



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

VOL. 2, ISSUE 4
Dec. 2006

WE ARE CELIACS HELPING CELIACS. GET INVOLVED. STAY INVOLVED.

CSA/USA, Inc.
#77

JOIN US FOR OUR NEXT MEETING

WHAT: Gluten Free Chili & Pizza Supper *EVERYONE IS WELCOME!*

WHEN: Thursday, January 4 at 6:30 p.m.

WHERE: All Saints Episcopal Church
3448 N. Taft Avenue Loveland, CO 80538

Because of our growing numbers, we need to try something different this year.

We want to make sure there will be enough food for everyone, so we'd like to have all those who plan on attending,

R.S.V.P. by email to nococeliac@yahoo.com by Friday, Dec. 29.

Please include in your RSVP email, the number of people attending and what dish you will be bringing to share .

Members are asked to bring one of the following:

GF Chili, GF Pizza, GF Crackers/Cornbread or a GF Dessert.

Please see page 2 of this newsletter for all the recipe card information.

New members and newly diagnosed please contact Heather Stenner at nococeliac@yahoo.com.

Board Member Contact Info

Chairperson

Susan S.

Secretary/ Dinner Night Out

Heather H.

Newsletter / Membership

Heather S.

Kids Group/ Publicity

Heather B.

Product List

Dave S.

Library Custodian

Phil K.

Advisor

Judy S.

To contact any of these board members send an email to nococeliac@yahoo.com

We're still looking for volunteers!
If you are interested in working as a program facilitator or treasurer please contact Susan Stewart.

GENERAL INFO

MEETINGS

7:00 p.m. the 1st Thursday
of Jan., Mar., May, Sept and Nov.

LOCATION

All Saints Episcopal Church
3448 North Taft, Loveland

MEMBERSHIP DUES

Donations gladly accepted

NEWSLETTERS

Provided by e-mail or mail

Call Heather Stenner at nococeliac@yahoo.com
or send an e-mail to music@enthusic.com to sign-up.

CONTACTS FOR NEW MEMBERS

Fort Collins: Judy S.

Loveland: Dave S.

Greeley: Monica H.

EMAIL ADDRESS nococeliac@yahoo.com

WEBSITE www.northerncoloradoceliacs.org

Thank you to Heather H. for sharing her tips for surviving the holidays at our November membership meeting.

And many thanks to the board members for bringing the samples of the holiday recipes.



Mark your calendars for our Round Table GF Discussions

on March 1, 2007

**All Saints Episcopal Church
Loveland 7 p.m.**

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JANUARY 4, 2007 6:30 P.M.
CHILI/PIZZA SUPPER INFORMATION



We hope you'll join us for one of our favorite nights of the year!

Each member* is asked to bring one of the following gluten-free dishes to share.

GF Chili, GF Pizza, GF Crackers or Cornbread or a GF Dessert.

Table settings and bottled water will be provided.

(* New members do not need to bring a dish to share)

Members need to bring two copies of the recipe card provided below with their names included on each. One copy will go into our groups recipe book and the other copy will be placed with the dish so that others will know the ingredients.

Please list the brand names of the ingredients used on the recipe card.

If making a mix please bring the package along with you.

We look forward to seeing you there and don't forget to RSVP by 12-29!

GF RECIPE CARD INSTRUCTIONS

Place one copy of your recipe with your item at the potluck.

Please put another copy in the large brown manila envelope marked "Recipes From 2007 Chili/Pizza Supper."

Feel free to make more copies to have available for others. Thanks for sharing!

GF RECIPE CARD

(Circle one) *Appetizer Side Main Dessert*

Name of Dish:

Ingredients

Please include brand names

Cooking Instructions

Shared by:

Phone:

Is this recipe from a cookbook? (circle one) YES NO If yes, please list the cookbook here:

Now accepting volunteers and nominations for the Northern Colorado Celiac Support Group Board for the 2007-2009 term.

The current 2005-2007 term ends in May of 2007 and we are actively looking for enthusiastic members who are interested in helping their fellow celiacs. Positions available include:

Chair -Conducts general membership mtgs. & schedules & conducts board mtgs.

Program Facilitator -Coordinates speakers & programs for general membership meetings four times a year.

Treasurer -Manages expenses and maintains financial records. A year-end report is filed with CSA,USA, Inc.

Newsletter/Membership- Creates and circulates a bi-monthly newsletter. Updates our membership roster and email circulations.

If you are a **new member**, joining the board is one of the best ways to get involved and learn about Celiac Disease! If any of these projects sound interesting to you, please contact Susan S. at nococeliac@yahoo.com



CEL-KIDS GROUP FORMING

We are currently forming a kids group to support children with CD, DH, gluten intolerance, their parents and families! We'd like to plan an activity for the new year. We need your input on how you would like this group to support you and your GF Kids!

Volunteer and help plan activities!

Please call Heather B. at nococeliac@yahoo.com .

We're thrilled to announce
that our chapter now has a website.

