



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

VOL. 4, ISSUE 1
January, 2008

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

CSA/USA, Inc.
#77

January 3, 2008 Meeting Announcement

Ring in the New Year with CSA!

Catch up on the latest Celiac Sprue Association news at this important meeting. CSA/USA President Bill Eyl will help us get a great start in 2008 with a discussion on the 30th Celiac Sprue Association Conference held last September in Tucson, Ariz. Bring a friend to the meeting.

Who: EVERYONE IS WELCOME!
When: 7 P.M., THURSDAY, JANUARY 3
Where: ALL SAINTS EPISCOPAL CHURCH,
3448 N. TAFT AVE., LOVELAND, CO 80538

Heather Hein of Silly Yak Solutions will provide gluten-free treats at the meeting.

2008-2009 BOARD MEMBERS

CHAIRPERSON

Susan S.

TREASURER

Susan S.

PUBLICITY, KIDS' GROUP & DINING GROUP OUT

Heather H.

NEWSLETTER

Gina M-C

PRODUCT LIST

Dave S.

LIBRARY CUSTODIAN

Phil K.

SECRETARY

Judy S.

MEMBERSHIP

Position available. Contact:
Gina M-C

GENERAL INFO

MEETINGS

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

LOCATION

All Saints Episcopal Church
3448 North Taft, Loveland 80538

MEMBERSHIP DUES

Donations gladly accepted

NEWSLETTERS

Provided by e-mail or mail. To sign up,
Email: Gina M-C nococeliac@yahoo.com

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 FOR ATTEND- ING OUR FALL CHILI SUPPER!

Because of you, our 2007 Chili Supper was a great success. We had more than 50 attendees, gallons of scrumptious chili, and a wonderful assortment of garnishes, breads, and desserts.

Thanks Everyone!

Mark Your Calendars!

Gluten-Free Bread Potluck
7 p.m., March 6, 2008
All Saints Episcopal Church
Loveland

INSIDE THIS NEWSLETTER

- * Silly Yak Solutions Announces Official Opening (Pg. 2)
- * New Products and Website at Granny's Gluten-Free Zone (Pg. 2)
- * Deby's Gluten-Free Bakery Items Coming to King Soopers! (Pg. 2)
- * Gluten-Free Cooking Classes Set in Northern Colorado (Pg. 3)
- * Spring Channel 9 HealthFair Coordinator Needed (Pg. 3)
- * Check Out the Newest Gluten-Free Product Lists (Pg. 4)
- * An Open Letter to CSA Members (Pg. 4)

Silly Yak Solutions Announces Official Opening

Silly Yak Solutions — owned by CSA Chapter 77 member Heather Hein — has announced its official opening. “Silly Yak Solutions provides support to the community and individuals for the gluten-free lifestyle,” states Heather. The company’s services/products include consulting, baked goods, and mixes for individuals. According to Heather, Silly Yak Solutions’ baked goods will soon be offered at Granny’s Gluten-Free Zone in Loveland and are available by special order. Heather also has been working with local restaurants to develop gluten-free menus and practices. Most recently, Uncle’s Pizzeria has adopted a gluten-free menu and is serving 10-inch gluten-free pizza. Additionally, La Luz Mexican Grill has adopted a gluten-free menu. For more information, contact Heather Hein at 970 988-8052 or visit www.sillyyaksolutions.com.

New Gluten-Free Holiday Goods at Granny’s Gluten-Free Zone

Granny’s Gluten-Free Zone — 4916 W. Eisenhower Blvd., Loveland, near the Devil’s Backbone — has expanded its inventory, once again. Granny’s now has frozen gluten-free cookie dough and Kinnikinnick Cinnamon Buns. Gluten-free oats (from Gluten-Free Oats in Powell, Wyoming) are also available. You’ll soon be able to place your order online at Granny’s new website: www.grannysglutenfree.com. Granny’s is open Monday through Saturday, 9 a.m. to 6 p.m. For more information, call Donna or Olan Huckaby, 970 669-9986 or email them at grannys@netscape.com.

