



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

VOL. 5 ISSUE 6
Nov., 2009

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

CSA/USA, Inc.
#77

Spoon up fun and yum at our annual GF Chili Supper!

Chase the Chill with Chili Nov. 5

Veggie, white bean, elk, bison, and more. The kettles are bubbling with your favorite fall chilies. Bring your family for a memorable GF chili-supper potluck. Come early and peruse our library resources and our bulletin board. Place settings and water will be provided.

Who: EVERYONE IS WELCOME
When: 6:30 P.M., (earlier time) THURSDAY, NOVEMBER 5
Where: ALL SAINTS EPISCOPAL CHURCH,
3448 N. TAFT AVE., LOVELAND, CO 80538
Bring ONE: GF Chili, GF Garnishes, GF Cornbread/Other GF Breads
GF Crackers, or GF Dessert

Please bring at least 2 copies of your recipes — details on page 2

If you're newly diagnosed, you needn't cook. Just come and enjoy the supper.

2009-2010

BOARD MEMBERS

CHAIRPERSON

Gina M.-C. nococeliac@yahoo.com

TREASURER

Linda R. nococeliac@yahoo.com

SECRETARY

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PUBLICITY

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NEWSLETTER

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Dave S. nococeliac@yahoo.com

LIBRARY CUSTODIAN

Phil K. nococeliac@yahoo.com

MEMBERSHIP

POSITION AVAILABLE

ADVISOR

Susan S. nococeliac@yahoo.com

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 S. at 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

WEBSITE www.northerncoloradoceliacs.org

Many Thanks!

TO: **Dr. Gerald Callahan** for his presentation on the immune system.

TO: **Starfish Foods** for donating GF battered fish.

TO: **Whole Foods** for participating in the Starfish Foods donation.

TO: **Seth Mendelsohn of Simply Boulder, LLC** for donating GF dipping sauces.

TO: **Dee Valdez of Udi's Bakery** for donating GF Breads.

Thank you to Kat Ludlam
for her time and energy as our
membership coordinator!

Our next meeting
will be on Thursday,
January 7, 2010 at 7:00 p.m.

INSIDE THIS NEWSLETTER

- * **CHILI SUPPER RECIPE PAGE (Pg. 2)**
- * **GRANNY'S GLUTEN-FREE ZONE HAS MOVED!!! (Pg. 3)**
- * **DENVER'S 2009 GF PRODUCT LIST AVAILABLE (Pg. 3)**
- * **YOUNG ADULT DINNER MEETING (Pg.4)**
- * **TEAM GLUTEN-FREE STARTING UP (Pg. 4)**
- * **CSA NATIONAL RECOMMENDS TWO WEBSITES (Pg. 4)**
- * **TWO OPTIONS FOR GRASS-FED/FINISHED BEEF (Pg. 5)**

GLUTEN-FREE CHILI SUPPER NOVEMBER 5

6:30 p.m., (new time), All Saints Episcopal Church, 3448 North Taft Ave., Loveland

If you're newly diagnosed, you needn't make a GF dish. Just come and enjoy the potluck.

Members: Please bring **one** gluten-free dish to share. Choose from: GF chili, GF crackers, GF cornbread or other GF breads, GF chili garnishes (such as cheese, sour cream, onions, limes, cilantro, etc.), or GF dessert. Water and table settings will be provided. If you're *bringing a GF dish*, please come at least 5 minutes early to ensure you have plenty of time to find a place for your dish. We'd like to begin promptly at 6:30. Please note the following recipe-card instructions:

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 share with others that evening.) Place 1 copy of your recipe in the large envelope marked "2009 CHILI SUPPER RECIPES." Place additional recipes with your item at the potluck. If you bring a prepackaged item or one prepared from a mix or , please bring the package and place it by the dish. If your recipe is from a cookbook, please acknowledge the author and write the recipe in your own words to avoid copyright infringement. Thanks for sharing!

GF RECIPE CARD

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:

Granny's Gluten-Free Zone HAS MOVED TO A NEW LOCATION!

The new address is 3419 W. Eisenhower Blvd, Loveland, CO. The store is 1.1 miles east of where they used to be located, on the north side of Highway 34. The next-door neighbor to the west is Landmark Engineering Co. Their new space is more easily accessible (i.e., safer to turn into), and gives them a much larger space for lots of new items! Also, the new store is handicapped accessible. They will still have the same phone number and website addresses. www.grannysglutenfree.com. Contact Donna Huckaby at Granny's Gluten-Free Zone at 970 669-9986

The 2009 edition of the *Denver Metro Chapter GF PRODUCT LIST* is now available!

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 chapter meetings.**

Thank you for choosing to help support the Northern Colorado Chapter #77!

NEW! Young-Adult Gluten-Free Group Meetings

At last, a meet and greet group for gluten-free young adults – ages 15 to 29! “This is a great opportunity to meet and hang out with people in the same boat,” says Alyssa S., the group’s founder. For more information contact Alyssa at alyssa.serchia@yahoo.com .