Check it out on-line at

www.northerncoloradoceliacs.org

We are so thankful to Travis R.,
who volunteered his time and effort to
create a web-site where other celiacs can find us!
It looks terrific! Thank you so much Travis!

GLUTEN-FREE RECIPES



Glorious GF Stuffing

Ingredients

- 1 large onion, minced
- 1 cup diced celery
- 2 cloves minced garlic
- 1/2 cup butter
- 1 tsp. poultry seasoning
- 2 T. minced parsley
- 6-8 cups GF bread, cubed
- 1 1/2 cups vegetable or chicken broth
- salt to taste

DIRECTIONS

Sauté onion, celery, and garlic in butter until clear. Add poultry seasoning and parsley. Pour mixture over bread in a large bowl and stir until well blended. Add the broth, a little at a time until the dressing is as moist as you like.

Makes enough to stuff a 10 to 12 pound turkey. For those who prefer not to eat turkey, put mixture into a large greased casserole dish and cover. Bake at 350 until stuffing reaches your preferred doneness, approximately one hour.

This recipe was presented by Heather H. at the Nov. membership mtg.

Hamburger Helper Homemade GF Alternative

Ingredients

- 1 pkg. Tinkyada Pasta
- 1 lb ground turkey
- 1 tsp ground black pepper
- 1 tsp celery salt
- 1 tsp garlic salt
- 1 tsp onion salt
- 2 TBsp cornstarch
- water

DIRECTIONS

Cook the pasta as directed. Cook the turkey with the spices. Once it is browned, put 2 Tbsp of cornstarch in a liquid measuring cup. Add a small amount of water and mix with the cornstarch. Once that is mixed, add enough water to make one cup of the cornstarch liquid mixture. Pour this in a saucepan and heat up to high and thicken. Add water if necessary. Add French cut beans if desired.

Serves 4.

This recipe is from Susan F., a member of the Las Vegas Celiac On-Line support group.

Nancy Lou's is now selling Deby's GF Bakery products in Erie!

Nancy and Tony Grieder loved Deby's Gluten Free products so much they decided to make them more easily available to all the Celiacs in the area. They are opening a small store in their home to carry Deby's products - bread, cookies, mixes, pizzas and crusts, etc. They've got 100 square feet of space dedicated to the best gluten-free goodies around.

You can find a map to their Erie location at www.nancyulous.com.

Their store hours will be 3-7pm T, W, and Th. and 9-Noon on Sat.
Tuesdays is their delivery day, so they'll have fresh bread on those days.

Their phone number is 303-664-5468. We're so excited about having Deby's products available closer. *Thanks Nancy and Tony!*

Another great offer to get those yummy Deby's GF Products!

Bill and Pat S., members from Fort Collins, travel down to Denver each month to visit Deby's Gluten-Free Bakery.

They have offered to pick up any orders that other members from our area call in for pick-up.

If interested, contact them by email at nococeliac@yahoo.com

You would need to call Deby's with your order at 303-283-4060 and pre-pay with your credit card a couple of days before they go.

Pat and Bill do not have a lot of freezer space or storage so they would need the orders to be picked up on the Saturday they pick up, if possible.

Check out www.debysglutenfree.com if you want to see what is available at the bakery.

Their next trip will be on Tuesday, January 9
Orders need to be called in by Saturday, January 6

EVERY LITTLE BIT HELPS!

Our chapter relies on your donations.
Look for the donation box at our meetings.

REMINDERS

If you have borrowed any cookbooks from our chapter's library, please return them to Phil K. at the next meeting.

2005 Denver-Metro Gluten-Free Product Lists.

If you would like to buy a copy of the product list contact Dave S. in Loveland or Judy S. in Fort Collins at nococeliac@yahoo.com.
The cost of the products list is \$7.

If you have information or announcements

for our next newsletter or meeting, please send your submissions to Susan S. at nococeliac@yahoo.com

GF Dinner Night Out

Our next dining night out will be in February.

Contact Heather H. at nococeliac@yahoo.com for more information.

We are celiacs helping celiacs. Get involved. Stay involved.

Copies of the Northern Colorado Gluten-Free Resource Guide which includes restaurants and grocery stores will be available at our membership meetings!

If you have a gf-friendly resource not listed in our guide or have updated information please email us the information at nococeliac@yahoo.com.

The next Denver Chapter Meeting
is Thursday, February 1, 2007.

Dr. Charles Miranda, Internal Medicine and Pediatrics,
will present information about
celiac disease including diagnosis and latest research.

If you're not a member yet, you can join at anytime.
Dues are only \$15 and include 6 newsletters a year
plus support meetings.

Call Donna D. at 303-973-4613 with any questions.
For more info go on-line to www.geocities.com/csadenver17/

DeltaSand, a GF alternative to playdough, is now for sale at Harmony Kids in Fort Collins.
Go to www.rockymountainsandcrafts.com or call 970-556-2373 for more information.

Submitted by Heather H..

CSA/USA, Inc. is a member-based 501 C (3) non-profit organization dedicated to helping individuals with Celiac Disease and Dermatitis Herpetiformis worldwide through education, information and research.

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