Deby’s Gluten-Free Bakery Reveals New Name and Products at

Colorado King Soopers!

Deby’s Gluten-Free Bakery — 2629 S. Trenton Way, Suite M, in Denver — has changed its name to **8 Free Foods**. By January 1, 2008, 8 Free Foods will be selling seven gluten-free products in every Colorado King Sooper’s store with a bakery: Multi-Grain Sandwich Bread, Pizza Crust, Plain English Muffins, Cinnamon Raisin English Muffins, Chocolate Chip Cookie Dough, Sugar Cookie Dough, and Oatmeal Raisin Cookie Dough. If 8 Free Foods products sell well, King Soopers promises to expand its 8 Free Foods gluten-free products.

Besides its name, Deby’s is also changing its hours: 10 a.m. to 6 p.m., Monday, Tuesday, and Wednesday with lunch from 11 a.m. to 2 p.m.; 8 a.m., to 8 p.m., Thursday; 8 a.m. to 9 p.m., Friday and Saturday with breakfast, lunch, and dinner served all three days. In early 2008, Sunday hours/breakfast and lunch are planned. For more information, contact 8 Free Foods, 303 283-4060, info@debysglutenfree.net, www.debysglutenfree.net.

Do You Have an Item for the Newsletter?

We’re always looking for a little good gluten-free news. Send your information/story idea to Gina M-C, newsletter coordinator. Deadline for the March 2008 newsletter is **February 10, 2008**.

GF Cooking Classes in Northern Colorado

12-22-07 Gluten-Free Cooking Party, private home. Contact Heather Hein of Silly Yak Solutions — 970 988-8052, sillyyakchick@yahoo.com — for details. Learn to make holiday favorites, including candy cane cookies, fool-proof sugar cookies, spritz cookies, chocolate chews, and rum balls.

1-12-08 Gluten-Free Brunch, 10 a.m., Whole Foods Salud! Cooking School, 2201 S. College Ave., Fort Collins. Heather Hein of Silly Yak Solutions — 970 988-8052, sillyyakchick@yahoo.com — is the presenter. To register, call Whole Foods, 970 267-9200 or visit www.wholefoods.com and click on "stores and events."

1-12-08 Gluten-Free Lunch Bag, 1:30 p.m., Whole Foods Salud! Cooking School, 2201 S. College Ave., Fort Collins, Heather Hein of Silly Yak Solutions — 970 988-8052, sillyyakchick@yahoo.com — will explore easy and tasty gluten-free ideas for kids' lunches, including Tofu and Veggie Wraps, Lunch Muffins, and Empanadas. To register, call Whole Foods, 970 267-9200 or visit www.wholefoods.com and click on "stores and events."

1-19-08 Winter Night Delights, 2-6 p.m., Mary's Kitchen (contact Mary Capone of Wheat-Free Gourmet — info@wheatfreegourmet.com for details). Menu includes Wild Mushroom Savory Crepes, Winter Veggie Pot Pie with Thyme Pastry Crust, and Dolce Nona's Dark Chocolate Hazelnut Souffle. To register, call 303 807-0050.

1-23-08 Noodling Around — Easy Gluten-Free Pasta Dinners, 11 a.m.-Noon, First Baptist Church, 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — 970 221-3004, aforkintheroad@msn.com — explores the long and short of GF pastas made with brown rice, corn, quinoa, and other GF grains. To register, call Poudre Valley Health System, 970 495-7500 or visit www.pvhs.org and click on "Health and Wellness," then "Classes/ Events."

1-30-08 Gluten-Free Specialty Breads, 6 p.m., The Cupboard, 152 S. College Ave., Fort Collins. Heather Hein of Silly Yak Solutions — 970 988-8052, sillyyakchick@yahoo.com — will present this GF baking class. The menu includes Cinnamon muffins, Soft Pretzels, Shepherd's Bread, Cheese Crackers, and Cinnamon Sugar Snaps. Class is limited to 14. To register, call The Cupboard, 970 493-8585.

