



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

**VOL. 6 ISSUE 1**  
**January - 2010**

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

**CSA/USA, Inc.**  
**#77**

*Colorado's own Bill Eyl helps us ring in a GF year*

## **National CSA President to Speak January 7**

We're thrilled to have National CSA President Bill Eyl as our guest speaker at our first meeting of 2010. A familiar face at our meetings, Bill will share his thoughts about the recent 32<sup>nd</sup> Annual CSA Conference held last October in Erie, Penn., and will answer our questions about the CSA's direction in the coming year.

**Who: EVERYONE IS WELCOME**  
**When: 7:00 P.M., THURSDAY, JANUARY 7**  
*6:30 p.m. Small Group Meeting for the newly diagnosed*  
**Where: ALL SAINTS EPISCOPAL CHURCH,**  
**3448 N. TAFT AVE., LOVELAND, CO 80538**

\*Gluten-free treats will be provided by 1-2-3 Gluten-Free (and baked by our CSA board) & Cinderella Sweets, Inc.

**2010**

## **BOARD MEMBERS**

### **CHAIRPERSON**

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nococeliac@yahoo.com

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### **LIBRARY CUSTODIAN**

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### **MEMBERSHIP**

**POSITION AVAILABLE**

### **ADVISOR**

Susan S.

## **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 Heather S. at 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

**WEBSITE** [www.northerncoloradoceliacs.org](http://www.northerncoloradoceliacs.org)

### ***Many Thanks!***

TO: Everyone who brought delicious food to share at our Annual Chili Supper!

TO: Everyone who helped us with set-up & clean-up at the November meeting!

TO: 1-2-3 Gluten-Free for donating the shopping bags for our drawing.



**Our next meeting  
will be on  
Thursday,  
March 4, 2010  
at 7:00 p.m.**

### ***INSIDE THIS NEWSLETTER***

- \* NATION'S 1ST GF FOOD BANK IN LOVELAND (Pg. 2)
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## Nation's First Gluten-Free Food Bank Opens in Loveland

Loveland's House of Neighborly Service, 565 N. Cleveland Ave., is now the test site for a new gluten-free food donation program designed by CSA Chapter 77 member Dee V.

"We are excited to be able to provide an option for [gluten sensitive] people who are financially struggling, especially considering the cost of a gluten-free diet," says Erin Becerra, food program manager at the House of Neighborly Service (HNS). The organization provides food baskets for more than 500 Loveland/Berthoud area households each month. Valdez hopes other communities across the country will adopt similar gluten-free food-donation programs. Denver's Raquelita's Tortillas flatbreads were among the first GF donations at HNS.

### To Donate GF Food

Drop off your clearly marked "gluten-free" items at the House of Neighborly Service, 565 N. Cleveland Ave., Loveland, Monday through Thursday, 9 a.m. to noon, and 1 to 4 p.m. For questions, call 970 667-4939.

*An open letter from the father of a CSU student with celiac disease*

## Gluten Free Roommate Needed at Colorado State University

Hello! My name is Dave Baird, and I need your help. My son is a CSU junior with celiac disease. Last spring he became so sick from gluten exposures that he had to return home for six months to recover. He tried staying gluten-free, but he lived with three roommates who were not.

My son now has a new apartment, and we're hoping to find him a gluten-free roommate. Do you know anyone on a GF diet who also attends CSU? Any ideas are appreciated. Thank you for your help.

Dave Baird

To contact Dave email [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com) and use the subject line "GF Roommate."

## Young-Adult Gluten-Free Group Meet-Up & Eat-Up

### Plans Underway for Young-Adult Gluten-Free Group

Exploring gluten-free restaurants, swapping recipes, doing product reviews, and having lots of fun. That's what's on the agenda for upcoming meetings of the Young-Adult Gluten-Free Group (ages 13-30). Interested in joining? Contact Alyssa S. at [alyssa.serchia@yahoo.com](mailto:alyssa.serchia@yahoo.com) or call her at (970) 420-9526.

## Boulder Authors Release New GF Cookbook

Diagnosed with celiac disease in 2007, Boulder author Peter Bronski and wife Kelli have recently published *Artisanal Gluten-Free Cooking*, a chronicle of the Bronskis' favorite meals converted to gluten-free. "All the recipes are built off our personal food philosophy: the dishes should be straightforward to make, should be made from scratch, and . . . should be delicious," explains Peter Bronski, founder of the blog "No Gluten, No Problem," and spokesperson for the National Foundation for Celiac Awareness.

The book is available through Amazon, Borders, and Barnes and Noble. For more information, visit <http://www.artisanglutenfree.com/thebook.html>.

## Important Note to Vendors

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



## Prometheus Celiac-Disease Saliva Test Discount Available to Celiac Support Groups Through 2-28-10

Recently, Prometheus Therapeutics and Diagnostics received FDA approval for its home saliva-based genetic testing for celiac disease. The regular price for this test is \$329, but through February 28, Prometheus is offering this test to members of celiac support groups for \$229.

The test may be ordered online. To take advantage of the discount, enter promotional code "CeliacSupportGroups" when ordering. There is no additional shipping and handling fee. Additional discounts are available for multiple family members.

For more information, visit <http://www.MyCeliacID.com> or call 800 610-1525.

