



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

VOL. 5, ISSUE 4
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WE ARE CELIACS HELPING CELIACS. GET INVOLVED. STAY INVOLVED.

CSA/USA, Inc.
#77

Don't miss our GF summer potluck July 9

Summer's Sizzling at Our Annual Gluten-Free Picnic

We'll be rolling out those lazy, hazy, gluten-free days of summer at our annual GF potluck picnic. Sample yummy, home-made GF fare. Connect with old friends. Make some new ones.

Bring your family for a great time.

Who: EVERYONE IS WELCOME
When: 6 P.M., THURSDAY, JULY 9
**Where: Northlake Park Pavilion #1 (with the train!)
SE Corner 29th St. and Taft Ave., LOVELAND**

BRING: A GF dish to share and a detailed recipe card (info pg 2)

BRING: Table service/beverages for your family (water provided)

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

EMAIL ADDRESS nococeliac@yahoo.com

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

THANK YOU!

To: Amber Feldman —
Nunna' the Gluten Bakery Fort Collins — for the wonderful gluten-free treats at our May 7 meeting.

To: Everyone
who helped us set up and clean up after the meeting.

2008-2009 BOARD MEMBERS

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SEPTEMBER MEETING DATE CHANGE

**Our September meeting will be
September 10 (not September 3).
A scheduling snafu requires us to
move our regular meeting date.
Mark your calendars!**

Inside This Newsletter

- * **September meeting date changed to 9-10-09 , Pg. 1**
- * **Gluten-Free Picnic Recipe Card, Pg. 2**

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GLUTEN-FREE POTLUCK PICNIC JULY 9

6 p.m., (Earlier Time!), Northlake Park Pavilion #1 (with the train), SE Corner 29th Street and Taff Avenue, Loveland

We ask that each member please bring a gluten-free dish to share as well as beverages and table service for your family. Water will be provided. Please remember, alcohol is not permitted in the park.

RECIPE-CARD INSTRUCTIONS: Please bring 2 (or more) copies

Please complete the recipe card below. Be sure to include the brand names of the ingredients used in your recipe. Please make at least 2 copies of your recipe. (Feel free to make more copies to share with others that evening.) Place 1 copy of your recipe with your item at the potluck. Please put remaining recipe copies in the large white envelope marked "2009 POTLUCK RECIPES." If bringing a mix or prepared item, please bring the package and place it by the dish. If your recipe is from a cookbook, please acknowledge the author and write the recipe in your own words to avoid copyright infringement. Thanks for sharing!

GF RECIPE CARD

Name of Dish:

Ingredients: *(Please list the brand names of the ingredients used in your recipe. Listing brand names helps new gluten-free eaters to recognize gluten-free brands and helps those who have additional food allergies make informed decisions on which dishes to sample.)*

Cooking Instructions:

Shared by:

Phone:

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

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 Stenner 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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