



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

VOL. 4, ISSUE 3
May, 2008

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

CSA/USA, Inc.
#77

GF food aficionado Suzanne Bowland joins us May 1

Speaking from Experience

Denver author and gluten-free entrepreneur Suzanne Bowland — GF Culinary Productions, Inc., — will talk about trail-blazing the GF food movement, including her GF Culinary Summit, GF Baking Invitational, GF Gastronomy Lecture Series, and writing her new book, *The Living Gluten-Free Answer Book*. Don't miss this unique event. Ms. Bowland will sign copies of her book!

Who: EVERYONE IS WELCOME

When: 7 P.M., THURSDAY, MAY 1

Where: ALL SAINTS EPISCOPAL CHURCH,

3448 N. TAFT AVE., LOVELAND, CO 80538

GF TREATS TO BE PROVIDED BY: Michele Zahakis of The Vita Shack

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. 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

THANK YOU!

To: Everyone who attended our GF Bread Potluck in March.

To: Heather H. of Silly Yak Solutions and Gina M-C. of A Fork in the Road for fielding GF baking questions.

To: Alexandra W. and Kat L. for joining our CSA Chapter 77 Board of Directors.

2008-2009 BOARD MEMBERS

CHAIRPERSON

Susan S.
nococeliac@yahoo.com

TREASURER

Alexandra W.
nococeliac@yahoo.com

KIDS GROUP &

DINING OUT GROUP

Heather H.
nococeliac@yahoo.com

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

Mark your calendars. . .

Annual Gluten-Free Picnic

July 10, 2008

6:30 p.m. Centennial Park Pavilion

1st and Taft, Loveland (enter on 1st)

INSIDE THIS NEWSLETTER

- * Meet Our New Board Members (Pg. 2)
- * Annual GF Picnic Set for July 10 (Pg. 2)
- * Gluten-Free Lifestyle Newsletter Debuts (Pg. 2)
- * CSA May Assist with Insurance Denials Post-CD Diagnosis (Pg. 2)
- * Updates to the Gluten-Free Resource Guide Due July 10 (Pg. 2)
- * Granny's Gluten-Free Zone Expands Inventory, Again (Pg. 3)
- * Gluten-Free Cooking Classes (Pg. 3)
- * Gluten-Free Travel Website Launches (Pg. 3)

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 Smith at 303-794-7258.) 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 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!**

Meet Our New Board Members:

Alexandra W. and **Kat L.** have recently joined the CSA Chapter 77 Board of Directors. Alexandra is our new treasurer, and Kat is our new membership coordinator. Introduce yourselves to them at the May I meeting. Welcome to the Board Alexandra and Kat!

Annual GF Picnic Set for July 10

Summer's just around the corner. Plan to attend the CSA Chapter 77 annual GF picnic, 6:30 p.m., July 10, at Centennial Park Pavilion, 1st and Taft (enter on 1st St.), Loveland. Please bring a GF dish (and recipe) to share, your own table service, and beverage. Water will be provided. Look for our chapter's cool new banner on the pavilion! Watch for the recipe card and details in the July newsletter.

Insurance Questions/Concerns after CD Diagnosis?

Need help navigating the maze of insurance questions/denials after a celiac-disease or dermatitis-herpetiformis diagnosis? Celiac Sprue Association Executive Director Mary Schluckebier may be able to help, 877-272-4272.

Volunteer Needed to Chair Spring 2009 GF Fair Interested in coordinating the Northern Colorado Gluten-Free Fair? Please contact Susan S. or nococeliac@yahoo.com.

General Mills Rice Chex Cereal Goes GF

Cereal giant General Mills has made its famous cereal GF. Watch for "gluten-free" on the new boxes now available at most markets.

All the gluten-free news that's fit to print

Bi-Monthly Gluten-Free Lifestyle Newsletter Debuts

Living the gluten-free life can be challenging, but Kat Ludlam's new bi-monthly publication, *Gluten-Free Lifestyle Newsletter*, promises to be a refreshing resource for gluten-intolerant people. The informative newsletter includes articles on GF living, GF recipes and product reviews, reviews of GF books, business profiles, a kid's corner, reader submissions, and more.

