



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

VOL. 4, ISSUE 4
July, 2008

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

CSA/USA, Inc.
#77

Join us for a delicious, fun-filled evening July 10

Dig In at Our GF Annual Picnic

It's the event you've been waiting for all summer! Dig out those flip-flops, dust off that Hawaiian shirt, and whomp up your favorite GF potluck dish to share.

What: ANNUAL GF POTLUCK PICNIC

Who: EVERYONE IS WELCOME

When: 6:30 P.M., THURSDAY, JULY 10

Where: CENTENNIAL PARK PICNIC PAVILION in Loveland
(Corner of W. 1st and Taft Ave.)

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

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

SEE YOU THERE!

2008-2009 BOARD MEMBERS

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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. 970-493-9674

Loveland: Dave S. 970-669-4233

Greeley: Monica H. 970-339-8465

Estes Park: Kat L. 970-214-4740

EMAIL ADDRESS nococeliac@yahoo.com

WEBSITE www.northerncoloradoceliacs.org

THANK YOU!

To: Suzanne
Bowland of *GF
Culinary Produc-
tions, Inc.*, for a
fascinating pres-
entation/book
signing at our
May 1 meeting.

To: Michele Za-
hakis of *The Vita
Shack* in Fort
Collins, for pro-
viding the great
gluten-free
treats .

Mark your calendars. . .

Meeting September 4, 2008

7 p.m.

**All Saints Episcopal Church
3448 North Taft, Loveland**

INSIDE THIS NEWSLETTER

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GLUTEN-FREE POTLUCK PICNIC JULY 10

**6:30 p.m., (Later Time!), Centennial Park Picnic Pavilion, Corner W. 1st St./Taff Ave, Loveland
(please enter on W. 1st St.)**

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. The Denver Metro Chapter's Gluten-Free Product List will be available for purchase (\$9) at the picnic. below:

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 " 2008 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:

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 S. 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!

Alba Therapeutics Seeks Participants for Celiac-Disease Drug Trial

As a service to the membership/ceeliac community, the Celiac Sprue Association announces the opportunity to participate in Alba Therapeutics' celiac-disease clinical trials with larazotide acetate (AT-1001). If you are 18-72 years old, have biopsy-proven celiac disease, and have been on a gluten-free diet for at least 6 months, you may qualify for the trial. Alba Therapeutics is especially interested in people who have been diagnosed with celiac disease in the last year. For more information, email clintrials@albatherapeutics.com or call 1-877-415-3282.

Udi's Handcrafted Foods Develops GF Sandwich Bread

Colorado-owned Udi's Handcrafted Foods (bakeries in Denver and Louisville) — known for rustic artisan breads — is now making a gluten-free white sandwich bread. (The bakeries provided samples at the recent GF Food Fair sponsored by the Denver Metro Chapter.) Reportedly, the new GF bread will be available at King Soopers by mid-July. We'll report more on GF practices at Udi's when that information is available. Thanks to Denise Y. for the GF tip!

Fort Collins Mugs Coffee Lounge Adds GF and Vegan Items to Menu

Now you can have a gluten-free nosh along with your cuppa Joe at Mugs Coffee Lounge, 261 S. College Ave., Fort Collins. Mugs reportedly has 18 gluten-free options on its menu. Although these items are not prepared in a totally GF environment, the staff is knowledgeable and has been trained in safe GF practices.

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 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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