2-10-08 Dipped in Chocolate, 2:30-6:30 p.m., Stir It Up Cooking, Boulder Area. Mary Capone of Wheat-Free Gourmet — info@wheatfreegourmet.com — explores chocolate through the ages. The menu includes Bittersweet Chocolate Fettuccine with Raspberry Reduction Sauce, Bittersweet Orange Tartlets, Chile Hot Chocolate. To register, call 303 807-0050.

2-20-08 Smooth Moves: GF Inflammation-Fighting Foods, 11 a.m.-Noon, First Baptist Church, 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — 970 221-3004, aforkintheroad@msn.com — explains how Mother Nature's bounty can help you fight pain naturally with GF and nutritious foods. To register, call Poudre Valley Health System, 970 495-7500 or visit www.pvhs.org and click on "Health and Wellness," then "Classes/ Events."

Board Position Available

The Northern Colorado Chapter still needs a membership coordinator. For details on the responsibilities of this office, please contact Gina M-C.

Coordinator Needed for Channel 9 Health Fair, April 2008: Interested in coordinating a booth/ volunteers at next spring's Channel 9 Health Fair? Please contact Susan S.

An Open Letter to Our CSA Members

Get Involved, Stay Involved . . .

Dear CSA Members:

A particular person may come to CSA meetings for a period of time, until she/he feels able to accept the necessity of the gluten-free life and has learned some of the basic information needed to live comfortably and healthfully.

After a few more meetings, this person says, "I think I'm okay now. I don't think I need a support group anymore."

Our response to this person : "Yes, but the group needs you. Think of how important your witness will be to new, frightened celiac people coming into the group. Think of all the wisdom and strength you can share."

Sometimes pleas do not work, and the person chooses not to continue with the group. If this happens, we lose a great source of strength and knowledge, and the person loses out from the shared information and support.

Is this you? We hope not!

Get involved! Stay involved! All of us working together make it happen for all of us!

Board of Directors, CSA Chapter 77

Denver Metro Chapter Gluten-Free Product List Available

The NEW 2007 edition of the Denver Metro Chapter Gluten-Free Product List is now available!

You can purchase the product list at Denver Chapter meetings for \$7. It is also available by mail for \$10. (Contact Don Smith at 303-794-7258.) The Northern Colorado Chapter offers the books for \$9. The extra \$2 helps our chapter secure funds that enable us to purchase the product list books and make them readily available to our members. Because we operate on donations, the \$2 extra per book also aids in covering chapter expenses when necessary: meeting-room rental, picnic pavilion rental, website fees, paper products, water for meetings, and library procurement. To purchase the product list, contact Dave S. in Loveland or Judy S. in Fort Collins. The product list is available for purchase at all chapter meetings.

Gluten-Free Product List Now in Hard-Copy and CD Format

The 12th Edition of the CSA product list is now available in 3-ring binder or CD format. Cost for either is \$30 plus \$7.99 shipping and handling. (Great for holiday giving.) To order, call 877-CSA-4CSA or use the webstore: www.csaceliacs.org.

Celiac Sprue Association/USA in Omaha, Nebraska publishes the *Lifeline* newsletter that provides the latest research, current and forthcoming new information regarding CS/DH, testimonies and recipes. Membership provides the quarterly newsletter, excellent patient support via the phone, website and written materials. The CSA Gluten-Free Product Listing provides a listing of gluten-free products available through food manufacturers, over 400 telephone numbers and 75 websites, expanded glossary (*Member, Heather S. uses this part of the Product Listing often!*) and grain terms.

Join the national Celiac Sprue Assoc./USA and at the end of the year our chapter receives a rebate of \$3 per member. Another great way to help us continue to be "Celiacs Helping Celiacs".

Visit www.csaceliacs.org or call toll-free (877) CSA-4-CSA.

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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