



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

VOL. 3, ISSUE 4
July, 2007

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

CSA/USA, Inc.
#77

Join us for an evening of fun and food!

What: ANNUAL GF POTLUCK PICNIC
Who: EVERYONE IS WELCOME
When: THURSDAY, JULY 5 AT 6:00 P.M. (*Earlier time this year!*)
Where: CENTENNIAL PARK PICNIC PAVILLION in Loveland
(At the corner of West 1st and Taft Avenue in Loveland)

Bring a gluten-free dish to share along with a detailed recipe card. Please bring table service and beverages for your family.

All details for the picnic and recipe card are on page 2!

The NEW 2007 Edition of the Denver Metro Chapter Gluten-Free Product List Book will be available for purchase at the picnic for \$9. More details on page 3.

2005-2007 BOARD MEMBERS

CHAIRPERSON

Susan S.

KIDS GROUP & DINING GROUP OUT

Heather H.

NEWSLETTER & MEMBERSHIP

Heather S.

PRODUCT LIST

Dave S.

LIBRARY CUSTODIAN

Phil K.

ADVISOR

Judy S.

POSITIONS OPEN

PROGRAM FACILITATOR
SECRETARY
TREASURER
CHAIR PERSON
NEWSLETTER COORDINATOR
MEMBERSHIP COORDINATOR

GENERAL INFO

MEETINGS

7:00 p.m. the 1st Thursday
of Jan., Mar., May, Sept and Nov.

LOCATION

All Saints Episcopal Church
3448 North Taft, Loveland

MEMBERSHIP DUES

Donations accepted

NEWSLETTERS

Provided by e-mail or mail
Email Heather S. at nococeliac@yahoo.com
to sign-up.

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
to Gina
Mohr-Callahan,
from
A Fork in the Road,
a support
and advocacy
service for those
with gluten
and wheat
intolerance,
for sharing
a wealth of
information
and yummy
GF goodies
with us at the last
membership
meeting.

A great time was
had by all!

*Mark your calendars for
our next membership meeting
on September 6, 2007*

*All Saints Episcopal Church
Loveland 7:00 p.m.*

INSIDE THIS NEWSLETTER

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GLUTEN-FREE POTLUCK PICNIC INFO

6:00 p.m. (Earlier time!) on July 5, 2007 Centennial Park Picnic Pavillion

Each member is asked to bring a gluten-free dish to share as well as beverages and table service for your own family. Water will be available and please remember that alcohol is not permitted in the park. The Denver Metro Chapter Gluten-Free Product List will be available for purchase at the picnic.

RECIPE CARD INSTRUCTIONS

Please fill out the recipe card below and be sure to include the brand names of the ingredients used in your recipe. Please make at least 2 copies of your recipe but feel free to make more copies to have available for others that night. Place one copy of your recipe with your item at the potluck. Please put another copy in the large brown manila envelope marked "RECIPES FROM POTLUCK." If bringing a mix or prepared item please bring the package and place it by the dish. Thanks for sharing!

GF RECIPE CARD (Circle one) *Appetizer* *Side* *Main* *Dessert*

Name of Dish:

Ingredients: (Please list the brand names of the ingredients used in your recipe. Listing brand names helps those who are new to the gluten-free diet 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:

Gluten-Free Product List

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

The product list can be purchased at Denver Chapter meetings for \$7 or available by mail for \$10. (Contact Don Smith at 303-794-7258.) The Northern Colorado Chapter is offering the books for \$9. The extra \$2 helps our chapter secure funds that enable us to purchase the product list books and make sure that they are 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 pavillion rental, web-site fees, paper products and water for meetings, and library procurement.

To purchase the product list contact Dave S. in Loveland or Judy S. in Fort Collins.

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

GF Dinner Night Out

Heather H. coordinates a Gluten-Free Dinner Night Out at a local celiac-friendly restaurant. The program will resume in the Fall. Watch for announcements in the next newsletter.

If you are interested in participating contact Heather at nococeliac@yahoo.com.

Cel-Kids Network (GF Kids Group)

This past Spring, Cel-Kid's parents got together to discuss and share their ideas about how the Cel-Kids Network could offer support to their GF kids and families. The first official gathering was at Fossil Creek Park in Fort Collins. Ten GF kids enjoyed sharing GF treats and fun in the park while parents had an opportunity to talk and exchange ideas and tips on preparing GF lunches. Thank you Heather H. for coordinating this group! We now have 35 families in the group, if you are interested in joining in on the fun please contact Heather at nococeliac@yahoo.com.

Board Positions Still Available

Keep in mind that the Board is always looking for enthusiastic members who are interested in helping their fellow celiacs. Serving on the board offers a great opportunity to get involved and get acquainted! Remember, the more volunteers that we have the better support and outreach we can provide both to the group members and our northern Colorado communities! Please contact Susan S. at nococeliac@yahoo.com if you would like more information.

GF Oats Group order Our next group order will be in October.

GF Recipe Club Due to lack of interest at this time there will not be an active club. Thank you though for trying Kat.

Check Out These Informative Magazines

Gluten-Free Living

"Leading the way to a happy, healthy gluten-free life"

Published quarterly. Subscriptions are \$29 for 1 year.

Contact: Gluten-Free Living, 560 Warburton Ave.,
Hasting-on-Hudson, NY 10706
or e-mailinfo@glutenfreeliving.com

Living Without

"A lifestyle guide for people with allergies"

Published 4 times a year – Feb., May, Aug., and Nov.

Call (847) 480-8810 or www.LivingWithout.com

Mark Your Calendar!

