



NEWSLETTER
Celiac Sprue Association - Northern Colorado Chapter
A chapter affiliate of the Celiac Sprue Association/USA, Inc.

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Sept., 2011

LIVING GLUTEN-FREE

CSA/USA, Inc.
#77

Nutritionist Explains New Dietary Guidelines September 1

Deconstructing Gluten-Free by the Plateful

What do the new USDA's "Choose My Plate" guidelines mean for gluten-free eaters? Find out at our September 1 meeting. Colorado State University nutrition graduate student (and new member of our chapter board) Jessica Visinsky demystifies the new dietary recommendations in "Choose Your Gluten-Free Plate: How to Eat Gluten-Free and Guilt-Free." She'll also explain the gluten-free services available at CSU's Kendall Anderson Nutrition Center. Don't miss this information-packed presentation.

Who: EVERYONE IS WELCOME
When: 7 P.M., THURSDAY, SEPTEMBER 1
6:30 P.M. Small group meeting for the newly diagnosed
Where: ALL SAINTS EPISCOPAL CHURCH
3448 N. TAFT AVE., LOVELAND, CO 80538
GF Treats provided by Tia's Bakery and GF Connect.

GENERAL INFO

MEETINGS

7 p.m. the 1st Thursday
of Sept., Nov., Jan., Mar., and May.

LOCATION

All Saints Episcopal Church
3448 North Taft, Loveland 80538

MEMBERSHIP DUES

None: Donations gladly accepted

NEWSLETTERS

Provided by e-mail or mail. with SASE. To sign up,
Email: Carol Miller. nococeliac@yahoo.com

CONTACTS FOR NEW MEMBERS

Fort Collins: Judy Bushnell—970-493-9674
Loveland: Dave Shaw — 970-669-4233
Estes Park: Kat Ludlam— katludlam@gmail.com

E-MAIL ADDRESS nococeliac@yahoo.com

WEB <http://www.northerncoloradoceliacs.org>

THANKS!!! TO:

Meals in Minutes –
Lee and Kris Cord
and **Phil Catalano**
for the delicious
samples made with
Meals in Minutes GF
sauces. The picnickers
enjoyed them.

Katz Gluten-Free for
the generous shipment
of GF baked items.
Great variety and
delicious gluten-free
treats.

Susan Shaw for the
beautiful African violet
plants she donated for
our picnickers.

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Jessica Visinsky 970-568-8086
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MARK YOUR CALENDARS!!

November 3, 2011 6:30 p.m.

Annual GF Chili Supper

Don't miss the cheese and chili!

Please bring a side dish to share.

Inside This Newsletter

- * Pg. 2 Upcoming Events that may be of interest
- * Pg. 2 2011 Metro Denver Product List available
- * Pg. 2 Granny's Gluten Free Zone business **FOR SALE**
- * Pg. 3 Cooking Classes and other interesting tidbits
- * Pg. 4 To your health—the importance of vitamin D
- * Pg. 4 Gluten-Free Labeling and a call for help

EVENTS YOU MAY FIND INTERESTING

34th Annual CSA Conference Slated for San Diego September 15-18

“Changing the World for Celiacs,” is the theme of the Celiac Sprue Association’s 34th annual conference September 15 through 18 at the Bahia Resort Hotel in San Diego. The conference is being held in conjunction with Columbia University (New York City). Registration is \$350, and the conference hotel rate is \$109 plus tax. For more conference details, go to www.csaceliacs.org.

CSA Chapter 77’s New Young Adult Group Hosts First Meet Up September 21

Our chapter’s new Young Adult Group – ages 16-30 – leader Emily Schoblaski will host an inaugural gluten-free gathering at 7 p.m., Wednesday September 21, at Mugs Coffee House, 261 S College Ave., downtown Fort Collins. See how fun gluten-free can be. For more details about the event or to RSVP, contact Emily at em.nococeliacs@gmail.com or 303 809-4871.

CSA Meetings Start at 6:30 for Gluten-Free Newbies

Newly diagnosed with celiac disease or gluten-induced sensitivity? Just starting out on the gluten-free path? Our newly diagnosed group convenes at 6:30 p.m. (before each regular CSA meeting), in the All Saints Episcopal Church foyer. You’ll learn tips and tricks for navigating the gluten-free life and get concrete answers to your questions. Jessica Visinsky – our chapter’s new-member liaison – facilitates the meetings. (Note: Newsletter Editor/Membership Coordinator Carol Miller will facilitate in September.)

