



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

**VOL. 3, ISSUE 1**  
**March 2007**

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

**CSA/USA, Inc.**  
**#77**

## **JOIN US FOR OUR NEXT MEETING**

**WHAT: Wheat Free Gourmet & Round Table Discussion**  
**WHEN: Thursday, March 1 at 7:00 p.m.**  
**WHERE: All Saints Episcopal Church**  
**3448 N. Taft Avenue Loveland, CO 80538**

Mary Capone, owner of the Wheat Free Gourmet Cooking School will talk about upcoming classes and bring delicious samples to share.

Please join us for lively discussions around living gluten-free. Nominations will also be accepted for board positions.

### **2005-2007 Board Members**

**\*CHAIRPERSON & RESOURCE GUIDE**

Susan S.

**\*SECRETARY**

**\*TREASURER**

**\*PROGRAM FACILITATOR**

**KIDS GROUP & DINING GROUP OUT**

Heather H.

**\*NEWSLETTER & MEMBERSHIP**

Heather S.

**PUBLICITY**

Heather B.

**PRODUCT LIST**

Dave S.

**LIBRARY CUSTODIAN**

Phil K.

**ADVISOR**

Judy S.

## **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 gladly accepted.

### **NEWSLETTERS**

Provided by e-mail or mail  
Contact Heather S. at nococeliac@yahoo.com

### **CONTACTS FOR NEW MEMBERS**

Fort Collins: Judy S.  
Loveland: Dave S.  
Greeley: Monica H.

**EMAIL ADDRESS** nococeliac@yahoo.com

**WEBSITE** [www.northerncoloradoceliacs.org](http://www.northerncoloradoceliacs.org)

Thank you to all of you for bringing chili and other goodies for everyone to enjoy at our annual chili supper in January.

A great time was had by all!



***\*Nominations are being accepted for these positions! If you are interested, please contact Susan Stewart.***

***Gina Mohr-Callahan, from A Fork in the Road, will present at our next meeting May 3, 2007***

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

### **INSIDE THIS NEWSLETTER**

- \* Volunteers/Nominations for our next board (Pg. 2)
- \* Speak out on New Gluten-Free Labeling Legislation (Pg. 3)
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**Now accepting volunteers and nominations for the  
Northern Colorado Celiac Support Group Board  
for the 2007-2009 term.**

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The current 2005-2007 term ends in May of 2007 and we are actively looking for enthusiastic members who are interested in helping their fellow celiacs.

*Positions available include:*

**Chairperson**

Conducts general membership mtgs. & schedules & conducts board mtgs.

**Secretary**

Keeps minutes for all membership and board meetings.

**Program Facilitator**

Coordinates speakers & programs for general membership meetings four times a year.

**Treasurer**

Manages expenses and maintains financial records. A year-end report is filed with CSA,USA, Inc.

**Newsletter Coordinator**

Creates and circulates a bi-monthly newsletter.

**Membership Coordinator**

Updates our membership roster and email circulations.

If you are a **new member**, joining the board is one of the best ways to get involved and learn about Celiac Disease! If any of these projects sound interesting to you, please contact Susan S. at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

Check out our new web-site at

**[www.northerncoloradoceliacs.org](http://www.northerncoloradoceliacs.org)**

## ***Make your voice heard!***

The FDA has issued its proposed definition of "Gluten-Free" as required by the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA).

This is YOUR opportunity to speak up. The proposed FDA definition for "Gluten-Free" is not simple. There are 95 pages in the docket. In summary, the proposed, voluntary use of the term "gluten-free"

- does not contain wheat, rye, barley or cross bred hybrids of these grains
- does not contain an ingredient derived from one of the above grains if use of that grain results in greater than 20 ppm gluten in the food
- does not contain 20 ppm or more of gluten

Concerning oats: all oats cannot be claimed to be "gluten-free"

- oats products with 20 ppm or greater of gluten cannot be claimed to be gluten-free

The FDA is seeking comments and scientific information from the public on the following points:

