



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

VOL. 6, ISSUE 2
March, 2010

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

CSA/USA, Inc.
#77

Gastroenterologist to Speak at March 4 Meeting

Set Your GF Compass on True North

March 4, the gluten-free path points north as Loveland gastroenterologist Dr. Crystal North presents "A Fresh Look at the Diagnosis and Treatment of Celiac Disease" at our chapter meeting. She joined the Loveland Centers for Gastroenterology in 2009. Her special interests include celiac disease and nutrition.

Who: EVERYONE IS WELCOME
When: 7:00 P.M., THURSDAY, MARCH 4
6:30 p.m. Small Group Meeting for the newly diagnosed
Where: ALL SAINTS EPISCOPAL CHURCH,
3448 N. TAFT AVE., LOVELAND, CO 80538

*Gluten-free treats will be provided by Shabtai Gourmet and Free Choice Foods.

2010 BOARD MEMBERS

CHAIRPERSON

Gina M.C.
nococeliac@yahoo.com

TREASURER

Linda R.
nococeliac@yahoo.com

SECRETARY

Judy B.
nococeliac@yahoo.com

PUBLICITY

Betty L.
nococeliac@yahoo.com

NEWSLETTER/MEMBERSHIP

Heather S.
nococeliac@yahoo.com

PRODUCT LIST

Dave S.
nococeliac@yahoo.com

LIBRARY CUSTODIAN

Phil K.
nococeliac@yahoo.com

ADVISOR

Susan S.

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 Heather Stenner at nococeliac@yahoo.com

CONTACTS FOR NEW MEMBERS

Fort Collins: Judy B. 970-493-9674
Loveland: Dave S. 970-669-4233
Greeley: Monica H. 970-339-8465
Estes Park: Kat L. 970-214-4740

EMAIL ADDRESS nococeliac@yahoo.com

WEBSITE www.northerncoloradoceliacs.org

Many Thanks!

TO: Bill Eyl, for his presentation on the state of the CSA Union.

TO: Everyone who helped us with set-up & clean-up at the January meeting.

TO: 1-2-3 Gluten-Free for donating goodies for our January meeting.

TO: Judy B. & Heather S. for baking up the 1-2-3 Gluten-Free treats at the January meeting!

NEXT MEETING

May 6, 2010 7 p.m.
Jason Barker, ND, will give us a naturopathic physician's perspective on celiac disease at our next meeting.

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Gluten-Free Food Donation Box Finds New Home at CSA Meetings

Now that the House of Neighborly Service (565 N. Cleveland Ave., Loveland) is accepting gluten-free donations, our chapter board has placed a Gluten-Free Food Donation Box near the entrance to our CSA meetings. Please bring your nonperishable gluten-free food donations to our meetings, and one of our board members will take them to Loveland food bank. Thank you!

Young Adult Gluten-Free Group “MEET-UP & EAT-UP”

Exploring gluten-free restaurants, swapping recipes, doing product reviews, and having lots of fun.

That's what's on the agenda for upcoming meetings of the Young-Adult Gluten-Free Group (ages 13-30).

Our next Meet Up: Sunday, March 28th 2 p.m. at Half Moon Bay Coffee Company (Harmony & Lemay - next to Ace Hardware)

Bring copies of your favorite gluten free recipe to share with everyone (or more if you have too many to choose!)

No pressure to bring samples...but we won't turn them down! Hope to see you there!

Contact Alyssa Serchia at alyssa.serchia@yahoo.com or call her at (970) 420-9526. Alyssa will also be at the March 4th meeting, so anyone interested in being a part of our young adult group please find her and say hi! She would love to get to know you.

This week, the group is launching a new website, featuring past, present and future Meet Up & Eat Up adventures as well as valuable links and information about living gluten free. Please keep checking up on it, as it will be expanding a lot over the next several weeks. This will be a great place to get to know some of our members and keep track of what we're up to next.

Check it out at www.GFMeetUpandEatUp.wordpress.com!

Cel-Kids Group Seeks Parent Leader Pssst. Can you spare a little time?

NEEDED
CEL-KIDS
GROUP
LEADER

We have a number of families with celiac kids in our CSA group, and they're all saying: “Take us to our leader.”

What's involved in leading the Cel-Kids Group? Parents of celiac kids (ages toddler to 14) choose monthly or bimonthly meeting dates, times, and activities, including gatherings in homes or outings at restaurants, parks, GF picnics, etc. You name it! You're only bound by your imagination!

Interested in organizing/leading our CSA Chapter 77 Cel-Kids Group?

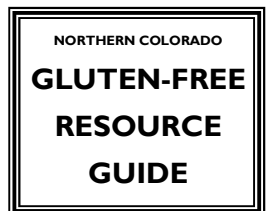
Call or email chairperson Gina Mohr-Callahan, 970-482-9091 or nococeliac@yahoo.com

Chapter Gluten-Free Resource Guide Needs Volunteers

We all want a definitive guide for gluten-free food and other products in our area, but it takes time to update the Gluten-Free Resource Guide.

We'd like to have an updated guide ready for distribution by the picnic on July 8. Can **YOU** help us update the guide?

Contact chairperson Gina Mohr-Callahan at 970-481-9091 or nococeliac@yahoo.com.



West Loveland Member Looking For a Ride to Our Meetings

A chapter member residing in the Carter Lake Reservoir area needs a lift to/from our meetings. If you can help, please contact us at nococeliac@yahoo.com.