Take Me Out to a Gluten-Free Ballgame

The Gluten Intolerance Group (GIG) of Colorado is hosting “Gluten-Free Awareness Night at the Colorado Rockies,” 6:40 p.m., September 9, at Coors Field in Denver. A block of discounted seats has been reserved for gluten-free attendees. Tickets are \$22 (regular price is \$43). If you have a Colorado Rockies online account (you can create one for free), you can preview seating availability/purchase tickets. You must purchase your tickets online before September 5. Enter special-offer code: GLUTEN. To sit with the GIG group, choose “Outfield Box – US \$20.” To order your tickets, go to: <http://www.gigcolorado.org/events/Colorado-Rockies-Gluten-Free-Night-2011.aspx>

Pick up your own copy of the **NEW**

2011 Denver Metro Chapter GF PRODUCT LIST at all of our meetings!

The Denver Metro Chapter’s new Gluten-Free Product Guide is now available for purchase at any of our meetings and by special appointment with Fort Collins contact Judy Bushnell, 493-9674, or Loveland contact Dave Shaw, 669-4233. Our chapter offers these books for \$9 (Denver charges \$7). The extra \$2 helps our chapter secure funds to purchase the product lists, reference books, and other educational materials. To purchase your guide directly from the Denver Chapter, contact Don Smith, 303 794-7258.

Granny’s Gluten-Free Zone “For Sale”

After four years serving the needs of the gluten-free in northern Colorado, Granny’s Gluten-Free Zone owners Donna and Olan Huckaby are ready to begin a new chapter in their lives: retirement. Granny’s – 3419 W. Eisenhower Blvd., Loveland – is for sale. “If you’re interested in getting started in a very rewarding and interesting business, please contact us,” says Donna, 970-669-9986.

Mark This Newsletter Deadline On Your Calendar

For the November newsletter, we need your newsletter item by **Oct. 15**. Send your items to Carol at

nococeliac@yahoo.com

Arthritis Today Article Says Joint Pain and Fatigue May Be Symptoms of Celiac Disease

An article in the July-August 2011 issue of *Arthritis Today* magazine says that joint pain and fatigue (especially if accompanied with GI symptoms) may well be symptoms of celiac disease – not arthritis. Citing a recent study in the *Annals of Internal Medicine*, the magazine reported celiac disease is increasingly striking older adults. As a result, there is potential to confuse arthritis with symptoms of celiac disease.

Elite Cyclists Will Dine Gluten-Free During Pro Cycling Challenge

Boulder's Gluten-Free Bistro selections will round out the menu for the Team Garmin-Cervélo Pro Cycling Team at the upcoming USA Pro Cycling Challenge in the Colorado Rocky Mountains August 22-28. During that time, 128 of the world's elite cyclists will compete in one of the world's most difficult bicycle rides on par with the renowned Tour de France.

The Team Garmin-Cervélo riders will enjoy Gluten-Free Bistro's fettuccine with pesto, grilled pizza, and waffles made with the company's gluten-free flour blend. Gluten-Free Bistro was founded by three gluten-intolerant Boulder chefs. For more information about Gluten-Free Bistro and a list of retail locations and restaurants that carry the company's products, visit www.glutenfreebistro.com or call 720 329-3254.

Late Summer's Just Peachy at Granny's Gluten-Free Zone

Looking for the perfect pie crust for those Colorado-grown peaches? Donna and Olan Huckaby, owners of Granny's Gluten-Free Zone – 3419 W. Eisenhower Blvd., Loveland – have oodles of gluten-free pie crusts from It's All Good Bakery in Boulder. Check out the freezer for gluten-free mini cakes by Tia's Bakery (Tia's is providing gluten-free treats at our September meeting) and new baguettes from Against the Grain Bakery. For more information, contact Granny's, 669-9986 or www.grannysglutenfree.com.

GF COOKING CLASSES IN NORTHERN COLORADO

8-25-11 – Some Like It Hot: A Fiesta of Chiles – 6:30 to 8 p.m., The Gardens on Spring Creek, 2145 Centre Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road – <http://www.glutenfreefork.com> – rejoices in the flavors of chiles. Learn how to safely handle them, integrate them with other foods, and cool things off when the heat is on. GF recipes/samples. Register in person, online, or by phone at: The Gardens on Spring Creek, www.fcgov.com/webtrac, or 970 416-2486. Cost: \$22 members/\$25 non-members.

