



## NEWSLETTER

### Celiac Sprue Association - Northern Colorado Chapter

A chapter affiliate of the Celiac Sprue Association/USA, Inc.

VOL. 6, ISSUE 4  
July, 2010

LIVING GLUTEN-FREE

CSA/USA, Inc.  
#77

### **Don't miss our GF summer potluck July 8**

We'll be rolling out those lazy, hazy, gluten-free days of summer at our annual GF potluck picnic. Sample yummy, homemade GF fare. Connect with old friends. Make some new ones. Bring your family for a great time.

Mary Capone of the Wheat-Free Gourmet in Boulder is our guest vendor. She'll be

**Who: EVERYONE IS WELCOME**  
**When: 6:30 P.M., THURSDAY, JULY 8**  
**Where: Northlake Park Pavilion #1 (by 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**

of Jan., Mar., May, Sept., and Nov.

3448 North Taft, Loveland 80538

### **MEMBERSHIP DUES**

Donations gladly accepted

Email: Heather S. [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

Estes Park: Kat L.

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

## **THANK YOU!**

**To: speaker**  
**Jason Barker, ND**  
for his presentation in May.

**TO: JO-Sef's and**  
**The Mouse Pad**  
for the wonderful gluten-free treats at our May 6 meeting.

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

### **2010 BOARD MEMBERS**

#### **CHAIRPERSON**

Gina M.C.  
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#### **TREASURER**

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#### **LIBRARY CUSTODIAN**

Phil K.  
[nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

### **SEPTEMBER 2 MEETING**

**Gluten-Free Connections 7 p.m.**

**A unique gluten-free workshop and a great opportunity to network with others about cooking/baking, nutrition, your celiac kids, dining out, our young adult group, and more!**

### **Inside This Newsletter**

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# **GLUTEN-FREE POTLUCK PICNIC JULY 8**

**6:30 p.m. (Earlier time than our normal meeting)**

**Northlake Park Pavilion #1 (by the train), SE Corner 29th Street and Taft Avenue, Loveland**

We ask that each member please bring one gluten-free dish to share as well as your own personal 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 " 2010 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.

## **Susan S, Steps Down from Chapter 77 Board**

After more than five years of service on our chapter board of directors, immediate past chairperson, Susan S., has decided to step down from the board to spend more time with her family. Susan has spent the last year serving as our chapter advisor and updating our Gluten-Free Resource Guide. We thank her for her insight and guidance and for her years of leadership on our board.

## **Chapter 77 Welcomes Alyssa Serchia to the Board**

Alyssa S., leader of the gluten-free Young Adult Meet-Up and Eat-Up Group has joined our board of directors. She'll continue to lead the Young Adult Group (ages 16 to 30) members as they explore gluten-free adventures in northern Colorado. For more information about the Young Adult Group, contact Alyssa at 970 420-9526 or [alyssa.serchia@yahoo.com](mailto:alyssa.serchia@yahoo.com).

## **Northern Colorado Gluten-Free Resource Guide Available on Chapter Website in September**

**It's what you've been waiting for!** Our chapter's Gluten-Free Resource Guide will soon be posted on our chapter website – [www.northerncoloradoceliacs.org](http://www.northerncoloradoceliacs.org).

Watch for it by our September 2 meeting. Thanks to Susan S. and all of you who offered update information. We'll have a few hard copies of the guide at our September 2 meeting – for members without access to the Internet. If you need a hard copy, write your name on the "Hard Copy Please" list at the July 8 Gluten-Free Picnic, or contact Gina M-C at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

If you have an item for the guide, please email it to [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com) or contact Gina.

## **Pick up your copy of the 2009 edition of the Denver Metro Chapter GF PRODUCT LIST!** ***The product list will be available for purchase at our July Picnic!***

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 at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

## **Got News? Mark These Newsletter Deadlines On Your Calendar**

To be included in the September newsletter, we need your newsletter items by **August 15**.

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