



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

**VOL. 5, ISSUE 4**  
**July, 2009**

**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](mailto: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](mailto: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](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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