8-31-11 – Gluten-Free Garden Fresh Demo: The Z Files – The Secret Zucchini Chronicles – 11:30 to 1 p.m., Poudre Valley Hospital cafeteria patio, 1024 S. Lemay Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road – <http://www.glutenfreefork.com> – demonstrates some new ways to cook with the ubiquitous squash. GF recipes/samples. FREE, no registration necessary.

9-22-11 Classy Gluten-Free Casseroles – 11 a.m. to Noon, LifePointe Church (First Baptist Church), 901 E. Lake St., entrance. Gina Mohr-Callahan of A Fork in the Road – <http://www.glutenfreefork.com> – elevates the casserole to classic with some new tricks to help you make life a little simpler with oven-to-table favorites. To register, go to www.pvhs.org and click on "Events & Classes," then on "Poudre Valley Health Magazine," then on "current issue." Scroll to the class listings and print the registration form. Complete it, mail it (U.S. Mail) with your payment to address on form or fax it to 970 495-7607. Or, email it as an attachment to communityhealth@pvhs.org. Still have questions? Call Poudre Valley Health System, **970 495-7500**. Cost: \$10.

9-29-11 – Getting Back to Your Roots: In Celebration of Root Veggies – 6:30 to 8 p.m., The Gardens on Spring Creek, 2145 Centre Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road – <http://www.glutenfreefork.com> – helps you unearth tasty mashes, casseroles, and stews made with root veggies. GF recipes/samples. Register in person, online, or by phone at: The Gardens on Spring Creek, www.fcgov.com/webtrac, or 970 416-2486. Cost: \$22 members/\$25 non-members.

10-20-11 Gluten-Free Getaways: Safely Traveling on the GF Diet – 11 a.m. to Noon, LifePointe Church (First Baptist Church), 901 E. Lake St., entrance. Gina Mohr-Callahan of A Fork in the Road – <http://www.glutenfreefork.com> – introduces clever make-and-take GF treats, easy GF meals to make in your hotel, and tips for finding GF eateries on your journey. To register, go to www.pvhs.org and click on "Events & Classes," then on "Poudre Valley Health Magazine," then on "current issue." Scroll to the class listings and print the registration form. Complete it, mail it (U.S. Mail) with your payment to address on form or fax it to 970 495-7607. Or, email it as an attachment to communityhealth@pvhs.org. Still have questions? Call Poudre Valley Health System, **970 495-7500**. Cost: \$10.

Gluten-Free Food Donation Box Items Needed

Thanks for remembering your **nonperishable** gluten-free food items for our Gluten-Free Food Donation Box. After each meeting, a board member takes donations to the Loveland House of Neighborly Service. Please ensure items are not expired or close to expiring.

Important Note to Vendors

Interested in bringing product samples to chapter events? Contact our board of directors for approval in advance, at nococeliac@yahoo.com.

TO YOUR HEALTH—THE IMPORTANCE OF VITAMIN D

Did you know celiacs are at greater risk for osteoporosis than the healthy population? Or your body needs vitamin D to absorb and use calcium to keep your bones strong? That vitamin D is essential to the prevention of osteoporosis? It is well known that osteoporosis and falls are the major causes of hip, shoulder, wrist and/or spine fractures in older adults. Recently, scientists have learned vitamin D keeps muscles strong which by itself helps prevent falls. It may also be beneficial in breast health.

Just where is Vitamin D?

It exists naturally in fish oil, some saltwater fish and shellfish (for example: salmon, halibut, herring, tuna, oysters, and shrimp.) Some foods have vitamin D added at the manufacturer/processor and these foods are called "vitamin D fortified." Milk, cereals, and some juices fall into this category.

Is Vitamin D the "sunshine vitamin?"

When you are exposed to the sun's ultraviolet rays, your body can manufacture vitamin D. However, there are factors that prevent sufficient exposure even on the sunniest of days. Recently we have been encouraged to use sunscreen at all times when outside, to wear clothing to cover our skin, and/or avoid prolonged sun exposure to prevent skin cancer and premature skin aging. Darker skinned people absorb less sunshine and produce less vitamin D. Therefore it is unlikely that you can get sufficient vitamin D from sunshine, and you will likely need to obtain Vitamin D from your diet and/or supplements.

