



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

VOL. 7, ISSUE 4
July, 2011

LIVING GLUTEN-FREE

CSA/USA, Inc.
#77

Don't miss our GF summer potluck July 7

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.

Who: EVERYONE IS WELCOME
When: 6:30 P.M., THURSDAY, JULY 7
**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)

2011-2012 BOARD MEMBERS

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Emily S
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NEW MEMBER LIAISON

Jessica V
nococeliac@yahoo.com

GENERAL INFO

MEETINGS

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

LOCATION

All Saints Episcopal Church
3448 North Taft, Loveland 80538

MEMBERSHIP DUES

None: Donations gladly accepted

NEWSLETTERS

Provided by e-mail or mail. with SASE. To sign up,
Email: Carol M nococeliac@yahoo.com

CONTACTS FOR NEW MEMBERS

Fort Collins: Judy B - nococeliac@yahoo.com
Loveland: Dave S - nococeliac@yahoo.com
Estes Park: Kat L - katludlam@gmail.com

E-MAIL ADDRESS nococeliac@yahoo.com

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

THANKS

TO:

1. **Our travel panelists:** Judy B, Phil K, Linda R, and Dave S for their informative presentation.
2. **Christi Skow and Canyon Bakehouse** for delicious gluten-free treats.

MARK YOUR CALENDARS!!

Fall CSA Meeting
SEPTEMBER 1, 2011
7 PM (newly diagnosed come at 6:30 PM)
All Saints Episcopal Church
3448 N Taft Avenue Loveland 80538

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GLUTEN-FREE POTLUCK PICNIC JULY 7

6:30 p.m. **(IMPORTANT NOTE: 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. 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 at least 1 copy of your recipe with your item at the potluck. Please put one copy of your recipe in the large white envelope marked "2011 PPOTLUCK 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 recognize gluten-free brands and helps those with 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

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.

CSA CHAPTER 77 WELCOMES THREE NEW BOARD MEMBERS

Our chapter board is growing. We've added three new members this summer: newsletter editor/membership coordinator Carol M, new-member liaison Jessica Vi, and young adult group leader Emily S. Meet them:

Carol M – Born and raised in a small Illinois town 85 miles east of Chicago, Carol describes herself as “corn-fed.” She received her undergraduate degree from the University of Illinois and master’s degree from Baylor University. She retired from the Army after 23 years as a registered dietitian and then spent 12 years as Director of Nutrition Service in the Windsor and Adams 12 school districts. She has served as president of both of the Colorado Dietetic and School Food Service Associations and newsletter editor and president of the Rist Canyon Volunteer Fire Department. She’s married to CW, has two daughters and two granddaughters. Diagnosed with celiac disease in 2009 (which her friends thought to be hysterical that she was a dietitian with malnutrition) she is excited to join the board.

Jessica V– After 12 years in the hospitality/food industry and 10 years of declining health, Jessica was finally diagnosed with celiac disease and took a different career route. Currently, she is completing her master’s in nutrition at CSU and hopes to continue into the PhD program. Her love of food and cooking still thrives, but the direction has changed toward making her favorite foods gluten-free. Her ultimate goal is to provide a bridge between nutrition and the hospitality industry, while increasing awareness of celiac and gluten intolerance. She’s excited to be part of the Northern Colorado Chapter board.

Emily S– Hailing from Castle Rock, Emily has recently transferred from New Mexico State University’s equestrian team/dietetic program to CSU’s dietetic program. She has a passion for nutrition and two jobs: at Ingredient restaurant in Fort Collins and at Granny’s Gluten-Free Zone in Loveland. “I have celiac disease, lactose intolerance, a peanut allergy, and I’m a vegetarian,” explains Emily. “My two years having celiac disease and living with a parent who has been gluten-free almost 10 years has allowed me to gain a lot of experience. I am honored to be the new liaison for the young-adult meet-up group.” Emily’s very active and loves to compete in running and swimming events. She also has a great sense of humor. One of her suggested names for the meet-up group: The Young and the Wheatless. Her new email: em.nococeliacs@gmail.com.

