at www.celiac.com. Written by Gryphon Myers. In our 2013 September Issue we published Misunderstanding #1, the 2013 November issue #2 and the last #3 here in the January 2014 issue.

Misunderstanding # 3:

“‘Low gluten’ or ‘gluten-removed’ beers are unsafe, as gluten tests underestimate gluten content in beer. This is because the brewing process breaks the gluten molecules down into pieces that are too small for gluten tests to detect, but are still harmful.”

This is a point of fierce contention in the gluten-free community, and probably the most confusing argument to follow, as it all surrounds the validity of a variety of super scientific testing procedures. There isn't even a clear answer or 'winner' here, but I'm going to try and break all the information down for you, so you can make an informed decision about these products for yourself.

The main beef that people seem to have with gluten-removed beers is that they are derived from gluten-containing ingredients, and the gluten removal process is oftentimes undisclosed. This is an offshoot of the same distrust people feel toward distilled spirits, though perhaps a little more warranted given the fact that distillation is a very well documented and 100% reliable form of gluten removal, whereas as far as we know, these brewers are removing gluten using magic and fairy dust.

The reality is that these brewers (Widmer Brothers, Estrella Damm, Lammsbraeu, to name a few) are removing the gluten from their beer using one or the other, or perhaps a combination of two methods: filtration, and enzymes. Superfine filters can remove gluten particles from the beer, while added enzymes can target gluten particles, causing them to break down to a harmless state more quickly.

Whatever their methods, these beers need to have their gluten content verified using scientific testing procedures in order to be considered safe for consumption by celiacs. This is where things start to get murky.

What does it all mean then? Should I drink gluten-removed beer or not?

Well, that's up to you, of course. As I said before, this is a hotly debated and highly contentious issue in the gluten-free world right now, so I'm hesitant to take one side or the other. If you suffer from refractory sprue, or some other severe form of gluten intolerance, I would advise you to stay away, as the risk simply isn't worth it for you. For more mild sufferers of celiac disease or wheat sensitivity though, if you really miss the taste of beer and gluten-free beers just aren't doing it for you, there is no solid evidence to discredit the results of competitive R5 ELISA testing. Find a beer that is batch tested to under 20 ppm using this test (not sandwich R5 ELISA, though it wouldn't hurt if it was tested by both), try a few sips, and see if you react.

I've tried to provide all the key information so you can make an informed decision about these beers for yourself, but it never hurts to do your own research! Just know that there are a lot of biased and outdated sources out there; the more recent and scientific the study, the better!

Denver Chapter Members are invited to share their GF Restaurant Reviews

Hello Denver CSA Chapter,

I wanted to remind you, the head of a CSA chapter, that we at GlutenFreeTravelSite have created an area on our website specifically for dining reviews **from CSA members around the country**. It allows you to select a specific chapter/geographic area and read the dining and travel reviews from other CSA members. As you know, discerning CSA members are some of the most qualified people to be giving feedback to other Celiacs.

Our organizations have had the opportunity to create something incredibly useful, **but we really need your help -- and the help of your members -- to make this a success.**

Would it be possible for you to share some of the best places to dine **in your area** with other CSA members -- and the greater Celiac community? The gluten free dining and travel reviews submitted by CSA members help ALL visitors to GlutenFreeTravelSite -- over a half million people each year -- as they look to our site for reliable guidance on where to safely dine. **It gives you the opportunity to be "Celiacs helping Celiacs" in the truest sense of the phrase.**

And it helps give some much-needed word-of-mouth advertising to the wonderful places that support Celiac diners. Too many independent restaurants offering GF options continue to go out of business for lack of enough customers.

We've set up a unique username and password for CSA members to submit reviews. You can share reviews of restaurants, markets, and bakeries in your area -- and even travel reviews of hotels, resorts, or cruises. Simply go to Submit Review on our site, choose the geographic location of the place being reviewed from the pull-down menu, and use the username **csaceliacs** and password **gftravelsite** to be taken to the review form. We welcome any gluten free dining feedback you want to share -- good OR bad.

Please forward this email to the members of your local CSA chapter. You can all submit your own reviews individually -- or even work on it as a group, with each member choosing a few spots to review. Reviews needn't be long -- any advice you can give is helpful.

