

# TAMING OF THE SPRUE



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

March 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.

Save The Dates & Recaps	Pg 1
Cel-Kids Network	Pg 2
Gluten & Your Unborn Child	Pg 3
Cel-Tweens	Pg 3
New GF Restaurant, Foods & Cider	Pg 4
Educational Presentations	Pg 4
How to reach the GF market	Pg 4
Rudi's GF Camp Scholarships	Pg 5
New Membership Cards Mailed	Pg 6
Cel- Teens	Pg 7
MORE Save the Dates	Pg 8
Heart & Hands Senior Center	Pg 9
Open CSA Board Positions	Pg 9
New GF Products	Pg 10
Your CSA Board Members	Pg 11 - 12
Food Manufacturers	Pg 13
Denver CSA Contacts	Pg 14
Membership Sign Up Form	Pg 15

**WATCH YOUR MAILBOXES FOR YOUR NEW MEMBERSHIP CARDS – Present your cards for discounts at local retailers SEE PAGE 6 for details.**

## SAVE THE DATE FOR MAY!!

Take Me Out to the Ballgame

May 17, 2014

Pre-Game Celebration Time and Location: TBD

Game Time: 6:10pm

Following-up on our successful event from last year, we are planning on having another exciting evening of gluten-free food and drinks, followed by a Rockies home game vs. the San Diego Padres on the evening of Saturday, May 17 (the game begins at 6:10pm). The details and location for the pre-game celebration will be announced in the near future, but you can check out our Facebook page and website right now for a special link to buy your tickets for the Rockies game at our exclusive discounted price – 40% off face value. Goooooo Rockies!!!



## February Chapter Meeting Recap

Numerous requests were made by our members to have Dr. Charles Miranda come and speak to us. At our February chapter meeting it was easy to see why people enjoy his talks so much. Dr. Miranda covered a wide range of topics about celiac disease and gluten intolerance, and touched on topics such as the latest vaccinations and treatments that are on the horizon. As a person suffering from celiac disease himself, it was clear to see that Dr. Miranda not only understands the complexity of the medicine but he also approaches the subject

from a very personal level. He was very eager to help answer any questions from our members and even stayed around after the meeting to speak to every last person who had more complex items to discuss. It was very easy to see his passion for helping people to manage this aspect of their lives.

We also had two special guests from Omission Beer that were able to attend our meeting – Lorin Gelfand and Amy Jeuck, the Brand Manager and Brand Ambassador, respectively. Both were on hand at the start of our meeting to talk more about the “gluten removed” process of brewing Omission Beer and to help answer any questions about this growing trend in brewing. As a special treat, they also brought numerous cases of Omission Beer for our members to take home and try for themselves.

A great talk and free beer... that was not a bad way to spend a Thursday evening! In case you missed it, we certainly hope that you are able to join us for our next big event in May.

# 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!



## Make Your Own Gluten Free Pizza & Egg Hunt

March 22, 2014 @ 11am- 1pm

Pizza Doodle

6830 S University Blvd

Centennial, CO 80122

[www.pizza-doodle.com](http://www.pizza-doodle.com)

Lunch will be on your own but we will eat as a group.

Dairy free and corn free pizza options.

RSVP by Monday, March 10th, 2014 [celkids@denverceliacs.com](mailto:celkids@denverceliacs.com)

To avoid cross contamination we ask parents not to order items with gluten.

**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](mailto:Celkids@denverceliacs.org)**

**glutino!**  
*always gluten free*

**the possibilities**  
*are endless*

Crunch into a bagel chip! Bite into a warm chocolate chip cookie! Gluten free pasta anyone? Morning, noon, night, or munch time — whatever you crave, Glutino delivers — including our delicious new line of entirely exceptional gluten free snacks. Live fully! And explore the possibilities with Glutino.

[www.glutino.com](http://www.glutino.com)

©2013 GFA BRANDS, INC.

# What is Gluten Doing to Your Unborn Child?

By Miranda Jade Turbin

Celiac.com 01/29/2014 - Anyone diagnosed with celiac disease knows that it is almost impossible not to slip up here and there. Whether you mistakenly eat something with gluten, cross contamination or your waiter forgets to inform you that your burger is marinated with gluten, we have all been there. It usually takes me two or three days to feel better and another two or three days following that to get back to my routine after consuming a small amount of gluten. For others this process varies. Some worse, some better.

