



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

VOL. 3, ISSUE 6
November, 2007

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

CSA/USA, Inc.
#77

Spice Up Your Autumn Nov. I!

Our board will be spooning up steaming bowls o' red, green, and who knows what — elk, bison, vegetarian, and more — at our **ANNUAL GF CHILI SUPPER**.

Who: EVERYONE IS WELCOME
When: 6:30 P.M., (new time) **THURSDAY, NOVEMBER 1**
Where: **ALL SAINTS EPISCOPAL CHURCH,**
3448 N. TAFT AVE., LOVELAND, CO 80538
Bring one: GF Chili, GF Garnishes, GF Cornbread,
GF Crackers, or GF Dessert
2 copies of your recipes — details on page 2

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 S.
Loveland: Dave S.
Greeley: Monica H.

EMAIL ADDRESS nococeliac@yahoo.com

WEBSITE www.northerncoloradoceliacs.org

THANK YOU!

To: *Outside the Breadbox* — a dedicated gluten-, wheat-, and nut-free bakery in Colorado Springs — for providing wonderful treats at our September meeting. *(If you liked what you tasted at the meeting, Ask Vitamin Cottage to carry Outside the Breadbox products.)*
To: *Bob's Red Mill* for donating assorted GF flours.
To: *Rheinlander Bakery* in Arvada for donating certificates for complimentary loaves of GF bread.

2007-2008 BOARD MEMBERS

CHAIRPERSON

Susan S.

TREASURER

Diane B.

KIDS GROUP & DINING GROUP OUT

Heather H.

NEWSLETTER

Gina M-C

PRODUCT LIST

Dave S.

LIBRARY CUSTODIAN

Phil K.

SECRETARY

Judy S.

MEMBERSHIP

Position available. Contact:
Gina M-C., nococeliac@yahoo.com

**Mark your calendars for
our next membership meeting
January 3, 2008
7 p.m., All Saints Episcopal Church
Loveland**

INSIDE THIS NEWSLETTER

- * November 1 Chili Supper Potluck/Details + Recipe Card (Pg. 2)
- * GF Oats Order Ready for Pick Up November 1 (Pg. 3)
- * Cel-Kids Cookie Party October 25! (Pg. 3)
- * Governor Proclaims October Celiac Awareness Month (Pg. 3)
- * Updates to the Gluten-Free Resource Guide (Pg. 4)
- * Gluten-Free Grocery Set to Open in Loveland (Pg. 5)
- * Gluten-Free Cooking Classes (Pg. 5)
- * New Books Arriving (Pg. 5)

DIG IN AT OUR ANNUAL GLUTEN-FREE CHILI SUPPER

6:30 p.m., November 1, 2007, All Saints Episcopal Church, 3448 N. Taft. Ave., Loveland

Members: Please bring a (OK to bring more than one!) gluten-free dish to share. Choose from: GF chili, GF crackers, GF cornbread, GF chili garnishes (such as cheese, sour cream, onions, limes, cilantro, etc.), or GF dessert. Water and table settings will be provided. Please note the recipe-card instructions that follow:

RECIPE-CARD INSTRUCTIONS: Please bring 2 (or more) copies

Please complete the recipe card below. Be sure to include the brand names of the ingredients used in your recipe. Please make at least 2 copies of your recipe. (Feel free to make more copies to have available for others that night.) Place 1 copy of your recipe with your item at the potluck. Please put another copy in the large brown manila envelope marked "RECIPES FROM POTLUCK." If you bring a dish from a mix or a prepared item, please bring the package and place it by the dish. Thanks for sharing!

GF RECIPE CARD (Circle one) Chili Garnish Bread/Cracker Dessert

Name of Dish:

Ingredients: *(Please list the brand names of the ingredients used in your recipe. Listing brand names helps new gluten-free eaters to recognize gluten-free brands and helps those who have additional food allergies make informed decisions on which dishes to sample.)*

Cooking Instructions:

Shared by:

Phone:

Is this recipe from a cookbook? (circle one) YES NO If yes, please list the cookbook and page number here:

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 or Judy S. in Fort Collins. The product list is available for purchase at all chapter meetings. **Thank you for choosing to help support the Northern Colorado Chapter #77!**

Don't Miss the Oats

The gluten-free oats have arrived! Pick up your order, \$10.10 a bag, at the November 1 meeting. The Wyoming GF oats grower now has a local supplier (bags will go up to \$10.50 for *individuals* ordering), but our chapter can still order in bulk (12 or more bags) for \$10.20 a bag (the new price). The next chapter oats-order deadline is March 1, 2008. Contact Judy S. by then to place your order.