30th Annual Celiac Sprue
Association Conference

Tuscon, Arizona

September 28-30, 2007

For more information including
schedules and fees go to
www.csaceliacs.org

***We are celiacs helping celiacs.
Get involved. Stay involved.***

Updates: Northern Colorado GF Resource Guide

Thanks to the help of chapter members the *Northern Colorado GF Resource Guide* continues to provide a listing of a variety of gluten-free options in Northern Colorado and the Denver Metro area. The guide contains a listing of restaurants that can provide gluten-free meals, many of which also have gluten-free and/or allergy sensitive menus and/or ingredient lists. The list also includes GF bakeries, GF support resources, GF friendly grocers, GF beer and GF friendly liquor stores. For your reference the menus and all information are compiled in a notebook that is available at Chapter meetings. Copies of the guide are available at meetings and will continue to be updated in our newsletters.

Aunt Kay's Coffee Cake

Available in the Boulder area at The Laughing Goat, Pekoe Tea House, Brewing Market, Vics, Wonderland Café, Amante, Café Sol. Also available at Vics in Longmont and Louisville. For more information contact Pamela Fletcher at pfletcher67@hotmail.com.

Gluten-Free Pastry Chef

3549 Columbia Drive, Longmont
(303) 684-9772, www.gfpastrychef.com

RAW

Gluten-free pizza dough will join other RAW products in the freezer section of area Whole Foods stores in June.

3531 S. Logan, Englewood
(303) 921-0220, www.doughrawme.com

Rheinlander Bakery

Gluten-free products are available at the bakery, through the web and at select Vitamin Cottage stores.

5721 Old Wadsworth Blvd., Arvada
(303) 467-1810 or 1-866-479-2253,
www.sweetdeliverance.com , www.wheatfreefood.com

WaterCourse Bakery

Gluten-free frosted-sugar cookies, chocolate-chip cookies, muffins, devil's food, carrot and lemon cakes available. 214 E. 13th Ave. Denver

(303) 318-9843, www.watercoursefoods.com

Check out the many new GF products at both Whole Food and Vitamin Cottage. Gluten-free product lists are available at both stores. Check with customer service for assistance.

GF Cooking Classes In Our Area

Whole Foods Market, Salud! Cooking School

Visit www.wholefoods.com and click on "stores and events".

The Wheat-Free Gourmet Mary Capone Boulder area

For information and registration call (970) 267-9200,
www.wheatfreegourmet.com

Gluten-Free Lecture Series at the Phipps Mansion in Denver

A portion of the proceeds benefit the CSA Denver Metro Chapter #77

Register at www.theglutenfreelifestyle.com

A Fork in the Road, a support and advocacy service for those with gluten and wheat intolerance. Contact Gina Mohr-Callahan at this email: aforkintheroad@digis.net

Silly-Yak Solutions, a resource to help Celiacs manage their diet.

Contact Heather Hein at this email: sillyyakchick@yahoo.com

Are you a member yet? Now's the time to join! Celiac Sprue Association has announced a contest.

Chef, Aaron Flores, has announced a contest for CSA chapters, in the spirit of 'Celiacs Helping Celiacs' and to celebrate CSA's landmark 30th Annual Conference.

The CSA chapter that recruits the most new CSA members
(over and above 25 people for the year 2007)
will win a buffet dinner for a maximum of 150 people!

Chef Aaron will work with a local restaurant to adapt a celiac style menu.

He will also be there to help celebrate in January or February 2008.

Let's win the dinner! What a treat that would be for all of us.

If you are newly diagnosed, be sure to join soon.

And there are a lot of folks already on our roster who haven't signed up with the national organization yet. Sign up today and make it count for all of us!

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.

*THERE IS AN EXCITING GF EVENT RIGHT HERE IN COLORADO THIS SUMMER!
DON'T MISS YOUR CHANCE TO BE A PART OF SOMETHING GREAT!*

***GF Culinary Summit, Aug. 17-19, 2007
Denver DoubleTree Inn on Quebec St.***

If you are interested in working at the conference,
you will be given complimentary demonstrations.

Food (breakfasts, lunches, dinners) will need to be paid for,
but the demonstrations will be free for the day you are willing to work.

If you want to work both days of the conference,
the demonstrations will be free both days.

Those interested in working should contact
the Summit President, Suzanne Borland, at 303.368.9990,
so times can be arranged.

Their website www.glutenfreelifestyle.com has details.
Email Judy S. with questions at nococeliac@yahoo.com

The Fort Collins Vitamin Cottage is carrying some new GF products:

- Heartland's GF navy and pinto bean flours
- Heartland's GF pasta (several types of pasta)
- Gluten Free Pantry croutons (very yummy!)

Whole Foods and Vitamin Cottage are both carrying a wafer cookie by Glutino. According to my kids, and we have been GF since 09/06, this wafer tastes just like a Kit Kat bar! Big hit with the kids!

I saw on the net that Kinnickinick will have their GF waffles back in the store by August.

Glutenfreeda and I think it was Glutino have GF frozen cookie doughs now.
G.

-From member, Kim

For information about celiac camps for kids, visit the CDF website at www.celiac.org/kidskorner.php#camp, the GIG website at www.gluten.net/events.html#Kids%20Camps, and the CSA website at www.csaceliacs.org/Camps.php.

-From member, Heather H.

If you have a minute to go on-line, here's an interesting survey about traveling on a gluten-free diet.
<http://www.glutenfreepassport.com/customersurvey.html>

-From member, Heather S.

Toaster bags are available at www.toastabags.com. These are great for travel. Slide your bread in, use in the hotel's toaster, no cross contamination and the bags can be used over and over. And Toast It Bags are available from national CSA on their online store."

-From member, Judy S.

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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