A diagnosed celiac friend of mine recently finally got pregnant. She and her husband had been trying for quite some time. This sparked a question for me. What would consuming gluten do to her unborn child, if anything?

According to Amy O'Connell (a researcher and writer with a Ph.D. and medical degree) gluten can cause problems in your unborn child. When a pregnant woman with celiac disease eats gluten the mother's villi are damaged which leads to poor nutrition and weight loss. This results in an inability to absorb calories and vitamins from food and may explain why mothers with untreated celiac disease are more likely to have a baby with a low birth weight.

A report in the journal "Canadian Family Physician" explained that babies of untreated mothers with celiac disease could also be at risk for spina bifida or other neural tube defects, because the mother may have poor folic acid absorption in the gut.

This isn't even taking into account the emotional effects gluten has on a mother with celiac disease. The energy loss and depression that can result from gluten consumption can be harmful to the mother and child's ability to bond which creates unneeded stress. As a new mother you have enough to worry about. There is no need to complicate things with more stress and less energy.

If you are an expecting mother with celiac disease, now more than ever, watch what you eat. Make sure you don't slip up no matter how much you want that Cinnabon!

## CEL-TWEENS



**Cel-Tweens** provides kids in the age range of 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 teach them about their gluten-free lifestyle, while allowing them meeting other kids their age and having fun.

Kids often have favorite foods... and often that favorite food is PIZZA! Being on a gluten free diet can make enjoying pizza difficult. Cel-Tweens would like to help everyone enjoy their favorite pizza.

This event will be at Pizza Doodle on Saturday, March 22<sup>nd</sup> from 11am – 1 pm.

We will also be helping set up and run the Easter Egg Hunt for the Cel-Kids group. If you can help with the hunt please arrive at 10:20 am so that we can get the eggs hidden, set up crafts, etc...

This is a great way to help mentor the younger kids and show them about living gluten free. You should receive an invite for the event. If you did not receive it please contact Carrie Kollar and Annie Gray at [celtweens@denverceliacs.org](mailto:celtweens@denverceliacs.org).

To join the Cel-Tweens mailing list please email: [celtweens@denverceliacs.org](mailto:celtweens@denverceliacs.org). We look forward to meeting you at our upcoming events!

## New Gluten Free Restaurants, Foods and Cider...

### Fresh Thymes Eatery

2500 30th St #101,  
Boulder, Colorado 80301  
(303) 955-7988



When Christine Ruch, now the owner of Fresh Thymes Eatery, was diagnosed with Celiac Disease it changed her life, especially in terms of food. Sound like a familiar story? We have you covered! Fresh Thymes Eatery's **100% gluten-free kitchen** features great tasting, globally inspired, traditionally prepared, organic, local and allergy-aware meals. We skip the food science, leaving out ingredients you can't pronounce, and providing only nutrient dense whole foods. Our meats are grass-fed, and our salads are free of hidden allergens, from dairy to soy and corn. We gave canola and peanut oils a pass and pulled in only healthy cooking oils, that won't wreak havoc on your body. Better yet? Your taste buds will be begging you for more!

### Gluten Free Bistro @ Whole Foods

Gluten Free Bistro has a new addition to their Bistro Bite Mini Pizza line - the Greek Vegan. The new Greek Vegan flavor offers delicious non-GMO ingredients including: tomatoes, spinach, kalamata olives and Daiya vegan cheese. This vegan option of mini pizza is free of: casein, lactose, tree nuts and soy and is suitable for vegans, those with a dairy intolerance/allergy or on a GFCF (gluten-free casein-free) diet.

### Stem Ciders @ RiNo

A new craft hard cidery is opening up in RiNo at 28th & Walnut. Our products are gluten free and we would love to have you and your members stop in for a taste. You can find more information on Stem Ciders at [www.facebook.com/stemciders](http://www.facebook.com/stemciders)

## 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:

Take Me Out to the Ball Game - May

Annual Family Potluck Picnic - June

The Gluten Free Gallop - June

The Incredible Edible Gluten Free Food Fair - Aug

The Annual Holiday Cookie Exchange - December

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

[newsletter@denverceliacs.org](mailto:newsletter@denverceliacs.org)

For more information about the Denver CSA Chapter 17 please visit our website at [www.denverceliacs.org](http://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](mailto:dietitian@denverceliacs.org)

or

720-560-3734.