Calling All Cookie Monsters — Cel-Kids Network (GF Kids Group) Party 10-25

Bring your Cel-Kid ghosts and goblins to the Cel-Kids' Cookie Decorating Party and Fall Festival, **5 p.m., October 25**, at the home of Heather H., Fort Collins. Please RSVP to Heather —

nococeliac@yahoo.com — no later than October 22. Cool games, gluten-free fall treats, and unfrosted cookies will be provided along with frosting and decorations. Please inform Heather if your child has additional food sensitivities.

For more information about the Cel-Kids Network, contact Heather H., nococeliac@yahoo.com.

Celiac Disease in the News Celiac disease is going mainstream. The September 17 issue of *Newsweek* featured a piece on gluten intolerance, "Waiter, Please Hold the Wheat" (now part of our chapter's library). And, CNN also ran a celiac-disease segment October 15, explaining the challenges of the disease and warning that only 3 percent (about 100,000) of the estimated 3 million celiac sufferers in the United States have been diagnosed.

Coordinator Needed for Channel 9 Health Fair, April 2008: Interested in coordinating a booth/volunteers at next spring's Channel 9 Health Fair? Please contact Susan S. or nococeliac@yahoo.com.

Governor Ritter Declares "Celiac Awareness Month" By official decree, Governor Bill Ritter has proclaimed October "Celiac Awareness Month." Check out our chapter's copy of the official proclamation November 1.

Gluten-Free Icon Bette Hagman Dies

Seattle — Bette Bush Hagman, aka "The Gluten-Free Gourmet," died August 17, in her Seattle home. She was 85.

Hagman was diagnosed with celiac disease approximately 35 years ago. For more than three decades, she dedicated herself to improving the lives of people with gluten intolerance. She pioneered gluten-free cooking/baking and helped to increase awareness of celiac disease through her activism, gluten-free products, and six gluten-free cookbooks. In the months before her death, she was at work on a seventh cookbook. Our chapter's library contains a number of Hagman's cookbooks.

Our lives are better thanks to Hagman's contributions.

Mark Your Calendars!

CSA/USA President **Bill Eyl** will be our guest at the January 3, 2008, meeting. Don't miss his report on the recent 30th Annual Celiac Sprue Association Conference in Tucson.

Heather H. of Silly Yak Solutions will provide gluten-free desserts at the meeting.

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

November 2007 Updates: Northern Colorado GF Resource Guide

Thanks to our chapter members, the *Northern Colorado GF Resource Guide* continues to list a variety of gluten-free options in Northern Colorado and the Denver Metro area, including restaurants willing to prepare gluten-free meals. Many of these restaurants also have special menus/ingredient lists for gluten-free and allergy-sensitive diners. The resource guide includes GF bakeries, GF support resources, GF-friendly grocers, GF beers, and GF-friendly liquor stores. For your reference, restaurant information and menus reside in a notebook available at chapter meetings, and resource-guide copies also are available at meetings and will continue to be updated in our newsletters. Please update your guide with this information:

Denver — Gluten-Free Menu

Steuben's

523 E. 17th Ave., Denver, CO 80203
303 830-1001, www.steubens.com

Vesta Dipping Grill

1822 Blake St., Denver, CO 80202
303 296-1970 (accepts reservations online) www.vestagrill.com

Denver — No Gluten-Free Menu/Can Accommodate GF Requests

Maggiano's Little Italy

Denver Pavilions
500 16th St., Denver, CO 80202
303 260-7707

Denver South
7401 S. Clinton St., Englewood, CO 80112
303 858-8786
www.maggianos.com

Pappardelle's GF Pasta (they also make pasta with wheat)

www.pappardellespasta.com Not produced on a dedicated line, but they clean equipment daily/make GF pasta 1st.

Fort Collins — No Gluten-Free Menu/Can Accommodate GF Requests

Fish

150 W. Oak St., Fort Collins, CO 80524
970 224-1188

Hunan Chinese Restaurant

721 E. Harmony Road, #300, Fort Collins, CO 80525
970 207-9000

Taipan

144 N. Mason St., Fort Collins, CO 80524
970 472-1167

Los Tarascos

626 S. College Ave., Fort Collins, CO 80524
970 416-0265

Mt. Fuji Japanese Restaurant (ask for GF soy sauce)