## Amy's Kitchen Slogan Contest

Amy's turns 22 this year, and it's still sloganless. "The closest thing to a tagline we have is 'Healthy Eating for Busy People,' but we think that Amy's needs a slogan with more flavor, and it's about time," says an Amy's spokesperson. If you create the winning phrase, rhyme, or jingle, you could win \$500 in Amy's products. To enter, check out the winter newsletter at <http://www.amys.com>

## Donate GF Food for "Sweet Night for the Loveland Public Library"

CSA Chapter 77 member Joanne T. seeks GF food donations for the Loveland Public Library's fundraiser "Sweet Night for the Loveland Public Library," 7 p.m., February 5. If you are willing to donate GF items (homemade or commercially made), contact Joanne, 970 217-5673 or email her at [pjtorpy@aol.com](mailto:pjtorpy@aol.com). Gluten-free donations may be left at the Chilson Senior Center, 700 E. Fourth St., after 3 p.m., February 5. Early donations (before Feb. 5) may be left with Marcia L. between 9 a.m. to 4 p.m., at the Loveland Public Library, 300 N. Adams St.

## GF Cooking Classes in Northern Colorado

**1-20-10 Extreme Gluten-Free Recipe Makeover** — 10:30 a.m. - 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> — presents a unique seminar on the tips/basic techniques for converting your favorite gluten-rich recipes to gluten-free. Bring your favorite recipes to class, and we'll "workshop" as many as time allows or submit your recipe, in advance, to [gina@glutenfreefork.com](mailto:gina@glutenfreefork.com) **no later than January 6**, and we'll choose a few to "makeover" during class. To register, go to [www.pvhs.org/health&wellness/classes&events](http://www.pvhs.org/health&wellness/classes&events) or call 970 495-7500 for information. Light GF lunch and recipes included. Cost: \$10.

**2-24-10 Playing Favorites: Exploring the Best Gluten-Free Products** — 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> — provides Rx for those expensive GF cardboard-like breads and hockey puck muffins in this culinary exploration of the best and most nutritious ready-made GF options, including breads, pastas, crackers, mixes, and more. A must for those trying to save money and enhance flavor/quality. To register, go to [www.pvhs.org/health&wellness/classes&events](http://www.pvhs.org/health&wellness/classes&events) or call 970 495-7500 for more information. GF food samples and recipes included. Cost: \$10.

## **Granny's Gluten-Free Zone HAS MOVED TO A NEW LOCATION!**

The new address is 3419 W. Eisenhower Blvd, Loveland, CO.

The store is on the north side of Highway 34, 1.1 miles east of Granny's old location.

The next-door neighbor to the west is Landmark Engineering Co.

Their new space is more easily accessible (i.e., safer to turn into), and gives them a much larger space for lots of new items! Also, the new store is handicapped accessible.

The phone number and website remain the same.

For more information, contact Donna Huckaby at 970 669-9986.

<http://www.grannysglutenfree.com>

## **The 2009 edition of the Denver Metro Chapter GF PRODUCT LIST is now available!**

Product lists are available at the Denver Chapter meetings for \$7.

They are also available by mail for \$10. Contact Don S. at 303-794-7258.

Our chapter also offers the books at a price of \$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 extra \$2 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 locally,  
contact Dave S. in Loveland  
or Judy B. in Fort Collins [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)**

**And remember....The product list is available  
for purchase at ALL chapter meetings.**

Thank you for choosing to help support the Northern Colorado Chapter #77!

## **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.

(For future meetings the deadlines are April 15, June 15, Aug. 15, Oct. 15 and December 15.)

Send your items to Heather at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

## ARE YOU CONNECTED? ON-LINE GLUTEN-FREE SOURCES

### Check out Carol Fenster's websites

Check out her blog at <http://www.gfreecuisine.com/blog/> <http://www.culinarycues.com/Ezine/September2009.html>

CSA Benefactor Member General Mills has created a new website to provide consumers with information on the company's gluten-free products and recipes.

The site is [www.lifeglutenfreely.com](http://www.lifeglutenfreely.com) and lists those General Mills products which are labeled gluten-free as well as kitchen-tested recipes for preparing an array of gluten-free foods. The site was created in response to the frequent inquiries to the customer service department of "Which General Mills products are gluten free?" Consumers will now have 24/7 access to this information. People may also subscribe to an electronic newsletter to receive product information and recipes directly to their inboxes. \*Consumers are reminded, however, to always read ingredient labels.

**www.dineglutenfree.com** is a new website to help people with celiac disease eat out!

Stay Informed! Sign-up to receive the **Digestive Health Smart Brief**

[http://www.smartbrief.com/dhsb/index\\_thankyou.jsp?sid=E074A3B8-B8C7-4D10-BDE3-000F6436B288](http://www.smartbrief.com/dhsb/index_thankyou.jsp?sid=E074A3B8-B8C7-4D10-BDE3-000F6436B288)

**GF Pizza night out in Broomfield. Saturday, January 9, 2010** Check it out on-line.

<http://meetup.iamgf.com/calendar/12082415/?from=list&eventId=12082415&action=detail&offset=0>

Have you got **questions about the gluten-free diet** that you need answered right now?

Check out this site. <http://www.glutenfreefork.com/contact/ask.html>

### New GF Microwave Cake Mix

Gluten-Free Trading Company has introduced an instant gluten-free microwave cake mix – in chocolate and vanilla – that is ready to serve in less than three minutes. The package comes with a cake mix, a microwave-safe container, and the chocolate or vanilla "lava." Consumers will need to add vegetable oil, choice of liquid (milk, etc.), and an egg.

To purchase the cake mixes, go to <http://www.food4celiacs.com/ShopOnline/index.html> or call 888-993-9933.

Our chapter is part of the **National Celiac Sprue Association/USA** in Omaha, Nebraska. They publish 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, grain terms and an expanded glossary (*Member, Heather S. uses this part of the Product Listing often!*)

*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](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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