# Rudi's Gluten-Free Bakery to Award 20 Gluten-Free Kids with Summer Camp Scholarships through 2nd Annual Happy Camper Contest

Rudi's Gluten-Free fans can enter the Happy Camper Contest on Facebook starting today for a chance at a summer camp experience filled with gluten-freedom. By Rudi's Bakery.

BOULDER, Colo., Feb. 18, 2014 -- /PRNewswire/ -- The official start of summer might be months away, but Rudi's Gluten-Free Bakery™ is already excited to help kids who eat gluten-free pack their bags for some summer fun. For the second year, Rudi's Gluten-Free is awarding 10 kids the chance to gather 'round the campfire at a gluten-free summer camp with a Happy Camper Scholarship. New this year, the brand will also award 10 kids in Canada the opportunity to attend a gluten-free summer camp up north.

"At Rudi's Gluten-Free, we're all about living life to the fullest while giving back to the community of fans we've grown to cherish," said Doug Radi, senior vice president of marketing and sales for Rudi's Organic Bakery. "Kids – and their parents at home – shouldn't have to worry about what they eat at summer camp. Instead, they should be able to focus on exploring and developing an adventurous spirit. We're proud to have the opportunity to help 20 kids have their summer camp dreams come true."

From Feb. 18 – March 18, 2014, parents with eligible children ages 8-17, can enter the Happy Camper contest by 'liking' Rudi's Gluten-Free on Facebook and helping their child submit a 100-word statement on what makes him or her special. Winners will be notified by April 1, 2014, to allow them plenty of time to plan for the summer camp experience of a lifetime.

Not only is Rudi's Gluten-Free committed to baking high-quality breads and baked goods free of GMOs and full of flavor, but the brand is also committed to giving back to the gluten-free community. Rudi's Gluten-Free is proud to support kids and let them enjoy a carefree summer without worrying about what they eat. Parents of Happy Camper scholarship winners can also rest easy knowing their son or daughter is having a safe, joyful experience fueled with yummy and delicious gluten-free foods.

Winning campers in the U.S. can look forward to an experience at places like Camp Weekaneatit in Georgia where campers swim, show off their skills in talent shows and have fun playing team sports, or at Gluten-Free Fun Camp in Minnesota where campers have dance parties, play capture the flag and hike with the nature club.

Rudi's Gluten-Free Bakery offers a scrumptious and innovative line of gluten-free products that delight the whole family, including Sandwich Breads, Tortillas, Hamburger Buns and Hot Dog Rolls, Pizza Crust and Stuffing (available seasonally). NEW to the Rudi's Gluten-Free lineup this year are Cherry Almond Bars, which are perfect for snacking on the trail, and two flavors of bake and serve gluten-free Ciabatta Rolls. Visit [rudisglutenfree.com](http://rudisglutenfree.com) to learn how else Rudi's supports the gluten-free community and to find Rudi's Gluten-Free products near you using the company's new store locator.

About Rudi's Organic Bakery, Inc. Rudi's Organic Bakery, Inc., has been passionate about baking better breads for families for more than 35 years. Founded and headquartered in Boulder, Colo., Rudi's Organic Bakery is the only nationally available brand offering a full line of nutritious and delicious, certified organic breads and baked goods. Rudi's Organic is committed to baking breads using only the best organic ingredients and no artificial additives, preservatives and GMOs. In 2010, Rudi's Organic leveraged this heritage to create Rudi's Gluten-Free Bakery, a line of gluten-free breads and baked goods made with wholesome, all-natural ingredients so that each bite tastes like the real thing. Rudi's Organic and Rudi's Gluten-Free products are available nationally at natural foods stores and select mainstream supermarkets. For more information, visit [rudisbakery.com](http://rudisbakery.com).

# Denver CSA Membership Cards have been mailed!

Membership cards were mailed on February 25<sup>th</sup>. Remember, we are providing just one card per family. You're welcome to contact us at [database@denverceliacs.org](mailto:database@denverceliacs.org) or by mail to Denver CSA, 2307 Willow Creek Dr., Golden CO 80401 with questions or if your card fails to arrive.

