



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

VOL. 5, ISSUE 2
March, 2009

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

CSA/USA, Inc.
#77

*Mary Capone makes just desserts at the **March 5** meeting*

How Sweet (and GF) It Is!

Discover how sweet a Colorado spring can be at our March 5 meeting. Boulder cooking teacher/author Mary Capone — the Wheat-Free Gourmet — demonstrates how to make GF dessert crepes and shares the results with attendees! She'll also sell/sign her new cookbook, *Gluten-Free Italian: Classic Cuisine from the Italian Countryside*. Don't miss this fun/delicious event.

Who: EVERYONE IS WELCOME
When: 7 P.M., THURSDAY, MARCH 5
Where: ALL SAINTS EPISCOPAL CHURCH,
3448 N. TAFT AVE., LOVELAND, CO 80538

Gluten-free treats provided by Mary Capone, Boulder, Colo., and Chebe Bread Products, Spirit Lake, Iowa

2008-2009 BOARD MEMBERS

CHAIRPERSON

Susan S.
nococeliac@yahoo.com

PUBLICITY

POSITION AVAILABLE

NEWSLETTER

Gina M-C
nococeliac@yahoo.com

PRODUCT LIST

Dave S.
nococeliac@yahoo.com

LIBRARY CUSTODIAN

Phil K.
nococeliac@yahoo.com

SECRETARY

Judy B.
nococeliac@yahoo.com

MEMBERSHIP

Kat L.
nococeliac@yahoo.com

TREASURER

POSITION AVAILABLE

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.
Estes Park: Kat L.

EMAIL ADDRESS nococeliac@yahoo.com

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

THANK YOU!

To: Greeley/ Loveland physician Peter Witt, M.D., for the informative Q&A at our January meeting. We appreciated the presentation.

To: Outside the Breadbox, Colorado Springs, for the yummy GF breads at our January meeting.

Share your latest gluten-free experiences at our **May 7** meeting/ round-table discussion of GF restaurants, products, services, and more. Don't miss it!

Inside This Newsletter

- * Chapter Members Mourn Doris Ekedahl, 1929-2009, Pg. 2
- * Share Your Knowledge: Join Our CSA Board, Pg. 2
- * 2009 Diabetes Expo March 7 in Denver, Pg. 3
- * Are You a Restaurant Critic?, Pg. 3
- * GF Cooking Classes, Pg. 4

Disclaimer: CSA Chapter 77 and the national CSA do not endorse the products, services, information, or opinions expressed in this newsletter and assume no liability for use of products/information. Verify all information before applying it to your situation.

Chapter Members Mourn Doris Ekedahl, 1929-2009

Longtime CSA Chapter 77 member Doris Ekedahl passed away Jan. 14, 2009. She was 79. Doris was born July 11, 1929, in Malta, Mont., to Mary (Jorgensen) and James Miller. She married LeRoy Ekedahl Oct. 9, 1948 in Malta, and the couple eventually moved to Atlanta, Georgia, where they lived 22 years. In 1995, Doris and LeRoy relocated to Fort Collins.

Doris was an active member of our CSA Chapter 77 and a member of the Fort Collins Trinity Lutheran Church, where she led the Naomi-Ruth Circle. She was also a Silver Life Master bridge player and a member of the Northern Colorado Bridge Association. She had many hobbies and enjoyed golf, tennis, shopping, painting, and traveling.

Doris is survived by husband LeRoy of Fort Collins (also a CSA Chapter 77 member); son Andy and wife Cindy of Eden Prairie, Minn.; daughter Jody Eckes and husband Dennis of Sinclair, Wyo.; brother Clifford Miller of Stevensville, Mont.; two granddaughters Lindsey Woznick of Cheyenne and Kelly Eckes of Laramie. Doris Ekedahl's parents and brother Harold Miller preceded her in death. A memorial service for Doris was held January 17 at Trinity Lutheran Church.