1. appropriateness of 20 ppm gluten as the proposed threshold level as determined using an ELISA based method.
2. effect the adoption of a lower threshold level would have on individuals with celiac disease and on industry
3. scientific data or other information that addresses the question of whether the adoption of a lower threshold level would be of benefit to individuals with celiac disease
4. effect of a lower threshold level on the availability in the US of foods labeled gluten-free and whether that reduced availability could negatively impact individuals with celiac disease
5. proposal to restrict the types of gluten-free labeling claimsthat can be made for oats

### **Comments will be accepted for 90 days beginning Jan. 23, 2007.**

The site is [www.fda.gov/OHRMS/DOCKETS/98fr/05n-0279-npr0001.pdf](http://www.fda.gov/OHRMS/DOCKETS/98fr/05n-0279-npr0001.pdf)  
or a direct link to the FDA docket can be accessed from the CSA website at

[www.csaceliacs.org](http://www.csaceliacs.org)

Please notice, while this FDA definition uses the ppm limits to DEFINE the product,  
the CSA Recognition Seal tests at 3 ppm to VERIFY  
that the Product, Process and Packaging  
are as "risk-free" as possible for eliminating  
Wheat, Barley, Rye AND OATS,  
their crosses and their derivatives from the diet.

SEE NEXT PAGE FOR A LETTER FROM CSA'S PRESIDENT ELECT.

## **A LETTER FROM CSA'S PRESIDENT-ELECT, BILL EYL**

### **RE: FDA**

There has been a change or rather a clarification on what the FDA is proposing as far as GF labeling is concerned. The FDA has been instructed by the powers that be to come up with a definition of "gluten-free," by 2008. We are guessing that this will include whatever they decide on based upon input from groups like CSA and will also cover a level e.g. 10 ppm or who knows. Once this is done and published in the Federal Register, then it will be up to manufacturers to voluntarily label their products as GF or not. The GF term will still not be mandatory although we are working towards that end.

Mary Schluckebier, Diane Eve Paley, Winnie Feldman Lindauer and myself, will be attending the Digestive Diseases National Coalition's, Public Policy Forum in Washington, D.C. in March. One of the scheduled activities is an opportunity to meet with various members of congress from each attendee's home state. Hopefully, this will give us an opportunity to bring up several of CSA's concerns with regard to product labeling. One of which is the ingredient labeling of generic pharmaceuticals. I am looking forward to this since I've never attended anything like this before, I'm hoping to learn a lot and bring back quite a bit of information to share.

Just a quick reminder, if you have any ideas or concerns that you would like me to bring up to the executive committee, please don't hesitate contacting me either by phone or email.

My home phone is: 303-772-3155 and  
email at either: [billeyl@yahoo.com](mailto:billeyl@yahoo.com) or [presidentelect@csaceliacs.org](mailto:presidentelect@csaceliacs.org)

Bill

### **GF Dinner Night Out**

Our next Dining Night Out

will be in on Friday, April 6, at 6:30 p.m.

Watch for more info via email

or contact Heather H. at

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

### **GF Bread Baking Class at Salud Cooking School**

When: Friday, March 2 2-4:30 p.m.

Instructor: Heather H.

Where: Whole Foods, Ft. Collins

Call Whole Foods for more information

970-267-9200



## **Northern Colorado CEL-KIDS Group Forming!**

We are currently forming a kids group to support children with CD, DH, gluten intolerance, their parents and families! We'd like to plan an activity for the new year. We need your input on how you would like this group to support you and your GF Kids!

To volunteer and help plan activities  
contact Heather H. at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

## **Triumph Dining Guide**

Looking for new restaurants? Traveling? Eating out on business or with friends? Bring this convenient guide anywhere and have instant access to Celiac-friendly restaurants and gluten-free lists.  
*Member recommended!* Check it out today at [www.triumphdining.com](http://www.triumphdining.com)

## **[www.theglutenfreelifestyle.com](http://www.theglutenfreelifestyle.com)**

*This Denver based culinary program hosted the first ever GF Culinary Summit last summer. Check out their web-site to see what's planned for this year! Judy Siple went to the event last year and said it was simply 'extra-ordinary!'*

***Check out a new  
cookbook!***

***Nearly Normal  
Cooking for  
Gluten-Free Eating***

Available at  
[www.amazon.com](http://www.amazon.com)

## **Gluten-Free at Disneyland!**

The following information can be shared with any individual who contacts CSA about dining gluten-free at Disneyland.