Present your membership card to receive discounts with the following participating retailers. Check out our website at <http://www.denverceliacs.org/benefits.html> or our Facebook page for an updated list of our participating retailers and the discounts they are offering.



10% Off Each Visit



20% off All Orders  
That are 25\$ or More



15% Off Any Food Item  
Not to exceed \$15.00  
Not valid w/Other Offers



25% Off Any (1) Item

Another added feature of these cards is that they will remind you the month your membership will expire. It's an excellent idea to renew early in the month to ensure your payment is received and processed before we go to print with the next Taming of the Sprue. We do hope you enjoy our new membership perks and will find them helpful in your gluten-free lifestyle. For more information please visit our members benefits page at: <http://www.denverceliacs.org/benefits.html>

## 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.  
The #1 selling GF brand offers shoppers great tasting products that span all eating occasions.



Visit us on the web!  
[www.udisglutenfree.com](http://www.udisglutenfree.com)

# Cel-Teens

Most pre-teens and teens get to celebrate parties and school functions with birthday cake, pizza and chocolate chip cookies. For teens with celiac disease, a lifelong disorder of the digestive system, these foods aren't always the treats that most people think they are. Why? Because they usually contain a type of protein called gluten, which causes problems for people with celiac disease.

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 its 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**

**Saturday, March 22, 2014 at 11am- 1pm**

**Make Your Own 9” Gluten Free Pizza and Art**

**Dairy free and corn free pizza options**

We want to showcase the talent from our children and youth in our community! Children and teens ages 1-18 are encouraged to submit their artwork (photography, watercolor, charcoal, drawings, etc) for consideration to be displayed in our restaurant on consignment. Patrons are encouraged to support these aspiring artists and purchase their work, with all profits going directly back to the young artists, themselves. For more information on displaying your artwork, or purchasing a piece for your private collection, please email us or stop by in person and ask to speak to a manager

**Here is the info:**

**Pizza Doodle**

**6830 S University Blvd**

**Centennial, CO 80122**

**<http://www.pizza-doodle.com/>**

Reservations by Monday, March 10th, 2014

To avoid cross contamination we ask parent not to order items with gluten.

Please let me know how many people will be attending, thanks I look forward to meeting you all!

Alyssa Whitaker

Cel-Teens

Denver Metro Celiac Support

[celteens@denverceliacs.org](mailto:celteens@denverceliacs.org)

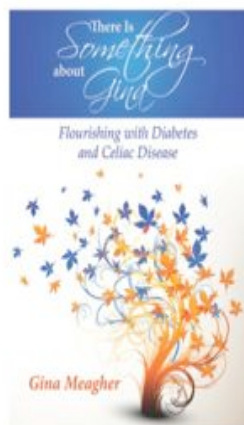
[www.denverceliacs.org](http://www.denverceliacs.org)



**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](mailto:gffoodfair@denverceliacs.org) to be placed on the vendor e-mail list in order to receive updates and reminders regarding the Food Fair.



***'Decide that just for today, nothing is going to stop you!'***

In celebration of St. Patrick's Day, \$1.00 will be donated to the Denver-Metro CSA for each book sold during March.

Learn more at:  
[www.somethingaboutgina.com](http://www.somethingaboutgina.com)

Now available at The Tattered Cover Bookstore!



**2014 Gluten-Free Gallop™  
Bustin' your Glutes for Gluten Free®  
June 21, 2014**

The Denver-Metro Chapter of the Celiac Sprue Association is excited to announce our third annual gluten-free run/walk to raise awareness of Celiac Disease and gluten intolerance. This year we will be combining the **Gluten Free Gallop with our annual picnic at Clement Park in Littleton, CO on Saturday June 21, 2014.**

Register online at [www.denverceliacs.org](http://www.denverceliacs.org) - All proceeds will benefit celiac research, helping to start the Celiac Facility at Children's Hospital here in Colorado, and giving gluten free food to food banks that can accommodate this special diet request.

For more details or to be a sponsor at this event please e-mail Katie at [glutenfreegallop@denverceliacs.org](mailto:glutenfreegallop@denverceliacs.org)





## HEARTS AND HANDS ASSISTED SENIOR CARE

Hearts and Hands Assisted Senior Care is a small elderly care home located at 4370 Ingalls Street, Wheat Ridge. In operation since 2008, the facility is home for nine residents who require ongoing managed care. Individual care in the areas of medication administration, meals, laundry, bathing, cleaning, entertainment, activities, companionship and any special needs are provided. Our emphasis is to create a safe and healthy environment where all residents feel at home in a setting that provides privacy or companionship, as desired.