Memorial contributions may be made to the Celiac Sprue Association, P.O. Box 31700, Omaha, NE, 68131-0700, 877-CSA-4-CSA. Please note contributions are "In Memory of Doris Ekedahl of Fort Collins, CO." (Because of the Ekedahl family's generosity, our chapter directly benefits from a portion of your contributions.)

Help Us Update the GF Resource Guide: Plan to Share Your Experiences May 7

Put on your gluten-free thinking caps. Our board has begun updating our chapter's *Gluten-Free Resource Guide*, but we need your help. Come to the May 7 meeting ready to discuss your latest gluten-free finds: restaurants, products, services, and more. We'll share our discoveries at that meeting's round-table discussion. Our goal is to have the updated *Gluten-Free Resource Guide* available at our September 3 meeting.

Share Your Knowledge; Join Our CSA Chapter 77 Board

As we navigate the gluten-free life, we gain knowledge and experience. We all have much to share with one another. If our CSA meetings and camaraderie have helped you on the gluten-free path, please consider sharing your knowledge: join our chapter board of directors! The commitment is relatively minor, but it can make a major difference in the lives of hundreds of people. There are currently three board positions available:

Treasurer: Term starts immediately — Treasurer manages chapter expenses/maintains financial records.
Publicity Coordinator: Term starts immediately — Publicity coordinator writes and sends brief electronic meeting announcements to local media and Denver chapter.
Chairperson: Term starts 8/09 — Chairperson conducts general membership meetings, schedules and conducts board meetings. Our future success depends on volunteer help. For more information about joining our chapter's board of directors, contact Susan S.

nococeliac@yahoo.com.

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 <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.

Disclaimer: CSA Chapter 77 and the national CSA do not endorse the products, services, information, or opinions expressed in this newsletter and assume no liability for use of products/information. Verify all information before applying it to your situation.

New Products Hit Shelves at Granny's Gluten-Free Zone

The joint's jumping at Granny's this spring, 4916 W. Eisenhower Blvd., Loveland. Just in time for the onset of BBQ season, Outside the Breadbox (gluten-free bakery in Colorado Springs) continues to make its weekly delivery by 2 p.m., Thursdays, with a variety of GF products, including hamburger and hotdog buns. And, Granny's now has GF biscotti and Colorado-made High Country GF mixes manufactured in a dedicated GF facility. For more information, contact Granny's, 970 669-9986, <http://www.grannysglutenfree.com>.

Are You a Restaurant Critic?

Don't hold back. Tell us what you really think. We're looking for opinionated writers to pen restaurant/product reviews of eateries (where you've had gluten-free meals) and gluten-free products. If you're dying to give us a piece of your mind, this is your chance. Reviews should be 350 to 500 words. We may edit the piece for length and style, as needed. For more information, contact Gina M-C, newsletter editor, nococeliac@yahoo.com.

Beau Jo's Pizza Offers Wheat-Free Wednesdays

Every Wednesday, Beau Jo's Pizza, 100 N. College Ave., offers a gluten-free pizza and one trip to the salad bar for \$12.99. Pizza crusts are made by Deby's Gluten-Free Bakery (aka 8 Free Foods). For more information, visit <http://www.beaujos.com>.

Recipe Request

One of our members is looking for a gluten-free "Pop Tart"/toaster pastry recipe. If you've got one to share, contact Gina M-C, nococeliac@yahoo.com.

2009 Diabetes Expo Slated for March 7 in Denver

Experts believe that as many as 16 percent of people with Type I diabetes also have celiac disease. The two diseases share many of the same genetic markers. To educate the public about these two autoimmune diseases, the Celiac Sprue Association and the Denver Metro CSA Chapter are cosponsoring the 2009 Diabetes Expo from 9 a.m. to 4 p.m., Saturday, March 7, at the Colorado Convention Center, Exhibit Hall F, 700 14th St., Denver. Admission is free. For more information, check out <http://www.diabetes.org/DenverEXPO>.

