



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

VOL. 4, ISSUE 2
March, 2008

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

CSA/USA, Inc.
#77

Join us — with or without GF bread — 3-6-08

Bite into our GF bread potluck

Members/guests, start your ovens! Bake your favorite gluten-free bread (sandwich breads, rolls, buns, muffins, quick breads, etc.) — made from a mix or scratch — and bring it to our March 6 meeting for a mouth-watering bread potluck and recipe swap. Share your GF baking tips, successes and failures, and brainstorm solutions with other GF cooks.

Who: EVERYONE IS WELCOME with or without bread!
When: 7 P.M., THURSDAY, MARCH 6
Where: ALL SAINTS EPISCOPAL CHURCH,
3448 N. TAFT AVE., LOVELAND, CO 80538

See page 2 For recipe-preparation details

2008-2009 BOARD MEMBERS

CHAIRPERSON

Susan S.

TREASURER

POSITION AVAILABLE, contact

Susan S.

PUBLICITY, KIDS' GROUP & DINING GROUP OUT

Heather H.

NEWSLETTER

Gina M-C

PRODUCT LIST

Dave S.

LIBRARY CUSTODIAN

Phil K.

SECRETARY

Judy B.

MEMBERSHIP

POSITION AVAILABLE, contact:

Gina M-C

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.

Loveland: Dave S.

Greeley: Monica H.

EMAIL ADDRESS nococeliac@yahoo.com

WEBSITE www.northerncoloradoceliacs.org

THANK YOU!

To: Bill Eyl, CSA/
USA president-elect, for a fascinating update at our January meeting. Bill shared news and insights about the 30th Annual CSA Conference held in Tucson, Ariz., last fall.

To: Heather H,
Silly Yak Solutions, for the great gluten-free treats at the January 2008 meeting.

*Mark your calendars for our
May 1, 2008, meeting with
speaker Suzanne Bowland of
Gluten-Free Culinary Productions.
Buy a signed copy of her new book!*

INSIDE THIS NEWSLETTER

- * Picking Up the Crumbs — Bread Potluck Details (Pg. 2)
- * Annual Picnic Set for July 10 (Pg. 3)
- * Two Chapter BOD Members Still Needed (Pg. 3)
- * www.bouldercountyceliacs.org Open for Business (Pg. 3)
- * Fox Ridge Bakeries Join CSA Recognition Seal Program (Pg. 3)
- * 31st CSA National Conference On Tap for Fall in La Vista, NE (Pg. 3)
- * Gluten-Free Cooking Classes (Pg. 4)
- * Gluten-Free Supplies at Fort Collins' New Vita Shack (Pg. 5)

“BAKE & SHARE” BREAD POTLUCK MARCH 6

7 p.m., All Saints Episcopal Church, 3448 N. Taft. Ave., Loveland

Share your favorite GF bread recipes! Please bake and bring a (OK to bring more than one! You need not bring a bread to attend the potluck.) gluten-free bread, such as sandwich bread, rolls, buns, muffins/quick breads, etc., baked **from a mix or from scratch**. No prepackaged products this time. Share your baking tips/tricks with other members. Troubleshoot your baking challenges with board members. Please slice your baked goods for sharing. Water and table settings will be provided. Please note the recipe-card instructions 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 mix/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 night.) Place 1 copy of your recipe with your item at the potluck. Please put remaining recipe copies in the large white envelopes marked “BREAD POTLUCK RECIPES” below your 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 News Bites

Gluten-Free Product List Available

The **NEW 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.) 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 or Judy B. in Fort Collins. The product list is available for purchase at all chapter meetings. **Thank you for choosing to help support the Northern Colorado Chapter #77!**

Don't Miss the May 1 Meeting

Suzanne Bowland, founder/executive producer of GF Culinary Productions, Inc., in Denver, will be our guest speaker at the May meeting. She'll talk about her pet projects: the GF Baking Invitational April 5 and 6 in Denver, the Third Annual Gluten-Free Culinary Summit happening this summer, as well as the new Art & Science of Gluten-Free Gastronomy Culinary Lecture Series presented monthly at the Phipps Mansion in Denver. She'll also be signing copies of her new book, *The Living Gluten-Free Answer Book*, available for purchase at the meeting.

Got Cabin Fever? Think "Annual Gluten-Free Picnic," July 10

Brats in toasted buns. Macaroni salad. Strawberry pie. It's not too soon to be dreaming of the gluten-free summer treats you're bound to enjoy at our Annual Gluten-Free Picnic slated for Thursday, July 10 at Loveland's Centennial Park Pavilion. Mark your calendar now.

Two Openings on Our Chapter Board of Directors

We still need two board members: **Treasurer** and **Membership Director**. For details about the responsibilities of each office, contact Susan S. regarding Treasurer or Gina M-C regarding Membership Director,

Gluten-Free Buzz

New website — www.bouldercountyceliacs.org — serving Boulder, Longmont, Berthoud, and Louisville.

New participant in CSA Recognition Seal Program — **Fox Ridge Bakeries**, specializing in gluten-free cakes and cookies delivered to your door as well as cookie dough. For more information, go to www.foxridgebakeries.com or call 800-669-3350.

New gluten-free magazine on the horizon? — Now even Martha Stewart may be getting into the act. She recently asked website readers/bloggers to vote on the desirability of a new magazine focused on celiac disease and allergies. At last count, the celiac disease/allergy publication had more than 58,000 votes. It's a good thing. Voting ended February 7, 2007. We'll report on the outcome in our next newsletter.