We are very aware of the varied dining needs that each of our residents require. We provide meals for residents which are sugar free, dairy free, soy free and other allergic conditions as well as texture control and thickening.

The first resident of Hearts and Hands was a close friend diagnosed with Celiac. She had been a patient in a skilled nursing facility under hospice care due to liver failure. The nursing home had assured her family that they would provide a gluten free diet; however, after several days, it became obvious that the diet was not being diligently provided. After meeting with the family, we mutually agreed that our smaller, more intimate setting could provide a stricter adherence to her dietary needs. In the beginning, we relied on the resident and her family's recommendations in preparing her meals. However, we felt it necessary to become better informed and engaged the expertise of a Denver chapter nutritionalist. The extensive recipe and menu direction from her greatly increased the variety and appeal of the meals.

We feel it is very important to work with each individual resident to incorporate their personal tastes in food, entertainment, activities and companionship in a loving family atmosphere.

Susan and Joel Lammers, the owner/managers, have been involved in this industry since 1991. We are very appreciative of our experienced and loving staff for their ongoing assistance in the operation of the facility.



For questions or information: Susan Lammers 720-271-1708 or Joel Lammers 303-423-7037  
heartsandhandsassistedseniorcare.com

## DENVER CSA CHAPTER BOARD POSITIONS AVAILABLE

### TREASURER

Make deposits that database person does not deposit. Enter all deposit into QuickBooks. Transfer money from PayPal to bank and enter into QuickBooks. Reimburse and pay all invoices.

Enter checks written into QuickBooks. Balance checking and savings accounts monthly. Prepare reports for Board Meeting (Balance Sheet and Profit & Loss Statement). File and save all receipts and deposits and reports. Yearly budget (get numbers from previous year and board members). Year end report for National. Close books in QuickBooks.

Attend to bi-monthly board meetings.

## NEW GLUTEN FREE PRODUCTS:

### Submitted by Debbie Knapp of Natural Grocers/Vitamin Cottage:

- Angie's Boom Chicka Popcorn comes in 3 flavors - Carmel/Cheddar Mix, White Cheddar and Sea Salt.
- Evol Macaroni and Cheese entrees will be out in the spring.
- Glutino now has Honey Mustard pretzels.
- Nugo Stronger protein bars are also soy free in 4 types.
- Pamela's new product is a GF fig bar.
- Rush Bowls is a Boulder company that makes a single serve frozen yogurt/fruit blend with a packet of Udi's granola as a topping; a great tasting snack or quick breakfast.
- Square Bar chocolate covered brown rice protein bars are made with coconut oil in 3 cocoa flavors.
- Taos Mountain Energy Bars are nut/seed/honey bars and are available in Almond Agave, Caramel Pecan and Chocolate Butterscotch.
- Tate's GF cookies in Chocolate Chip and Ginger are made in a dedicated facility.
- That's It fruit bars new flavors are Apple Banana and Apple Blueberry.
- Udi's new frozen pasta entrees are 2 lasagnas and 2 penne.

### Submitted by Bonnie Atherton of Denver CSA:

Dunkin' Donuts tested a GF Blueberry Muffin and GF Cinnamon Sugar Donut in several markets in 2013. They are currently assessing the results and feedback from customers and franchisees. These products will not be available nationwide at this time. They are also researching more GF products to hopefully test and then offer in the future.

Responding to its many requests, the Girl Scouts are selling a GF bite sized Chocolate Chip Shortbread cookie this year in 20 select markets. Unfortunately, Colorado is not one of these markets. It is made with real chocolate chips and butter and contains no artificial colors or flavors, no high fructose corn syrup, and no hydrogenated or palm oil. The cookie has received the Celiac Sprue Associations' Recognition Seal for testing < 5 ppm as well as the Gluten Intolerance Groups' GIFO certifications for testing < 10 ppm. The new FDA labeling law standard is < 20 ppm of gluten to be called GF. During 2014 they will assess these sales before expanding into other areas next year.