We look forward to publishing your gluten free dining and travel reviews on our website.

Warm regards,
Karen Broussard
Founder and President, GlutenFreeTravelSite

CSU Offers Dedicated Gluten-free Bakery

The CSU campus bakery located at Edwards Hall now has a dedicated room for baking gluten-free goods, including muffins, bread, cornbread, brownies and granola bars. The products are available in all of the dining halls on campus. The bakery is not open to the public, but functions as a campus vendor. See the full article in the Wednesday, Oct 2, 2013 issue of the Rocky Mountain Collegian, collegian.com.

CSU was also on the top 25 list of gluten free friendly colleges!

GIRL SCOUT GLUTEN FREE COOKIES

Select areas of Girl Scouts are offering Gluten Free cookies! Be sure to ask your local scouts for information about the new Gluten Free flavors they are offering.

CSA Membership Cards – COMING SOON!!!

The Denver CSA has added a new perk to membership!

In 2014 we are issuing business card sized membership cards to all existing and new members. These cards will display the members name and expiration of membership.

AND THE BEST PART IS...

Your membership card will get you great discounts at participating retailers. Simply display your card when you check out at the following locations:

BeauJo's – 15% OFF purchase

Gluten Free Things - \$5 off any purchase of \$25 or more and \$10 off any purchase of \$50 or more.

Gluten Free Way – 25% off purchase of one item.

A list of our participating retailers and the discounts they offer can be found at our web-site www.denverceliacs.org and on our Facebook page www.facebook.com/DenverCeliacs.

You can expect to receive your membership card and begin reaping the benefits with our participating retailers by March 1, 2014. We do hope you enjoy the new benefits of being a Denver CSA member!

Thank you for your continued support!

COCONUT-NUT GINGER CHEWS

1 cup rice flour	¼ tsp. cloves
½ cup tapioca flour	¼ tsp. ginger
¾ cup sugar	3 Tbsps. molasses
¾ tsp. baking powder	2 eggs
½ tsp. salt	½ cup shortening, melted (or oil)
½ tsp. xanthan gum	1/3 cup flaked coconut
½ tsp. cinnamon	1/3 cup chopped walnuts
Colored sugar sprinkles (optional)	

Sift dry ingredients together. Mix molasses, eggs and shortening together and add to dry ingredients. Add coconut and nuts. Mix well. Press into a greased 9x13 inch pan using a wet spoon. Sprinkle with sugar or sprinkles. Bake at 360 degrees for 20-25 minutes. Cool and cut into squares.

DENVER CSA CHAPTER BOARD POSITIONS AVAILABLE

VP of Memberships – Duties include welcoming new members and interested newcomers; set out attendance sign-in sheets at chapter meetings; coordinate with the Database Manager when new members join; mail a current newsletter and info packet to people who request more info about the chapter; oversee the Neighborhood Resource Contacts (NRCs); maintain a current list of NRCs and provide that to the webmaster and newsletter editor; provide encouragement and support for NRCs; provide current lists of members to NRCs, updating them when a new member joins in their neighborhood; meet with NRCs at least annually to share ideas and to thank them for their service. Time commitment is approximately 2 hours/week. If you are interested in this position please contact our Chapter President, Gina Meagher at president@denverceliacs.org.

Newsletter Editor – The Newsletter Editor is responsible for paginating our bi-monthly newsletter. This role requires some creativity and proficiency with Microsoft Word, Photoshop and Adobe Acrobat. The position calls for approximately 10 to 20 hours every two months. As the editor you will work closely with board members, our printer, our advertisers as well as outside sources whom submit articles for publishing. If you are interested in this position please contact Guinivere Stevenson at newsletter@denverceliacs.org.

