



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

**VOL. 5, ISSUE 3**  
**May, 2009**

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

**CSA/USA, Inc.**  
**#77**

*Don't miss our gluten-free round-table brainstorming May 7*

## Let's Talk — Gluten-Free!

Have you discovered a great new restaurant with a GF menu? A GF shampoo you love? A new GF personal chef? Whether you're looking for answers or want to share a few, join us at our May 7 meeting when we'll "dish gluten-free" about the best/worst GF restaurants, products, and services.

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

*Gluten-free treats provided by Nunna' the Gluten Bakery of Fort Collins.*

## 2008-2009 BOARD MEMBERS

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### 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](mailto: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](mailto:nococeliac@yahoo.com)

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

### **THANK YOU!**

**To: Mary Capone** — the Wheat-Free Gourmet — for the delicious crepe demonstration at our March 5 meeting.

**To: Dick Reed, Chebe Bread Products** for the generous donation of Chebe bread treats at our last meeting.

**Mark Your Calendars for the GF Picnic, 6 p.m., July 9 at Loveland's Northlake Park Pavilion (with the train!) #1, SE corner of 29th & Taft**

**Don't miss it!**

### Inside This Newsletter

- \* Chapter on Brink of Extinction, Pg. 2
- \* Nunna' the Gluten Bakery Debuts in Fort Collins, Pg. 2
- \* Chop! Chop! Chef Makes GF Meals to Order, Pg. 3
- \* Granny's Now Offering Udi's Products, Pg. 3
- \* GF Cooking Classes, Pg. 3

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## **Northern Colorado CSA Chapter Teetering on the Brink of Extinction**

We're in trouble folks, and we need your help. Our chapter's board is tired. Some of our board members have been volunteering tirelessly to support the needs of the celiac community for more than a decade. We desperately need an infusion of new energy and volunteers, or we may be forced to reduce the number of chapter meetings or dissolve our group entirely in the next six months.

Are you willing to let our group fade away? What do you love about our group? The great support/information/education? The camaraderie? The GF Picnic and annual Chili Supper? All of it? If you benefit from our group, please volunteer to be a board member or join one of our committees. Contact Susan S. for more information, [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com).

## **Help Us Update the GF Resource Guide: Share Your Experiences May 7**

Our May 7 meeting promises to be the juiciest GF gab fest ever. Come prepared to discuss your latest gluten-free picks and pans in three areas: restaurants, products, and services. Nunna' the Gluten Bakery (new gluten-free bakery in Fort Collins) will provide gluten-free treats at the meeting. If there isn't time for you to share your insights/questions at the meeting, please record them on a white index card (scattered throughout the room) and drop them in the basket on your way out. Our board will review all information carefully before adding it to our *Gluten-Free Resource Guide*. Our goal is to have the updated *Gluten-Free Resource Guide* available at our September 3 meeting.

## **2 Board Positions Still Available**

### **Betty L. Fills Board Publicity Coordinator Slot**

Longtime Chapter 77 member Betty L. has joined our CSA board as our new Publicity Coordinator. Welcome Betty! There are still two board positions available: **Treasurer:** Term starts immediately — Treasurer manages chapter expenses/maintains financial records. **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](mailto:nococeliac@yahoo.com).

## **Help Support Our National Celiac Sprue Association**

Our chapter has more than 300 members, but only 20 percent of you — a mere 60 people — are members of our national group. Besides providing a rebate of \$3 to our chapter for every member who joins, the non-profit national CSA group provides essential support to members with questions/concerns and financial support for celiac research worldwide. In addition, members receive a quarterly newsletter, *Lifeline*. Membership is \$33 for new members and \$25 for renewing members. Support our local chapter and celiac research and join the national CSA today! See details at the bottom of page 3.

## **Nunna' the Gluten Bakery Debuts in Fort Collins**

Two women with gluten-intolerant roots — Amber Feldman and Stephanie Schilling — have founded a new gluten-free bakery (with dairy-, egg-, and soy-free options) in Fort Collins, Nunna' the Gluten. Feldman and Schilling are currently baking out of a dedicated gluten-free kitchen housed in the Rocky Mountain Salsa building (where there is also a second kitchen that uses wheat), but around June 1, the GF bakers will be moving to a dedicated gluten-free kitchen/storefront at 23 Old Town Square, Suite 152 (the former kitchen of Mystiq Martini Bar/Suite 152 Night Club). Bakery patrons will have a separate, off-alley entrance.