## Hearts and Hands Assisted Senior Care

Wheat Ridge, Colorado

*Residential assisted living in a small family atmosphere. Special dietary menus available.*

*Accepting Medicaid and Private Pay.*

**720-271-1708**

### SPECIAL ANNOUNCEMENT

Boulder Brands, who purchased Udi's Healthy Foods in 2012 recently bought Evol frozen foods. Evol and Udi's will work together to create frozen GF Bowls, Burritos and Skillet Meals, which they plan to have in the stores later this year.

## Your CSA Chapter Board Members



**NEW President - Cari “Cas” Strouse, CMP, CMM** is the Meetings, Events, & Tradeshow Director for CH2M HILL, a global engineering firm. Cas has been married for 27 years to an incredible guy and they have an 80 pound yellow lab that thinks he is a lapdog! Her hobbies include international travel, canning, networking, connecting in the meetings industry and loves reading.



**NEW Newsletter Editor – Deidre “Deeds” Haska.** In addition to my dedication to living a gluten free lifestyle, I have a 12-year career in healthcare where I admire and support the work of amazing Physical, Occupational and Speech Therapists at St. Anthony Hospital. In addition, my husband and I produce a long-standing, nationally recognized automotive event at the Colorado Convention Center each year. I recently completed a 200 hr yoga teacher training, which has also inspired my journey of self-empowerment and clean & healthy living. My other passions include, graphic design, fashion design and sewing and traveling to see live music. My husband and I reside in the Morrison area with our two dogs, Lola & Owsley.



**NEW VP Memberships – Dave Barber.** Dave was born and raised in Colorado. He quit his six-figure job last year to embark on a gluten free journey to wellness. During his adventure, you can find him snowboarding, cooking, and giving back to the community.



**NEW Cel-Tweens Leader – Carrie Kollar.** Carrie has a 10-year-old daughter who was diagnosed with Celiac Disease at age 3. Carrie herself became gluten-free July 2013. Living a gluten-free lifestyle has become increasingly easy over the last 7 years and Carrie thanks the support and advice of other gluten-free families. Outside of her “Celiac life” Carrie is an attorney working in education law and enjoys volunteering time at her daughters’ elementary school.



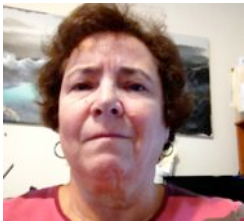
**NEW Cel-Teens Leader - Alyssa Whitaker.** Alyssa was diagnosed with Celiac Disease in December 2006 when she was a senior in high school. After having constant stomach pain, fevers, vomiting, and redness all over her body she went to see a specialist. Her diagnosis wasn’t simple. After several tests, two endoscopes, and months of doctor’s visits she was diagnosed with Celiac Disease. Living gluten free for nearly seven years she has never felt better. Alyssa enjoys hiking, skiing, and hanging with her family. She also enjoys baking and creating new healthy gluten free dishes.

**NEW Secretary – Bonnie Atherton.** I am originally from Wisconsin, graduated from CSU and decided to remain here in Colorado. Having been diagnosed with celiac for 20+ years, I have been a member of the Denver Metro CSA Chapter since 1991. Beginning in 1994 I produced the Gluten Free Product List with another member that continued every other year, ending with the 2011 version. I have consulted with CSU and CU Dining Services in implementing GF options in their residence halls and assisted numerous newly diagnosed celiac and their families learning to live with the GF diet. My husband Bob and I have been involved in our CSA Vendor Fair since it began in 2007. I took over the position of secretary in January, 2014.

**CONTINUED ON NEXT PAGE**



**Database Manger – Angie Roz.** Retired from Miller Coors Brewing Company after career as Sales Data Analyst. Diagnosed with Celiac Disease in February 2013 after battling osteopenia/osteoporosis for nearly 20 years and finally took myself to the Colorado Center for Bone Research in search of an alternative to more years of Fosamax. My role as Denver Metro CSA database administrator is receiving & processing membership dues, sending out expiration reminders, supplying the mailing & e-mailing address lists for distribution of Taming of the Sprue newsletters. I identified the need for and helped implement our new CSA Membership card program.



**Treasurer - Kathleen Craig.** I joined the Denver Celiac Association in 2006. I had just been diagnosed with Celiac and needed more information on the diet. Shortly after I was diagnosed 2 of my nieces and a sister were diagnosed. They all look to me for more information. So I decided to become more involved. Since I am a retired bookkeeper I volunteered to become treasurer. I have been the treasurer now for the last 6 1/2 years.



