



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

VOL. 5, ISSUE 1
January, 2009

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

CSA/USA, Inc.
#77

*Bring your celiac-disease questions to our **Jan. 8** meeting*

Dr. Peter Witt Hosts GF Q&A

Ring in a healthy, gluten-free new year with Greeley gastroenterologist Peter Witt, MD. Dr. Witt will answer your most pressing questions about celiac disease and the gluten-free life at our January meeting. Come prepared with your questions! Come early. Peruse our library. We'll begin promptly at 7 p.m.

Who: EVERYONE IS WELCOME
When: 7 P.M., THURSDAY, JANUARY 8
Where: ALL SAINTS EPISCOPAL CHURCH,
3448 N. TAFT AVE., LOVELAND, CO 80538

Gluten-free treats provided by Outside the Breadbox, Colorado Springs

2008-2009 BOARD MEMBERS

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nococeliac@yahoo.com

PUBLICITY

POSITION AVAILABLE

NEWSLETTER

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TREASURER

POSITION AVAILABLE

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 Mohr-Callahan, nococeliac@yahoo.com

CONTACTS FOR NEW MEMBERS

Fort Collins: Judy B.
Loveland: Dave S.
Greeley: Monica H.
Estes Park: Kat L.

EMAIL ADDRESS nococeliac@yahoo.com

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

THANK YOU!

To: **Our Members!** Our November 2008 Chili Supper was a great success, with delicious gluten-free chilies and goodies we all enjoyed. Thank you to everyone who helped with the potluck set-up and clean-up!

Happy Gluten-Free
Holidays Everyone from
Your CSA Chapter 77
Board of Directors!

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Disclaimer: CSA Chapter 77 and the national CSA do not endorse the products, services, information, or opinions expressed in this newsletter and assume no liability for use of products/information. Verify all information before applying it to your situation.

Thank You Heather H.

Heather H. recently resigned from our chapter's board of directors. Heather had been our chapter's publicity director, our Cel-Kids coordinator, and our Gluten-Free Dining Out facilitator. Thank you, Heather, for your outstanding contribution to our group over the last few years. Your concern for the families living with celiac disease in our community is greatly appreciated.

Gluten-Free Product List Available

The 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, web-site fees, paper products, water for meetings, and library procurement. To purchase the product list, contact Dave S. in Loveland at 970-669-4233 or Judy B. in Fort Collins at 970-493-9674. The product list is available for purchase at all chapter meetings. **Thank you for choosing to help support the Northern Colorado Chapter #77!**

Board Positions Available

There are currently three board positions available: **Treasurer:** Term starts immediately — Treasurer manages chapter expenses/maintains financial records. **Publicity Coordinator:** Term starts immediately — Publicity coordinator writes and sends meeting announcements to local media and Denver chapter. **Chairperson:** Term starts 8/09 — Chairperson conducts general membership meetings, schedules and conducts board meetings. Our future success depends on volunteer help. For more information about joining our chapter's board of directors, contact Susan S., nococeliac@yahoo.com.

Keep This Newsletter Coming

Have you told us lately that you want to be on our chapter roster? If you haven't already confirmed that you'd like to remain on our chapter roster and continue receiving email newsletters/meeting reminders, please reply to this newsletter email reminder with **"keep me on the list"** in the subject line. If you *occasionally* want information on our group's activities and want to avoid email reminders, or if it is more convenient for you to view the current and archived newsletters on our website at <http://www.northerncoloradoceliacs.org>, there is no need to respond to this email. Thanks for helping us update our roster.

Got News? Mark Your Calendars for Newsletter Deadlines

We need your news items for our newsletter. The deadline for submitting news items is the **15th of the month before our next meeting**. For example, our next meeting is in March. The corresponding newsletter deadline is February 15 (Dec. 15, Feb. 15, April 15, June 15, Aug. 15, Oct. 15). Send your items to: nococeliac@yahoo.com.

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 <http://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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GF Cooking Classes in Northern Colorado

1-14-09 Thinking Outside the Breadbox: An Exploration of Gluten-Free Grains — 11-Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — <http://www.glutenfreefork.com> — teaches you how to add more whole and healthy gluten-free grains to your everyday diet with quinoa, wild rice, flax, oats, and more. Her menu may include: East-Indian Quinoa Stir-Fry, Bacon-Chive Pao de Queijo, Raisin-Flax Muffins, and Oatmeal-Cinnamon Cookies. To register, call 970 495-7500 or go to <http://www.pvhs.org>, click on Health and Wellness, then Classes & Events. Cost: \$10.

1-17-09 Savory Winter Cuisine — 2-6 p.m., Mary's Kitchen, Gunbarrel, CO. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — explains the subtleties of gluten-free comfort food. Her menu includes: Home-made Vegetable Broth, Flaky Winter Vegetable Pot Pie with Rosemary Crust, Steamy Butternut Squash Risotto with Balsamic Reduction Sauce, French Baguettes, and Italian Plum Tarts. To register, call 303 807-0050 or email info@wheatfreegourmet.com. Cost: \$95.

1-24-09 Everyday Gluten-Free Baking — 2-4:30 p.m., Whole Foods Salud Cooking School, 2201 S. College Ave., Fort Collins. Heather Hein of Silly Yak Solutions — sillyyakchick@yahoo.com — explores the world of basic gluten-free baking, including GF sandwich bread, French loaves, customizing recipes to your own tastes, and creating your own baking mixes. Her menu includes: Everyday Sandwich Bread, French Bread, Nutty Coffee Cake, and Cheese Biscuits. To register, call 970 267-9200. Cost: \$28.

2-4-09 A Little Gluten-Free Night Music — 11-Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — <http://www.glutenfreefork.com> — stirs up some sparks to help you prepare a memorable, gluten-free Valentine's feast. Her menu may include: Veggie Quesadillas with Chipotle Mayo, Fresh Sage and Maple Pork Tenderloin, Garlic Yukon-Gold Mashers, and Mexican Molten Chocolate Cake. To register, call 970 495-7500 or go to <http://www.pvhs.org>, click on Health and Wellness, then Classes & Events. Cost: \$10.

2-7-09 Wheat-Free Gourmet's Cupid's Delight — 2-6 p.m., Mary's Kitchen, Gunbarrel, CO. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — explores the exotic tastes of the sea in this Valentine's Day class. Her menu includes: Mussels in Broth, Shrimp Scampi, Homemade Basil Fettuccine, Garlic/Herb Popovers, Dark Chocolate Hazelnut Soufflé (dairy-free, casein-free menu available). To register, call 303 807-0050 or email info@wheatfreegourmet.com. Cost: \$95.

Mary Capone's New Gluten-Free Cookbook Now in Our Library

Thanks to Mary Capone for donating a copy of her new cookbook — *Gluten-Free Italian, Classic Cuisine from the Italian Countryside* — to our chapter library.

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