



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

VOL. 6, ISSUE 3
May, 2010

PEOPLE HELPING PEOPLE. GET INVOLVED. STAY INVOLVED.

CSA/USA, Inc.
#77

Naturopathic Doctor Joins Us May 6

Digestive Health – Naturally

Jason Barker, ND – naturopathic doctor at Rocky Mountain Natural Medicine, 1103 Oak Park Drive, in Fort Collins – will present “**There’s More to Celiac Than Gluten**” at our May chapter meeting. Dr. Barker will offer a naturopath’s perspective on the functional ways of improving digestive health.

Who: **EVERYONE IS WELCOME**

When: **7:00 P.M., THURSDAY, MAY 6**

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 Jo-Sef’s Gluten Free & The Mouse Pad

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: Dr. Crystal
North, for her excellent presentation at our chapter meeting in March!

TO: Shabtai
Gourmet and Free Choice
Foods for the yummy GF treats!

TO: All those
who helped set up
& clean up at the
March 4 meeting.

SUMMER MEETING

Our Annual Potluck Picnic
July 8, 2010 6:30 p.m.

Northlake Park Pavilion #1
SE Corner 29th and Taft Ave. Loveland
(More details in June newsletter)

Mary Capone will introduce her new GF food line: Bella Foods

INSIDE THIS NEWSLETTER

- * GLUTEN-FREE FOOD DONATION BOX AT MEETINGS (Pg. 2)
- * YOUNG ADULT MEET UP & EAT UP (Pg. 2)
- * THREE MEMBERS TO BE HONORED MAY 6 (Pg. 2)
- * NUNNA THE GLUTEN & GRANNYS GLUTEN FREE INFO (Pg. 3)
- * DENVER’S 2009 GF PRODUCT LIST AVAILABLE (Pg. 3)
- * JOIN OUR NATIONAL ORGANIZATION (Pg. 4)
- * NOTE TO VENDORS (Pg. 4)

Chapter 77 Members “Christen” GF Food Donation Box

Once again you’ve demonstrated your amazing generosity and we thank you. You’ve discovered our chapter’s new GF Food Donation Box! In March, you brought dozens of gluten-free products to be donated to the House of Neighborly Service, 565 N. Cleveland Ave., in Loveland.

Please remember, any donated items should be **nonperishable**.

(Unfortunately, bread donations are not suitable for the donation box.)

After each meeting, one of our board members will drop your food donations at the Loveland Food Bank.

Greeley Area Celiacs to Meet April 27 5-6 p.m.

Greeley area celiacs will be discussing "Resisting Temptation," strategies for avoiding gluten in a gluten-filled society, from 5 to 6 p.m., Tuesday, April 27, in the Centennial Library Meeting Room, 2227 23th Avenue, Greeley. For questions or more information, contact Monica H, hupalo@comcast.net 303 339-8465.

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

Exploring gluten-free restaurants, swapping recipes, 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). In April, the group toured the Anheuser-Busch plant then followed the tour with a pizza party at Mancino’s in Fort Collins. Plans for spring and summer activities include potlucks and barbecues. For more information about the group’s upcoming events, contact Alyssa Serchia at alyssa.serchia@yahoo.com or call her at 970 420-9526.

Chapter 77 Members Mourn Terry Tuck

A few weeks ago Chapter 77 member Terry Tuck passed away. She was always smiling, always upbeat, always quick with a kind word. We will miss her, and we send her family and friends our deepest sympathy.

Ginny C., Donna H. & Travis R. to be Honored at May 6 Meeting

Nearly every day, we are touched by the quiet efforts of three special Chapter #77 members: Ginny C., Donna H. and Travis R.

Ginny was a pioneering Chapter 77 president nearly 15 years ago.

Because of Ginny’s volunteerism in 1995 – after husband Glenn was diagnosed with celiac – our chapter still exists and thrives.

Donna is co-owner of Granny’s Gluten-Free Zone, 3419 W. Eisenhower Blvd., Loveland.

Because of Donna, countless newly diagnosed people with celiac disease have found their way to our chapter events and camaraderie.

Travis is Chapter #77’s volunteer webmaster.

And because of Travis, our chapter’s newsletters are faithfully posted, and website information is carefully updated.

These three have contributed to our chapter in truly important ways, and we will honor them at our May 6 meeting. Don’t miss this tribute! Come to our May meeting and thank them for the ways they help us all.

Pick up your copy of the 2009 edition of the Denver Metro Chapter GF PRODUCT LIST soon!

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 S. in Loveland at 970-669-4233
or Judy B. in Fort Collins at 970-493-9674.**

And remember....The product list is available for purchase at all of our chapter meetings.

Granny's Gluten-Free Zone (Loveland) Expands GF Bread Options

Granny's will help you celebrate Cinco de Mayo with two new taquito products by Elena's Foods and a new white tortilla also in the freezer.

Outside the Breadbox Bakery is always working to improve their products.

The bakery has just added a new brown rice sandwich bread loaf, and a new formula teff loaf. These have consistency like real bread! Delivery is on Thursdays about noon.

Nunna' the Gluten makes great pie crusts, and Granny's has them in the freezer section. Stephanie delivers breads, muffins, and cookies to the store on Mondays and Fridays. Her angel food cake is a perfect match for those strawberries coming in from California. Look for the **new Loveland-based Canyon Bakehouse Bakery** breads in the freezer.

For more information, contact the Huckabys at www.grannysglutenfree.com or (970) 669-9986.

Nunna' the Gluten (Ft. Collins) at new locations

Nunna' the Gluten products are now available at two new Fort Collins locations: **Cuppy's Coffee**, 353 W. Drake Road, and **Beavers Market**, 100 W. Mountain Avenue. Retail outlets also will be receiving fresh Nunna' products on Mondays and Fridays.

For a complete list of Nunna' products, go to www.nunnathegluten.com

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.

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.

Got News? Mark These Newsletter Deadlines On Your Calendar

To be included in the July newsletter, we need your newsletter items by **June 15**.

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

Send your items to Heather 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



FRITO-LAY UPDATES PRODUCT INFO

Frito-Lay has updated its gluten-free list, available at www.fritolay.com

Kettle Cooked Mesquite BBQ Flavored Extra Crunchy Potato Chips

are no longer gluten-free. The chips have been reformulated and now include barley malt. The ingredient change is clearly marked on packaging, and Frito-Lay representatives say that wheat, rye, barley, and oats will always be clearly marked on product packaging.

WACKY FOR WIKI SITES?

Check out www.glutenwiki.com. Similar to the original Wikipedia site, www.glutenwiki.com contains visitor-written information on the gluten-free/wheat-free life. Because it can be amended by those who visit the site, ensure you verify the information before applying it to your situation.