### **Incredible, Edible Gluten-Free Food Fair & The Gluten Free Gallop**

**Event Coordinator - Katie Uhlenbrock.** I came to Colorado in 2001 to attend The University of Colorado, Boulder. After one semester here in Colorado, I realized this is the place for me! I love the outdoors and in my free time you will find me running, hiking, biking, camping, snowboarding, snowshoeing, or playing with my kids outside. I am a stay at home mom of two amazing boys - 5 and 2 1/2 years old. In 2005 I was diagnosed with Celiac Disease and also joined the Denver Celiac Sprue Association in that same year. I joined the board in 2009 as VP of programs, planning the chapter meetings. Our largest event over the years has been the Incredible, Edible Gluten Free Food Fair and it just continues to grow. In 2012 I decided to just focus on this event because of its size and stepped down as VP of programs. This year I have also taken over the Gluten Free Gallop so at this time I really get to focus my attention on these two amazing events!



**Webmaster – Kurt Fulwider.** Kurt has been a software developer and IT director for over 20 years. He was diagnosed with celiac disease in 2010 and joined the Denver CSA board as Webmaster in August of 2011. Recently Kurt took a break from his IT career to startup and run St. Bon's Café, a 100% gluten-free deli and bakery in Highlands Ranch. Although he had to close the restaurant, he still enjoys the challenge of gluten-free cooking and baking. Kurt lives in Centennial and has returned to the IT industry. His wife is a speech therapist in Douglas County School District, and his daughter and son attend Arapahoe High School.



**VP Programs – Erik Johnson.** Erik grew up in Santa Fe, New Mexico, but moved up to Colorado after graduating from the University of Denver in 2004. Although he grew up around a grandparent with IBS and celiac disease, he was not diagnosed with celiac disease until 2007 because he only displayed atypical neurological symptoms (e.g. brain inflammation, fatigue, dizziness, blurred vision, etc...). Erik is currently a full-time student at both the Colorado School of Traditional Chinese Medicine and the Institute of Bioenergetic Medicine in Denver. In his free time he enjoys cycling, skiing, mountaineering, and urban beekeeping. Erik has been the VP of Programs since September 2012.

# Food Manufacturers Slow to Defend Wheat

By Jefferson Adams

Celiac.com 01/17/2014 - What's up with wheat producers and product manufacturers? Wheat sales are flat, gluten-free is through the roof, and the industry is mum. Though less than 1 percent of Americans suffer from celiac disease, nearly one in three people say they are eating gluten-free, according to NPD Group. Consumption of flour in the U.S. is at a 22-year low, says the U.S. Department of Agriculture.

And rather than leaping to the defense of wheat, or loudly touting its benefits, companies including General Mills (GIS) and Kellogg (K) are creating pricier gluten-free versions of their products, while leaving industry groups to defend their regular fare. The U.S. market for gluten-free foods will climb from \$4.2 billion in 2012 to \$6.6 billion by 2017, according to researcher Packaged Facts.

Overall sales of the seven Chex varieties without gluten are up by at least 10 percent in each of the past three fiscal years, while the \$6 billion breakfast cereal category has remained flat.

The combination of flat sales of traditional wheat-containing cereal products, and the dramatic rise in sales of gluten-free products has presented a challenge for manufacturers that make both products that contain gluten, and other products that are gluten-free.

If they are too loud about touting the benefits of gluten-free products, they risk slippage on their wheat-based products, and vice versa.

When it comes to dealing with flash trends, says Mark Lang, a food-marketing professor at Saint Joseph's University in Philadelphia, the manufacturing industry typically has "nothing to gain, and you have everything to lose."

So, at the same time General Mills has been careful not to push wheat, it has also been careful not to align itself with any of the anti-gluten figures.

When asked if General Mills has been slow to respond to the incursion of gluten into traditional wheat territory, company spokeswoman Kirstie Foster says that the company is responding as they think best.

If you think about it, General Mills' strategy might not be too bad. If they can sell more gluten-free grains and products at premium prices, then the decline in wheat consumption might not have such a negative impact on their bottom line.

Still, the lukewarm defense of wheat by grain producers comes as a surprise to Michael Pollan, author of *The Omnivore's Dilemma* and other books on nutrition.