Subscription Special for Noco CSA Members

The regular subscription cost is \$12 annually for the electronic version (PDF) or \$24 annually for the hard copy. Kat accepts checks and PayPal. Through May 15, our chapter members can choose an electronic subscription to the newsletter for \$9 the first year — a 25 percent savings.

Email katludlam@gmail.com to subscribe or to request your free introductory copy (PDF). Include "GF Lifestyle Newsletter" in the subject line. Or, call Kat at 970-214-4740 to request a free hard copy or to subscribe.

Get Your Updated GF Resource Guide July 10

Have you found a great new GF restaurant, service, or product?

Send your ideas to:

nococeliac@yahoo.com, and we'll include them in the revised version of *Chapter 77's GF Resource Guide*, available July 10 at the annual GF picnic.

We are celiacs helping celiacs.

Get involved. Stay involved.

Granny's Gluten-Free Zone Expands Inventory, Again

Donna and Olan Huckaby have found a new way to use their noodles at Granny's Gluten-Free Zone, 4916 W. Eisenhower Blvd., Loveland — near the Devil's Backbone. Granny's now carries corn flour Glutano egg-free noodles as well as a new Silly Yak snack mix/other mixes and mini cookbook by Heather Hein. Saucy Ladies' cookies, tea breads, lasagna, and enchilada casseroles are now available at Granny's, along with Runnin' Rabbit licorice, a wide selection of energy bars, and gluten-free donuts. Check out <http://www.grannysglutenfree.com> for the latest products or call, 970 669-9986.

New Gluten-Free Travel Website Launches

Planning your vacation? Check out a new gluten-free travel site — <http://www.glutenfreetravelsite.com> — reportedly the first website that helps gluten-intolerant people locate hotels, resorts, and restaurants that cater to those living the gluten-free life. Karen Broussard, president of Gluten Free Travel, LLC, says the new website is organized by geographic region, and includes a blog for travelers to post their experiences after they return from their trips. If you host a gluten-free website, Broussard says you're welcome to include a link to [glutenfreetravelsite.com](http://www.glutenfreetravelsite.com) on your website.

Meadowsweet Natural Health Market Becomes CSA Corporate Benefactor

The Celiac Sprue Association recently announced the addition of Meadowsweet Natural Health Market as its newest corporate benefactor member. Through their generous support, corporate benefactor members further the CSA mission of helping people and their families with celiac disease and dermatitis herpetiformis through information, education, support, and research. Meadowsweet Natural Health Market in Sioux Falls, SD, provides online access to more than 500 allergy-friendly products through its website, <http://www.juniperfoods.com>. The market stocks a wide array of gluten-free foods, and case discounts are available. For more information, check out the website (above) or call 605-361-5526.

GF Cooking Classes in Northern Colorado

5-3-08 The Three P's: Pasta, Pizza, and Pane (Italian Bread), 2-6 p.m., Mary's Kitchen, Gunbarrel, CO. Mary Capone of Wheat-Free Gourmet — info@wheatfreegourmet.com — teaches how to make light and delicious gluten-free ravioli, brick-oven-style pizza, and artisan bread. Her menu includes: Giant Cheese and Spinach Ravioli, Capone's Salsa Ala Marcella, Four-Season Thin-Crust Pizza, and Italian Artisan Bread. To register, call 303 807-0050.

5-6-08 Easy Being Green: Gluten-Free Salads for Spring and Summer, 11 a.m. -Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — aforkintheroad@msn.com — shows how to enliven spring meals with easy green salads, homemade dressings, and GF pasta salads. The menu includes: Fiesta Pasta Salad with Shrimp, Grilled Romaine and Balsamic Granita, Curry Baby Spinach and Cornbread Croutons. To register, call Poudre Valley Health System, 970-495-7500.

5-17-08 Spring Cakes and Fancy Desserts, 2-6 p.m., Mary's Kitchen, Gunbarrel, CO. Mary Capone of Wheat-Free Gourmet — info@wheatfreegourmet.com — shares the secrets of creating beautiful gluten-free desserts for graduation, weddings, and summer holidays. Her menu includes: Orange Cardamom Teacake with Lemon Curd and Orange Blossom Buttercream and Cinnamon Chocolate Cupcakes with Chocolate Fudge Glaze, and WFG's Coconut Lemon Bars. To register, call 303 807-0050.

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 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.