4020 S. College Ave., Fort Collins, CO 80526
970 223-5338

Loveland — No Gluten-Free Menu/Can Accommodate GF Requests

Henry's
234 E. 4th St., Loveland, CO 80537
970 613-1896

Frisco — No Gluten-Free Menu/Can Accommodate GF Requests

Blue Spruce Inn

20 Main St., Frisco, CO 80443
970 668-5900 www.thebluespruce.com

Silver Heels at the Orehouse

601 Main St., Frisco, CO 80443
www.silverheelsrestaurant.com

GF Cooking Classes in Northern Colorado

11-3-07 Gluten-Free Holiday Favors, 2-4 p.m., Whole Foods Salud! Cooking School, 2201 S. College Ave., Fort Collins. Heather Hein of Silly Yak Solutions — sillyyakchick@yahoo.com — creates stress-free holiday treats, including: Caramelized Root Vegetable Salad with Thyme Vinaigrette, Fresh Peach Pie, and Holiday Sugar Cookies. To register, call Whole Foods, 970 267-9200 or visit www.wholefoods.com and click on "stores and events."

11-3-07 Savory GF Winter Cuisine. . .Slow Cooking Delicious Foods, 2:30-6:30 p.m., Stir It Up Cooking, Boulder area. Mary Capone of Wheat-Free Gourmet — info@wheatfreegourmet.com — explores slow-cooking techniques. Her menu includes: Hearty Chestnut Flour Ciabatta, Braised Roasted Pork Loin with an Apricot Cream Reduction Sauce, White Raisin Polenta, and Caramelized Pear Tatin. To register, call 303 807-0050.

11-17-07 Wheat-Free Gourmet Baking for the Holidays, 2:30-6:30 p.m., Stir It Up Cooking, Boulder area. Mary Capone of Wheat-Free Gourmet — info@wheatfreegourmet.com — shares the secrets of GF holiday baking, including: Garlic Herb Dinner Rolls, Artisan-Dried Tomato Roasted Garlic Bread, Crusty Popovers, Savory Sweet Potato Torte, and Honey Ginger Pumpkin Pie with Spiced Whipped Cream. To register, call 303 807-0050.

12-1-07 Scrumptious Holiday Cookies, Cakes, and Confections, 2:30-6:30 p.m., Stir It Up Cooking, Boulder area. Mary Capone of Wheat-Free Gourmet — info@wheatfreegourmet.com — makes delectable sweets, including Luscious Lemon Sugar Cookies with Orange Blossom Frosting, Chocolate Dipped Hazelnut Shortbreads, and Lavender White Chocolate Truffles. To register, call 303 807-0050.

Check Out Our New Books

These titles have just arrived in our library:

The Gluten-Free Bible by Jax Peters Lowell

Kids with Celiac Disease by Danna Korn

Gluten-Free 101 by Carol Fenster, PhD

Living Gluten-Free for Dummies by Danna Korn

These books have been approved for purchase soon:

An Unlikely Foe by Nancy J. Lyons, PhD

Recognizing Celiac Disease by Cleas J. Libonati, RN, BSN

New Gluten-Free Eats in the Area

- Gillian's GF/WF French Bread Rolls at Whole Foods and Vitamin Cottage in Fort Collins
- Whole Foods brand GF Hamburger Buns at Whole Foods in Fort Collins
- Bard's Tale GF Beer at Wilbur's Liquors in Fort Collins

Gluten-Free Grocery Slated to Open in Loveland

Plans are underway for the mid-November opening of Granny's Gluten-Free Zone, 4916 W. Eisenhower Blvd., in Loveland. "The store is near the Devil's Backbone on westbound Highway 34 (south side)," says Donna Huckaby, store owner and Chapter 77 CSA member. Granny's will carry local, national, and international GF products. Store hours are 9 a.m. to 6 p.m., Tuesday-Saturday. For questions and information, contact Granny's at 970 669-9986.

The Devil's in the Details

Upon visiting a local liquor store, a shopper spied this sign on a beer cooler: "Glutton-Free Beer."

CSA membership has its privileges

Our CSA chapter is working hard to keep an accurate membership roster, and we need your help:

To stay on our active roster, please try to:

- Attend at least 2 meetings a year, or we may remove your name from our roster.

To stop receiving the newsletter and be removed from our roster, please:

- Click "Reply" when you receive the newsletter via email, type: "REMOVE" in the subject line of the email, and send it.
- If you receive your newsletter via U.S. Mail, please contact Gina M-C. to request removal from our roster/newsletter list.

Even if you don't attend meetings, you can *always* peruse our newsletters at our website: www.northerncoloradoceliacs.org.

WANTED: Membership coordinator

The Northern Colorado Chapter still needs a membership coordinator to oversee our membership list (in Excel), greet members at meetings, and help with email correspondence. If you're interested, please contact Gina M-C., nococeliac@yahoo.com.

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 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.

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