Nunna' the Gluten Bakery items include everything from GF breads and cakes to cookies and muffins. (Feldman and Schilling are providing the gluten-free treats at our May 7 meeting.) The bakers use only certified gluten-free ingredients, and recent laboratory testing showed all 11 of their products were "negative for the presence of gluten." Gluten-free catering services are available, and Nunna' also delivers in Fort Collins and Loveland. Bakery items may be ordered from <http://www.nunnathegluten.com>, or you can call Feldman at 970 214-1470. Nunna' will announce bakery hours after the June opening.

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## **Chop! Chop! Personal Chef Makes GF Meals to Order**

Personal chef Lori Middleton — owner of Chop! Chop! Personal Chef Service — knows gluten-free from the inside of her kitchen out. When her daughter was diagnosed with celiac disease, Middleton dedicated herself to making tasty, nutritious, and preservative-free meals for her family and others with celiac disease. Through Chop! Chop!, she offers a free consultation to discuss clients' food preferences and dietary needs. On the day of "service," she shops for the groceries and comes to her clients' homes to prepare fresh dishes packaged for storage and simple reheating.

The cost of her service varies, depending on the service/number of meals selected. "Most people think it's [having a personal chef service] a luxury they can't afford. However, once they calculate the time and money spent for menu-planning, shopping, cooking, cleaning up, and going out to dinner, they actually save money with my service," explains Middleton. For more information, contact Lori Middleton at 303 519-7944, [lori@ChopChopChef.com](mailto:lori@ChopChopChef.com), <http://www.ChopChopChef.com>.

## **Have a Very Udi's Day at Granny's Gluten-Free Zone**

Udi's gluten-free products — breads, muffins, and cinnamon rolls — are now available at Granny's, 4916 W. Eisenhower Blvd., Loveland. Granny's is also carrying a new line of GF sugar cookies for a sweet summer. Store hours are 9 a.m. to 5 p.m., Mondays and 9 a.m. to 6 p.m. Tuesdays through Sundays. For more information, contact Granny's, 970 669-9986, <http://www.grannysglutenfree.com>.

## **Request for Nebraska Bison Information**

Member Request: Would the person from Longmont who gets the Nebraska bison please call Bill.

## **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 July (our picnic!). The corresponding newsletter deadline is June 15 (Dec. 15, Feb. 15, April 15, June 15, Aug. 15, Oct. 15). Send your items to: [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com).

## **Cooking Classes in Northern Colorado**

**5-2-09 Gluten-Free Spring Cakes and Fancy Desserts** — 2-6 p.m., Mary's Kitchen, Gunbarrel, CO. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — shares the secrets of light, delectable cakes, richly flavored butter cream frosting and icings, and homemade lemon curd. Her menu includes: Banana Walnut Torte with Coconut Royal Icing, Orange Cardamom Mini Bundt Cakes with Fresh Lemon Curd Filling, Chocolate Dream Cake Cupcakes with Raspberry Butter Cream, and Parisian Berry Tart with Vanilla Bean Crème Anglaise. To register, call 303 807-0050 or email [info@wheatfreegourmet.com](mailto:info@wheatfreegourmet.com). Cost: \$95.

**5-16-09 Gluten-Free Artisan Bread Baking** — 2-6 p.m., Mary's Kitchen, Gunbarrel, CO. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — reacquaints you with "real bread" again with special techniques for perfect textured GF bread and hard rolls that can be sliced, dipped, toasted, and grilled without falling apart. Her menu includes: Multi-Seeded Hard Rolls, Rosemary/Olive Bread, Pancetta, Lettuce and Tomato Panini, Capone's Deep Dish Pizza, Garlic/Herb Breadsticks, and Éclairs with Crème Anglaise and Chocolate Ganache. To register, call 303 807-0050 or email [info@wheatfreegourmet.com](mailto:info@wheatfreegourmet.com). Cost: \$95.

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**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 <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.

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