What is a body to do?

Food should be the primary source for both calcium and vitamin D. Start by eating fish with vitamin D and use dairy products, cereals and juices fortified with vitamin D. For individuals with celiac disease, vitamin D is considered a vitamin at risk. For the newly diagnosed, and at periodic medical exams for diagnosed celiacs, blood vitamin D levels should be tested. If necessary, a doctor or dietitian should make appropriate recommendations, because food sources may not be sufficient with low blood levels. Supplements beyond typical multi-vitamins of both calcium and vitamin D may be prescribed. Ask your doctor to recommend your amounts of vitamin D to prevent osteoporosis and maintain strong muscles.

Good Vitamin D Food Sources:

Cod Liver Oil	Halibut	Catfish	Salmon	Sardines	Steelhead	Trout
Tuna	Shrimp	Oysters	Herring	Fortified Soy Products (Tofu, Soy Milk)		
Milk, vitamin D fortified	Orange Juice, vitamin D fortified			Yogurt, vitamin D fortified		
Ice Cream made from Vitamin D fortified milk				Ready-to-eat GF cereals, fortified with vitamin D.		

Inspirational Credit: PERA Medic, July 2011, Harry White MD, Kaiser Permanente Briargate Senior Health Center

Senators Press FDA on Gluten-Free Labeling Laws

In a letter to the Food and Drug Administration, U.S. Senators Ron Wyden (D-OR) and Patrick Leahy (D-VT) have urged FDA Commissioner Dr. Margaret Hamburg to stop delaying a final ruling on tolerable gluten thresholds for gluten-free foods. The senators believe the delays have caused "confusion for consumers and hesitancy amongst producers on what their requirements will be," Wyden and Leahy reportedly wrote.

Defining a tolerable gluten threshold was included in 2004's Food Allergen Labeling and Consumer Protection Act. In 2007, the FDA proposed that 20 mg per kg of gluten – 20ppm – be the upper limit that foods could contain to be considered gluten-free. Many companies already use this standard voluntarily, but a final FDA ruling on the 20ppm standard has been delayed for more than four years.

In June, the Quality Assurance International (QAI) and the National Foundation for Celiac Awareness (NFCA) created a certified gluten-free label with a "tolerable upper threshold of 10ppm." In 2008, the European Codex Commission approved 20ppm as the accepted threshold for gluten in gluten-free products.

IMPORTANT

.... CALL TO LEGISLATIVE ACTION

IMPORTANT

Please send a letter to your legislator and the FDA on this important issue. If you are timid, remember, we need to be heard. To help you, here are two suggested letters (feel free to use as written by filling in the blanks appropriately for you.) Mailing addresses follow the letters.

Dear Senator / Representative: _____ (name)

Did you know that the amount of gluten the size of a typed period can set off an immune response in an elephant if that elephant had the autoimmune disorder celiac disease? Imagine how that same amount of gluten affects a human being with celiac disease? As someone with _____ (e.g., celiac disease, gluten intolerance, dermatitis herpetiformis, etc.), it is medically necessary the FDA establish a threshold for foods labeled gluten-free so I can be assured that food is safe for me and will not trigger the development of further autoimmune /other diseases.

Defining a tolerable gluten threshold was included in 2004's Food Allergen Labeling and Consumer Protection Act. In 2007, the FDA proposed that 20 mg per kg of gluten – 20ppm – be the upper limit that foods could contain to be considered gluten-free. Please encourage FDA Commissioner Dr. Margaret A. Hamburg to adopt and publish this standard without delay.

Dear Commissioner Hamburg:

Did you know that the amount of gluten the size of a typed period can set off an immune response in an elephant if that elephant had the autoimmune disorder celiac disease? Imagine how that same amount of gluten affects a human being with celiac disease? As someone with _____ (e.g., celiac disease, gluten intolerance, dermatitis herpetiformis, etc.), it is medically necessary the FDA establish a threshold for foods labeled gluten-free so I can be assured that food is safe for me and will not trigger the development of further autoimmune /other diseases.

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Senator Michael Benne.
458 Russell Senate Office Building
Washington, DC 20510

Representative Cory Gardner
213 Cannon HOB
Washington, DC 20510

Margaret A Hamburg, MD, Commissioner FDA
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Silver Spring, MD 20993-0002