Important Note to Vendors

Interested in bringing product samples to chapter events?

Contact our board of directors in advance for approval, at nococeliac@yahoo.com



Gluten-Free Support Group Organizing in Greeley

New to the gluten-free lifestyle and need information in the Greeley area? Experienced at gluten-free living and want to share your knowledge? Greeley-based Monica Hupalo is hosting a Celiac/Gluten-Free Support Group organizational meeting in Greeley. According to Monica, CSA affiliation is pending.

Date: Wednesday, March 17, 2010

Time: 5 to 7 p.m.

Location: Centennial Library Meeting Room, 2227 23rd Ave., Greeley

“Please come with your ideas on how we can be a group that will help new and experienced people on a gluten-free diet stay abreast of information and resources,” requests Monica. Feel free to bring your own snacks and water, but please clean up. For more information contact: Monica at hupalo@comcast.net or 970-339-8465. Or, contact Diane Cell, 303-746-9789.

Rustic Ovens Offer PSD Employee Discounts Tuesdays

The Fort Collins Rustic Oven Restaurants provide a gluten-free menu and offers PSD employees and one guest (employee ID required) a 15% discount every Tuesday. www.rusticoven.com

Discount valid at both Rustic Oven locations: Old Town, 123 N. College Ave. 482-6500 and Harmony Road 2350 E. Harmony Road 226-2300

GF Cooking Classes in Northern Colorado

3-3-10 – Gluten-Free Gifts from the Garden: Cooking with Herbs – 11:30 a.m. to 12:30 p.m., High Plains Environmental Center, 1854 Piney River Drive, Loveland. Gina Mohr-Callahan, of A Fork in the Road – <http://www.glutenfreefork.com> – rediscovers old herbal favorites, fresh and dried, and explores some new ones as we prepare for growing season with unusual dishes that celebrate the coming spring. To register, go to <http://classes.pvhs.org> and click on “Printable Registration Form,” print it, complete it, and email/U.S. Mail it with payment to address on form. For more information, contact PVHS, 970 495-7500. Gluten-free samples and recipes included. Cost: \$10.

3-24-10 – Great Gluten-Free Beginnings: Healthy GF Breakfasts – 11 a.m. to 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 make the most of the first meal of the day with yummy options like buckwheat grits, quinoa hash browns, crepe scrambles, and carrot cake muffins. To register, go to <http://classes.pvhs.org> and click on “Printable Registration Form,” print it, complete it, and email/U.S. Mail it with payment to address on form. For more information, contact PVHS, 970 495-7500. Gluten-free samples and recipes included. Cost: \$10.

4-14-10 – Gluten-Free Myth Busters: Unraveling Misconceptions about the GF Life – 11 a.m. to 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> – debunks common gluten-free myths, separates fact from fiction, and whips up some gluten-free dishes you never thought you could eat. To register, go to <http://classes.pvhs.org> and click on “Printable Registration Form,” print it, complete it, and email/U.S. Mail it with payment to address on form. For more information, contact PVHS, 970 495-7500. Gluten-free samples and recipes included. Cost: \$10.

The 2009 edition of the *Denver Metro Chapter GF PRODUCT LIST* is now available!

Product lists are available at the Denver Chapter meetings for \$7. They are also available by mail for \$10. Contact Don Smith 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 Shaw in Loveland at 970-669-4233 or Judy Bushnell in Fort Collins at 970-493-9674.

And remember....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 These Newsletter Deadlines On Your Calendar

To be included in the May newsletter, we need your newsletter items by April 15.

(For future meetings the deadlines are June 15, Aug. 15, Oct. 15 and December 15.)

Send your items to Heather at nococeliac@yahoo.com

Granny's Gluten-Free Zone Expands GF Bread Options

A new lighter, fluffier ***Outside the Breadbox*** Brown Rice Bread is expected to hit the shelves at Granny's Gluten-Free Zone, 3419 W. Eisenhower Blvd., Loveland, by mid-February as well as a new oat Kaiser roll great for sandwiches, says Granny's owners Donna and Olan Huckaby.

Canyon Bakehouse breads are already in stock, and Saturday, March 13, the Canyon Bakehouse baker will be in the store to demonstrate some of their artisan breads.

On Mondays Stephanie, from ***Nunna the Gluten***, delivers her gluten-free sourdough bread and sweet treats on Thursdays.

Donna and Olan say: "Thanks for your support since we have moved to our new location." For more information, contact the Huckabys at <http://www.grannysglutenfree.com> or 970 669-9986.

Gluten-Free Travel Site Offers Guidance to Celiacs

Planning a trip? Check out <http://www.glutenfreetravel.com>

New Restaurant Offering Gluten-Free Menu in Fort Collins



NOW OPEN!

The owners of Mancino's Pizza and Grinders have opened Bamba-Ritos at 2427 S. College Ave.. It's a casual burrito shop with gluten-free options. Bamba-Ritos is located next to Mountain Mist Spas, right behind the Inca Restaurant. For more information, call 970 484-RITO or go to <http://www.bambaritos.com>

Looking for a gluten-free summer camp?

There are numerous gluten-free camps offered all across the country every summer! Log on to this website to see the options.

<http://celiacdisease.about.com/od/raisingaglutengfreechild/tp/SummerCamps.htm>

Our chapter is part of the **National Celiac Sprue Association/USA** in Omaha, Nebraska. They publish 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, grain terms and an expanded glossary.

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.