Chef Chris Justesen has put together a 3 page document listing all of the gluten-free foods available at Disneyland Resort in California - including hamburgers and hot dogs with Kinnickinnick buns! The list is available at any food outlet by request.

## **A Gluten-Free Summer Camp Opportunity**

There is going to be a gluten-free family camp in New Mexico this summer! All the details are available at [www.intestinalhealth.org/camp](http://www.intestinalhealth.org/camp),

Dates: Sunday July 1 (after lunch) - Friday July 6 (after lunch)

Location: YMCA Camp Shaver, located in the beautiful mountains of Jemez Springs, New Mexico

Food: All food will be organic and healthy as well as gluten-free. Casein-free, yeast-free, soy-free, and egg-free options are available if you have these other food sensitivities.

Activities: YMCA staff provide the athletic and arts activities which include high ropes, wall climbing, hiking, archery, arts and crafts, and organized sports. Dr. Fine from the Intestinal Health Institute will hold round table discussions on nutrition and health and will also provide musical entertainment from his Get On A Mission Of Nutrition health education program.

Price is very reasonable and includes 15 meals plus snacks and lodging in cabins - (see [www.intestinalhealth.org/camp](http://www.intestinalhealth.org/camp))

## *Gluten Free Lecture Series in Denver!*

### *The Art and Science of Gluten-Free Gastronomy*

All lectures are held on Tuesday evenings from 6:30-8:30 p.m.

Come early between 5:30 and 6:30 p.m.  
to enjoy gluten-free delights and explore

The Phipps Mansion at your leisure.

Check out the Denver CSA Group's website for more information.

at <http://www.geocities.com/csadenver17/>

and click on WHAT'S NEW!

**Mark your calendars  
for our Summer Picnic  
Thursday, July 5 at 6:30 p.m.  
Centennial Park Pavilion  
in Loveland.**

### **EVERY LITTLE BIT HELPS!**

Our chapter relies on your donations.  
Look for the donation box at our meetings.

## **REMINDERS**

### **If you have borrowed any cookbooks**

from our chapter's library,  
please return them to Phil K.  
at the next meeting.

If you would like to use them  
for a longer period of time  
please contact him at

[nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)  
to see if anyone else

is waiting for that specific book.

### **2005 Denver-Metro Gluten-Free Product Lists.**

If you would like to buy a copy  
of the product list contact Dave S.  
in Loveland or Judy S. in Fort Collins  
at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

The cost of the products list is \$7.

## **Gluten-Free Oats from Wyoming!**

Join our group order  
for GF Oats this Spring.

The cost is \$10 for each 2 lb. 9 oz. bag.

Place your order by Wednesday, April 11.  
with Heather S.

Order by email [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

**Oats will be available for pick-up  
at the May meeting.**

**For more information about  
the GF Oats, go to  
[www.glutenfreeoats.com](http://www.glutenfreeoats.com)**

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

## ARE YOU A MEMBER OF THE DENVER AND NATIONAL CELIAC SPRUE GROUPS YET?

**Denver Metro Chapter #17 of CSA/USA, Inc.** meets on the first Thursday evenings of Feb., Apr., June, Aug., Oct and Dec. The Denver Chapter offers a bi-monthly newsletter with current information including gluten-free recipes and updates for the Gluten-Free Product List.

The Denver chapter publishes the Gluten-Free Products List book that includes name brand foods, medicine, health products and restaurant information. An active Cel-kids Network provides support for juvenile CS/DH and their families. Visit [www.geocities.com/csadenver17](http://www.geocities.com/csadenver17).

**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 and grain terms.

Visit [www.csaceliacs.org](http://www.csaceliacs.org) or call toll-free (877) CSA-4-CSA.

Copies of the Northern Colorado Gluten-Free Resource Guide which includes restaurants and grocery stores are available at our membership meetings.

If you have a gf-friendly resource not listed in our guide or have updated information please email us the information at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com).

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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