31st CSA National Conference Slated for Fall

The 31st CSA National Conference will be held October 17, 18, and 19 at the Embassy Suites Hotel, in La Vista, NE (near Omaha).

GF Cooking Classes in Northern Colorado

3-1-08 Scents and Sensuality: Cooking Up a Little (Gluten-Free) Romance, 10:30-11:30 a.m., Wonders of Women Conference, Lory Student Center, Colorado State University, Fort Collins. Gina Mohr-Callahan of A Fork in the Road — aforkintheroad@msn.com — evokes all the senses in this playfully delicious class. The menu includes "Stinking Rose Caesar Salad with Garlicky GF Croutons, Jalapeno-Tomato Jam and GF Crostini, and Dark Chocolate-Chile GF Brownies. To register for the all-day conference, call Poudre Valley Hospital Foundation, 970-495-7400, by February 29.

3-1-08 GF Cooking Demonstrations, 9 a.m., Noon, and 1:30 p.m., Wonders of Women Conference, Lory Student Center, Colorado State University, Fort Collins. Gina Mohr-Callahan of A Fork in the Road — aforkintheroad@msn.com presents easy GF treats and GF literature at her display table in the WOW vendor display area. To register for the all-day conference, call Poudre Valley Hospital Foundation, 970-495-7400, by February 29.

3-7-08 Tastes of Tuscany, 5:30-9 p.m., Stir It Up Cooking, Boulder area. Mary Capone of Wheat-Free Gourmet — info@wheatfreegourmet.com — teaches the nuances of authentic Italian cooking in this class. Her menu includes: Antipasto Martini with Parma Cheese Chip, Potato Herb Gnocchi, Flank Steak Braciolo, Capone's Marinara Sauce, and Italian Plum Crostata. To register, call 303-807-0050.

3-12-08 Stir It Up: Beginning Cooking for the Nervous and Unwilling (Gluten-Free), 11-Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — aforkintheroad@msn.com — explores basic culinary techniques and terminology to make novice cooks at home in the kitchen. All dishes are gluten-free. To register, call Poudre Valley Health System, 970-495-7500.

3-22-08 For the Love of Pasta, 2:30-6:30 p.m., Stir It Up Cooking, Boulder area. Mary Capone of Wheat-Free Gourmet — info@wheatfreegourmet.com — remembers the foods of her childhood in this pasta-making class. Her menu includes: Rosemary Focaccia, Wheat-Free Gourmet's Basil Linguini with Fresh Clam Sauce and Capone's Lobster Sauce, and Sweet Polenta Cake. To register, call 303-807-0050.

4-16-08 Wild Flours: Gluten-Free Baking Basics, 11-Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — aforkintheroad@msn.com — introduces a bouquet of gluten-free flours in this GF baking primer for beginners. The menu may include Rosemary Chive Focaccia with Olive Oil, Chocolate Ricotta Muffins, and Oatmeal Walnut Cookies. To register, call Poudre Valley Health System, 970-495-7500.

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.

No liability is assumed for the use of this information by Northern Colorado CSA Chapter #77. All information has been collected and/or generated for the benefit of members and other interested parties. Products and services outlined or omitted do not receive any endorsement by the national organization or local chapter. Information on product formulation can change at any time. Always consult the manufacturer.

Weigh in on NIH Commission's Report on Digestive Research

To ensure that the long-range research plan for digestive diseases — developed by the National Commission on Digestive Diseases — reflects the research priorities of the entire digestive-diseases-research community, **you are invited** to comment on a draft report of ***“Opportunities and Challenges in Digestive Diseases Research: Recommendations of the National Commission on Digestive Diseases.”*** Your comments on this important document will help guide the direction of National Institutes of Health-supported digestive disease initiatives for the next decade.

In July 2005, Dr. Elias A. Zerhouni, Director of the National Institutes of Health (NIH) chartered the National Commission on Digestive Diseases. The Commission's mission was to conduct an overview of the state-of-the-science in the field and **to develop a digestive diseases research plan** consistent with the NIH's research mission. The Commission has been developing the research plan since the Commission's initial meeting June 12, 2006. The plan will eventually be submitted to the NIH Director and to Congress. **The deadline for comment on the draft report of the plan is March 8, 2008.**

You can easily gain access to the draft report, the Celiac Sprue Association comments in support of the committee, and a sample letter for members to submit at

<http://www.csaceliacs.org/DigestiveDiseasesResearchANNOUNCEMENT.php>

This NIH committee report and your comments will influence research directions and funding. The CSA supports increased funding for NIH and encourages researchers to submit quality research proposals. A decreasing number of celiac-disease-research proposals have been submitted to the NIH since the NIH Consensus Development Conference on Celiac Disease in June of 2004.

Gluten-Free Goods Available at New Fort Collins Vita Shack

Old Town Fort Collins has a new gluten-free “go to” spot: The Vita Shack — 346 W. Mountain Ave., Suite B. Owned by Michele Zahakis, the newly opened store specializes in vitamins and personal-care items as well as gluten-free/wheat-free products from several companies, including Pioneer (gluten-free supplements), Ener-G Foods, Namaste, Pamela's, Gluten-Free Pantry, Tinkyada, Quinoa Harvest, and items from Colorado Springs bakery Outside the Breadbox.

Zahakis says she plans to open an organic juice bar and gluten-free candy shop in the store in mid-March. The Vita Shack hours are 8 a.m. to 7 p.m., Monday through Friday, and 10 a.m. to 6 p.m., Saturday and Sunday. For more information, contact The Vita Shack, 970 689-3036. **CSA members receive a 10 percent discount!**