"The industry has been flat-footed in their response," he says. "They should be reminding people that gluten is protein, generally thought of as a healthy nutrient compared to fats or carbs."

# Chapter Board Members & Neighborhood Resource Contacts

**President – Cari “Cas” Strouse**

president@denverceliacs.org

**Past President – Gina Meager**

(303) 279-9382  
gmeager@q.com

**Vice President, Programs - Erik Johnson**

vpprograms@denverceliacs.org

**Vice President, Membership - Dave Barber**

vpmembership@denverceliacs.org

**Treasurer – Kathleen Craig**

treasurer@denverceliacs.org

**Secretary – Bonnie Atherton**

(303) 756-8970  
secretary@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 –Nicole & Alyssa**

celteens@denverceliacs.org

**Cel-Tweens Network – Carrie Kollar, Anne Gray, & Tracy Opp**

(303) 522-4147  
celtweens@denverceliacs.org

**Database Manager – Angie Roz**

(303) 667-9462  
database@denverceliacs.org

**Webmaster – Kurt Fulwider**

(303) 734-4657  
webmaster@denverceliacs.org

**Gluten Free Gallop (Celiac Walk) – Katie Uhlenbrock**

glutenfreegallop@denverceliacs.org

**Food Fair Coordinator - Katie Uhlenbrock**

gffoodfair@denverceliacs.org

**Newsletter Editor – Deidre “Deeds” Haska**

newsletter@denverceliacs.org

**Social Media – Erik Johnson & Deidre “Deeds” Haska**

socialmedia@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 email [vpmembership@denverceliacs.org](mailto:vpmembership@denverceliacs.org).

Denver City and County	Laura Determan	(303) 757-3982	liddet@msn.com
Westminster, Commerce City, Brighton, Northglenn, Thornton	Janelle Hahn	(303) 513-0831	janellehahn@hotmail.com
Centennial, Greenwood Village, Englewood	Janis Dodson Jean Duane	(303) 905-9450 (303) 221-0771	JanisDodson@yahoo.com info@alternativecook.com
Lakewood	Maryann Jordan	(303) 989-2050	majordan9@msn.com
Aurora	Maria Brotherston Heidi Lyster	(303) 752-0958 (303) 503-6166	maria@brotherston.us blueeyes_80110@yahoo.com
Arvada, Wheat Ridge	Melissa McLean Jory	(303) 868-7790	Melissa@glutenfreeforgood.com
Highlands Ranch, Lone Tree, Castle Rock, Parker, Elizabeth, Franktown	Jerrine Hicks		jerrine.hicks@gmail.com
Littleton, Ken Caryl, Roxborough	Joan Van Loozenoord Nancy Lindsey	(303) 908-8746 (303) 973-1279	jkvanlooz@gmail.com n-lindsey@comcast.net
Golden, Evergreen, Morrison	Donna DeVisser	(303) 973-4613	donnadevisser@msn.com
Boulder County	Tracy Ashmore Barbara Sanford	(720) 244-6249 14 (303) 499-7259	gfpamperedchef@gmail.com barbarasanford@comcast.net



## 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?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CELIAC SPRUE ASSOCIATION/UNITED STATES OF AMERICA, INC  
DENVER METRO CHAPTER #17  
2307 WILLOW CREEK DRIVE  
GOLDEN, CO 80401

PRSR STD  
US POSTAGE  
PAID  
DENVER CO  
Permit# 152

RETURN SERVICE REQUESTED



Legendary Pizza  
Since 1973

# WHEAT FREE Wednesdays!

Free Trip to the Salad Bar when you  
purchase either a Gluten Free Sandwich  
or Gluten Free Pizza entree!

(restrictions apply)

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



ALSO SERVING  
GLUTEN FREE PIZZA  
CHICKEN NUGGETS  
SANDWICHES  
DAIRY FREE CHEESE



## 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

[www.beaujos.com](http://www.beaujos.com)



\*We do our best and make every possible effort to serve our valued customers with gluten-free foods. Our gluten-free pizza crusts and sandwich buns are supplied by a gluten-free bakery. They arrive, are baked and delivered to our sites. 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 restaurant. We use 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 warrant 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 Golden Delicatessen or On The Menu, LLC assume any liability for the food offered.