National CSA Donations Educate U.S. Physicians

Last month, the Celiac Sprue Association initiated an ambitious physician-education program — the CSA-PEP (CSA Celiac Disease and Gluten-Sensitivity Physician Education Program). The CSA-PEP will provide more than 70,000 physicians and medical students with the tools they need to quickly and successfully diagnose/treat celiac patients.

For a gift of \$70, you can receive a CSA-PEP packet for your physician. All CSA donations are fully tax-deductible. Check with your employer about donation-matching programs. For more information, contact the National Celiac Sprue Association, P.O. Box 31700, Omaha NE, 68131-0700, 877-CSA-4-CSA, <http://www.csaceliacs.org>.

Disclaimer: CSA Chapter 77 and the national CSA do not endorse the products, services, information, or opinions expressed in this newsletter and assume no liability for use of products/information. Verify all information before applying it to your situation.

Cooking Classes in Northern Colorado

3-12-09 Gluten-Free Comfort Food — 11-Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — <http://www.glutenfreefork.com> — teaches you how to comfort yourself and your family with healthy and yummy gluten-free comfort foods to loosen winter's final grip. Her menu may include: Goopy Gluten-Free Mac and Cheese, Fiesta Pork Meatloaf, Tamale Pie, and Berry Cobbler. To register, call 970 495-7500 or go to <http://www.pvhs.org>, click on Health and Wellness, then Classes & Events. Cost: \$10.

3-14-09 Gluten-Free Thai Cuisine — 2-6 p.m., Mary's Kitchen, Gunbarrel, CO. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — takes you on a journey through Thailand. You'll discover the delectable spices and savory sauces of the Orient and learn how to combine fresh chile powder, make homemade curry paste and tangy peanut sauce. Her menu includes: Chicken Satay Skewers with Peanut Sauce, Eggplant Tofu Coconut Milk Curry, Crispy Noodles, Traditional Pad Thai, and Coconut Ice Cream with Fried Plantains. To register, call 303 807-0050 or email info@wheatfreegourmet.com. Cost: \$95.

4-9-09 Gluten-Free and Green — 11-Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — <http://www.glutenfreefork.com> — helps you celebrate spring with a nod to the "greens of the season": spinach, early lettuces, young herbs, and more with new gluten-free twists on fresh salads and dressings. Gluten-free samples and recipes included. To register, call 970 495-7500 or go to <http://www.pvhs.org>, click on Health and Wellness, then Classes & Events. Cost: \$10.

Many Happy Returns

It's working! You're using our library and returning your books on time. We can't thank you enough. Check out our new titles at the March 5 meeting.

Here's to Unsung Hero Travis R.

If you've ever used our chapter's website — <http://www.northercoloradoceliacs.org> — you've met Travis R., or at least you've encountered his work. Travis generously volunteers his time to regularly update our chapter's website. Thanks for all you do, Travis.

2009 Gluten-Free Product List Tentatively Scheduled for Publication by June 2009

The Denver Metro Chapter is feverishly working to finish the 2009 edition of the *Denver Metro Chapter Gluten-Free Product List*. We're hoping the new edition will be available by our chapter's July 9 Gluten-Free Picnic. In the interim, our chapter still has some copies of the 2007 edition of the *Denver Metro Chapter Gluten-Free Product List*. We sell the list for \$9, but you can also purchase the product list at Denver Chapter meetings for \$7. It is also available by mail for \$10. (Contact Don Smith at 303-794-7258.)

Our chapter uses the extra \$2 to 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!**

Got News? Mark Your Calendars for Newsletter Deadlines

We need your news items for our newsletter. The deadline for submitting news items is the **15th of the month before our next meeting**. For example, our next meeting is in May. The corresponding newsletter deadline is April 15 (Dec. 15, Feb. 15, April 15, June 15, Aug. 15, Oct. 15). Send your items to: nococeliac@yahoo.com.

Disclaimer: CSA Chapter 77 and the national CSA do not endorse the products, services, information, or opinions expressed in this newsletter and assume no liability for use of products/information. Verify all information before applying it to your situation.