HELP WANTED: Northern Colorado Gluten-Free Resource Guide

It's time to review/update our Northern Colorado Gluten-Free Resource Guide. Have you discovered a new gluten-free service? A great new GF restaurant? A wonderful new place to buy GF products? Share the wealth. Send your updates to Gina M, nococeliac@yahoo.com (please include “Resource Guide Update” in the subject line) , by August 1, and we'll update the guide and post a new version by the September meeting.

GF COOKING CLASSES IN NORTHERN COLORADO

7-28-11 – The Scented Pearl: In Praise of Garlic – 6:30 to 8 p.m., The Gardens on Spring Creek, 2145 Centre Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road – <http://www.glutenfreefork.com> – explores what vampires fear most. This class teaches you to love garlic and its allium cousins. Explore how to choose garlic, store it, and use it in myriad ways. GF recipes/samples. Register in person, online, or by phone at: The Gardens on Spring Creek, www.fcgov.com/webtrac, or 970 416-2486. Cost: \$22 members/\$25 non-members.

8-3-11 – Gluten-Free Garden Fresh Demo: An Onion in Every Pot – 11:30 to 1 p.m., Poudre Valley Hospital cafeteria patio, 1024 S. Lemay Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road – <http://www.glutenfreefork.com> – helps you discover how this garden staple in all its varieties can awaken any dish. GF recipes/samples. FREE, no registration necessary.

8-25-11 – Some Like It Hot: A Fiesta of Chiles – 6:30 to 8 p.m., The Gardens on Spring Creek, 2145 Centre Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road – <http://www.glutenfreefork.com> – rejoices in the flavors of chiles. Learn how to safely handle them, prepare them, integrate them with other foods, and cool things off when the heat is on. GF recipes/samples. Register in person, online, or by phone at: The Gardens on Spring Creek, www.fcgov.com/webtrac, or 970 416-2486. Cost: \$22 members/\$25 non-members.

OF INTEREST?

General Mills Announces New Web Resource in collaboration with the University of Chicago's Celiac Disease Center, the University of Maryland's Center for Celiac Research, and the General Mills Bell Institute of Health and Nutrition -- <http://www.glutenfreely.com/>

Eco-Planet's New GF Toaster Pastry Coming Soon. Check Eco-Planet's website for details about the company's soon-to-debut gluten-free organic toaster pastry.

http://www.ecoheavenllc.com/Eco-Planet/Toaster_Pastries.html

Colorado High Plains Chapter 147/ Gluten Free Greeley Meets June 28. For more information contact: Monica at hupalo@comcast.net (use Celiac or Gluten in the subject line) or 970-339-8456, Judy at gfggg1@gmail.com (use Celiac or Gluten in the subject line) or 970-352-4275 or Diane 303-746-9789.

Get the Denver Metro Chapter PRODUCT LIST at any meeting!

Our chapter offers these books for \$9. The extra \$2 (Denver charges \$7) helps our chapter secure funds to purchase the product list books and make them readily available to our members. To purchase the product list locally, contact Dave Sin Loveland at nococeliac@yahoo.com or Judy B in Fort Collins at nococeliac@yahoo.com . If you prefer to purchase a product list through the Denver Chapter please contact Don Smith at 303-794-7258. Thanks in advance for supporting Northern Colorado Chapter #77!



34th Annual CSA Conference

Changing the World for Celiacs

San Diego, California

September 15-18, 2011

Conference Hotel—Bahia Resort Hotel

Registration is \$350—Conference Hotel rate is \$109 plus taxes

This Conference is held in conjunction with Columbia University, New York City.

Gluten-Free Food Donation Box Items Needed

Thank you for remembering to bring your **nonperishable** gluten-free food items for our Gluten-Free Food Donation Box. After each meeting, a board member takes your donated items to the Loveland House of Neighborly Service. Please ensure donated items are not expired or close to expiring.

Important Note to Vendors

Interested in bringing product samples to chapter events? Please contact our board of directors in advance at nococeliac@yahoo.com Please include "Product Samples" in the subject line.

Got News? Mark The Newsletter Deadline On Your Calendar

To be included in the September newsletter, **submit your newsletter items by August 15** to Carol M at nococeliac@yahoo.com. Please include "Newsletter" in the subject line.