SUGAR COOKIE CHEX PARTY MIX

6 cups Rice Chex cereal
¼ cup butter or margarine
¼ cup granulated sugar
2 Tbsps. corn syrup
2 tsps. pure vanilla

¼ cup powdered sugar
1 ounce white baking chocolate or
¼ cup vanilla milk chips
1 to 2 tsps. edible glitter or sprinkles

1. Measure cereal in large microwaveable bowl. Line a cookie sheet with waxed paper or foil.
2. In 2-cup microwaveable measuring cup, microwave butter uncovered on high 30 seconds or until melted. Add sugar and corn syrup; microwave uncovered on high 30 seconds until mixture is heated and can be stirred smooth. Stir in vanilla. Pour over cereal, stirring until evenly coated.
3. Microwave uncovered on high 2 minutes, stirring after 1 minute. Sprinkle with powdered sugar; mix well.
4. Spread on waxed paper or foil. Microwave white chocolate on high 30 seconds or until it can be stirred smooth; drizzle over top; sprinkle with edible glitter or colored candies.

PRETZEL DELIGHTS

Gluten Free Pretzels
Pecan Halves
Rolo Candies

1. Heat oven to 350. Line cookie sheet with parchment or foil.
2. Place 1 unwrapped Rolo on top of each pretzel on the cookie sheet.
3. Bake 3-5 min. or until Rolo begins to soften, but not melt. Remove from oven, top with pecan & push it down slightly. Cool completely.

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DENVER METRO CELIAC SPRUE MEMBERSHIP FORM

www.denverceliacs.org or www.facebook.com/DenverCeliacs

Benefits of CSA Membership

- Social events to mingle with others living a gluten-free lifestyle
- Annual Gluten-Free Picnic: family friendly with BBQ provided, plus children’s activities
- The annual Incredible, Edible, Gluten-Free Food Fair
- Annual Gluten-Free Gallop (walk to support Celiac charities)
- Bi-monthly newsletter with current news, upcoming activities and members’ recipes
- Access to dietitian and other professionals to help with dietary changes
- Neighborhood resource contacts in Denver/Boulder area who organize neighborhood group activities
- Support of others living and dealing with a gluten-free lifestyle

MEMBERSHIP ENROLLMENT/RENEWAL FORM

The Denver Metro Chapter is your best local resource for celiac information, support, and gluten-free socializing. You do not have to have been diagnosed with celiac disease to join our organization. Only one membership required per household. Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization.

New & Renewing Members:

If you are a new member, have you received a new member info packet? Yes/No

Organization: _____ (if signing up as a Business Member)

Name _____

Phone _____

Street Address _____ City _____ State ____ Zip Code _____

E-mail address _____

_____ I agree to ‘go green’ and receive my newsletter via e-mail

_____ I prefer to receive a paper newsletter via the postal system

Do you have children in the household with Celiac Disease? Yes/No

How did you learn about us?

Would you be willing/able to volunteer? _____

Gift Membership given by: _____ (provide recipient info in New Member section above)

Annual dues are \$15/year. You may pay for more than one year at a time using the same annual \$15 rate.

To join/renew, send your check made payable to “Denver Metro Chapter #17 CSA/USA” along with this completed form to Denver CSA, 2307 Willow Creek Drive, Golden CO 80401 Or you can go to <http://denverceliacs.org/membership.html> and pay electronically. Please make sure your PayPal account reflects your current address & phone.

A little something to consider: According to the national chapter of CSA, people who belong to a support group are much more likely to be successful in their GF diet than those who attempt to ‘go it alone’.

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

Chapter Board Members & Neighborhood Resource Contacts

President - Gina Meagher
(303) 279-9382
president@denverceliacs.org

Past President – Karen Cranford
(303) 979-8094
crankaren@aol.com

Vice President, Programs - Erik Johnson
vpprograms@denverceliacs.org

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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 email vpmembership@denverceliacs.org.

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Highlands Ranch, Lone Tree, Castle Rock, Parker, Elizabeth, Franktown	Jerrine Hicks		jerrine.hicks@gmail.com
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*We do our best available every possible care to serve our valued customers with gluten-free foods. Our gluten-free pizza shells and sandwich buns are made by a gluten-free bakery. They arrive, are baked and delivered to your table. Our toppings have been thoroughly inspected 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 may pass dough throughout the day and at any given time, particles of flour are present in the kitchen and dining areas. Furthermore, we can not guarantee that the foods we serve are entirely gluten-free due to changes in brand or supplier and/or cross-contamination caused from handling items. Beau Jo's, the Gluten Detective, or On The Menu, LLC assume any liability for the foods offered.