



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

VOL. 3, ISSUE 2
May, 2007

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

CSA/USA, Inc.
#77

JOIN US FOR OUR NEXT MEETING

WHAT: General Membership Meeting
WHEN: Thursday, May 3 at 7:00 p.m.
WHERE: All Saints Episcopal Church
3448 N. Taft Avenue Loveland, CO 80538

Our presentation will be
Table Talk: A Gluten-Free Cooking Teacher
Shares Eight Years of Picks and Pans.

Gina Mohr-Callahan, from A Fork in the Road, will talk about the many GF products out there, the ones she has tried over the years, and her favorites and not-so-favorites. Gina will bring some examples of her favorites: cake, cookies and maybe even a pasta salad!

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
Send an email to Heather S. at
nococeliac@yahoo.com

CONTACTS FOR NEW MEMBERS

Fort Collins: Judy Siple 970-493-9674
Loveland: Dave Shaw 970-669-4233
Greeley: Monica Hupalo 970-339-8465

EMAIL ADDRESS nococeliac@yahoo.com

WEBSITE www.northerncoloradoceliacs.org

Thank you
to Mary Capone,
the Wheat Free
Gourmet,
for sharing
her goodies
with us
at the last
membership
meeting.

A great time
was had
by all!



2005-2007 BOARD MEMBERS

CHAIRPERSON

Susan S.

PROGRAM FACILITATOR

KIDS GROUP & DINING GROUP OUT

Heather H.

NEWSLETTER & MEMBERSHIP

Heather S.

PRODUCT LIST

Dave S.

LIBRARY CUSTODIAN

Phil K.

ADVISOR

Judy S.

SECRETARY -Vacant **TREASURER -Vacant**

*THANK YOU HEATHER B.
for having volunteered your time
to serve on the Board
and help Chapter #77!*

**Mark your calendars for our
Annual GF Potluck Picnic
July 5, 2007**

**Centennial Park Picnic Pavillion
Loveland 6:00 p.m.**

INSIDE THIS NEWSLETTER

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The 2005-2007 Board term ends in May! We are *still* in need of enthusiastic members who are interested in helping their fellow celiacs. We need to be able to fill *all* board positions so that we can continue to offer support to the group!

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 interested in joining the board, please contact Susan S. at nococeliac@yahoo.com

GF Dinner Night Out Our next Dining Night Out will be in the Fall.

The FDA is requesting feedback from consumers on their proposed definition of gluten-free. The Docket can be accessed from the CSA website at www.csaceliacs.org Comments will be accepted until April 23, 2007.

Gluten-Free Oats from Wyoming!

If you were a part of the group order this Spring, your oats will be available for pick-up at the May meeting. Contact Heather S. at nococeliac@yahoo.com

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 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 . The cost of the products list is \$7.

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

Northern Colorado CEL-KIDS Group Forming!

There will be an informational meeting for the Cel-kids group at 4:30 pm on 4/27/2007 at 217 Pine Street. Old Town Martial Arts and Heinsight solutions has kindly offered to allow us to use their space for this meeting.

The purpose of this meeting will be to process some information and collect opinions regarding the direction of the group, how often you would like to meet, and what days/times/etc will work for those interested in attending.

If you have any questions please contact me at nococeliac@yahoo.com.

If you are not able to attend the meeting, but would like to be contacted in the future please let me know.

Heather H.

Updates: Northern Colorado GF Resource Guide

Thanks to the help of chapter members the *Northern Colorado GF Resource Guide* continues to provide a listing of a variety of gluten-free options in Northern Colorado and the Denver Metro area. The guide contains a listing of restaurants that can provide gluten-free meals, many of which also have gluten-free and/or allergy sensitive menus and/or ingredient lists. The list also includes GF bakeries, GF support resources, GF friendly grocers, GF beer and GF friendly liquor stores. For your reference the menus and all information are compiled in a notebook that is available at Chapter meetings. Copies of the guide are available at meetings and will continue to be updated in our newsletters.

Bonefish Grill GF Menu www.bonefishgrill.com

*10438 Towncenter Drive Westminster, CO 80921 (303) 423-3474

*8100 West Crestline Ave., Unit F Littleton, CO 80123 (303) 948-3474

*Loveland restaurant opening in the Summer of 2007!

Taco Del Mar GF Ingredients list on www.tacodelmar.com

*1823 East Harmony Road Fort Collins, CO 80528 (970)372-5876

*1205-F West Elizabeth Fort Collins, CO 80521 (970) 224-4790

Enzio's Italian Kitchen GF Menu, Dairy-Free Menu www.enzios.com

126 West Mountain Avenue Old Town Fort Collins, CO (970) 484-8466

Poppy's Pizza & Grill* GF Items

342 Elkhorn Avenue, Estes Park, CO 80517 (970) 586-8282 *Talk with the owner.

The Melting Pot GF Information www.themeltingpot.com (970) 207-0100

334 East Mountain Avenue Fort Collins, CO 80524 (Old Town)

Franchises and employees now have access to information so that they can become more aware of Celiac Disease and help guests enjoy the fondue experience gluten-free. Information is available from the Franchise Support Center at 1-800-783-0867 or contact the Fort Collins Melting Pot directly.

GF BEER Redbridge from Anheuser-Bush GF Beer is now available!

Are you a member yet? Now's the time to join!

Celiac Sprue Association has announced a contest.

Chef, Aaron Flores, has announced a contest for CSA chapters, in the spirit of 'Celiacs Helping Celiacs' and to celebrate CSA's landmark 30th Annual Conference.

The CSA chapter that recruits the most new CSA members (over and above 25 people for the year 2007) **will win a buffet dinner for a maximum of 150 people!**

Chef Aaron will work with a local restaurant to adapt a celiac style menu. He will also be there to help celebrate in January or February 2008.

Let's win the dinner! What a treat that would be for all of us.

If you are newly diagnosed, be sure to join soon.

And there are a lot of folks already on our roster who haven't signed up with the national organization yet. Sign up today and make it count for all of us!

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 often!*) and grain terms.

Visit www.csaceliacs.org or call toll-free (877) CSA-4-CSA.

GF Cooking Classes In Our Area

Whole Foods Salud Cooking Class "Let's Bake Gluten-Free"

Saturday, April 21, 2007 9:30 a.m. -12 Noon \$25 (Limit: 24 Students)

Heather H., a Salud! Favorite and owner of Silly Yak Solutions, a resource for celiacs and individuals with food allergies and sensitivities, in exploring the joy of home baked gluten-free baking. This class is vegetarian friendly. Menu will include: Pumpernickel Rye Bread, Sun-dried Tomato and Cheese Bread, Cheddar Cheese Biscuits and Sesame French Bread.

GF Cooking Class "Spring Cakes and Fancy Desserts" - Wheat Free Gourmet Cooking Class

Saturday, April 21st, 2007 2:00-6:00 p.m. Where: Stir It Up Cooking, Boulder \$75

Our menu includes: Cherry Almond Teacakes, Carrot Walnut Cake with Orange Blossom Buttercream, Chocolate Dream Cake with Raspberry Ganache Filling and our award winning Luscious Lemon Coconut Bars. Dairy Free participants welcome.

For reservation and information visit www.wheatfreegourmet.com or call 303-807-0050.

The Bread Also Rises The Art of GF Bread-Baking Phipps Mansion GF Series

May 15, 2007 6:30-8:30 p.m. Featuring Carol Fenster, PhD. Along with Executive Chef Ellise Wiggins Panzano Call 303-368-9990 for more information. Tours of the mansion and GF delights available at 5:30 p.m.

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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