JOIN TEAM GLUTEN-FREE! Running for the Gluten-Free Cause

New CSA Chapter 77 member, Alyssa S., has a passion: running for celiac disease! She’s organizing a Team Gluten-Free™ group to participate in the May 9, 2010, Colorado Marathon which offers a choice of four races: a 5K, a 10K, a half marathon, and a full marathon. According to Alyssa, Team Gluten-Free is a fundraising arm of the Celiac Disease Foundation, a non-profit organization dedicated to building awareness and a supportive community for people with celiac disease. “My goal is to get a group of people together to raise the required money, between \$500 and \$1000 – for a Team Gluten-Free so we can represent our cause together,” explains Alyssa. “Runners, walkers, or otherwise motivated people are welcome.”



Race registration information is available at <http://www.thecoloradomarathon.com> .

Contact Alyssa with questions. Email her at alyssa.serchia@yahoo.com . She’ll also be at the November meeting so you can talk with her in person then.

CSA National Endorses Two Websites

Medpedia and **DxJunction** are two free websites that our national organization is proud to participate in. Explore the sites and decide if they will benefit you.

<http://www.medpedia.com> – Is a long-term worldwide project to advance health and medical knowledge among health-care professionals and the general public. The CSA has a group on Medpedia: <http://www.medpedia.com/sign-up/357>

<http://www.dxjunction.com> – Is a question-and-answer website. Just ask your question, and it will be routed to local contacts/support organizations that can provide the best answers. Each month DxJunction features different topics, including clinical trial and support organization directories. Once you log in, you will automatically see clinical trials and support organizations in your area.

News from Nunna the Gluten

New Locations

Beaver's Market in Fort Collins is now carrying Nunna the Gluten's bread and pizza crusts Mondays as well as lemon squares and brownies Tuesdays. Lucile's and Everyday Joe's in Fort Collins are also offering Nunna the Gluten products.

Winter Market Booth

In addition, the bakery will have a booth in the Opera Galleria's Winter Market, 123 N. College Ave., Fort Collins, Saturdays, 10 a.m. to 3 p.m., Nov. 14 and 21, Dec. 12 and 19, Jan. 16 and 23, Feb. 13 and 27, and March 6 and 27.

Farmers' Market News

Hand-decorated gluten-free Halloween Sugar Cookies and Pumpkin Muffins with Pecan Streusal Topping are now available at area farmers' markets and available mid-week at the Food Co-Op in Fort Collins and at Granny's Gluten-Free Zone in Loveland. If the weather is bad on farmers' market day, the Nunna the Gluten booth will be closed. To schedule a delivery, call 970 219-4861.

GF Cooking Classes in Northern Colorado

11-12-09 Fancy Gluten-Free Holiday Desserts — 11-Noon, First Baptist Church (east entrance), 901 E. Lake St., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — <http://www.glutenfreefork.com> — shares the secrets of delicate gluten-free pastry crust, bread pudding, fruit crisps, and more while exploring techniques to make these treats healthier and simpler for holiday entertaining. Her menu may include: Classic Pumpkin Pie with "From Scratch" Crust, Pumpkin Bread Pudding with Caramel Sauce, Chocolate Ganache Torte, and Ginger-Lemon Apple Crisp. To register, call 970 495-7500 or go to <http://www.pvhs.org>, click on Health and Wellness, then Classes & Events. Cost: \$10.

New Gluten-Free Colorado Dining Website Seeks Restaurant Postings

Rebekah Spetnagel, MSS, RD, and Julie Bush, MBA, co-owners of On The Menu, LLC, have just launched a new website <http://www.dineglutenfree.com> – dedicated to gluten-free dining in Colorado. The two have just begun to build their northern Colorado database. To suggest a restaurant for posting on the site, email them at info@otmenu.com. According to Spetnagel and Bush, 10 percent of all posting fees (that restaurants pay to be listed) will be donated to local celiac/gluten-intolerance groups.

Two Options for Local Grass-fed and Grass Finished Beef

Two Colorado ranches are offering grass-fed and grass-finished beef.

Burnett Ranch – Natural grass-fed and grass-finished beef.

Contact Randy Burnett, <http://www.burnettranch.com> 303 621-2145, grassfed@aol.com

Rabbit Creek Ranch – Grass-fed Angus beef quarters.

Contact George Seidel, 970 491-5287 on work days, 970 482-1088 evenings.

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 November. The corresponding newsletter deadline is October 15 (Dec. 15, Feb. 15, April 15, June 15, Aug. 15, Oct. 15). Send your items to Heather at noco-celiac@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 (*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.

Find Gluten-Free Food on Your iPhone

Zeer – a consumer grocery information resource – has announced the availability of glutenScan, an iPhone application that provides easy access to information on more than 30,000 gluten-free products, including complete product, ingredient, and allergy details. The monthly online subscription is \$4.95. For every CSA member who joins, Zeer will donate the first month's subscription fee to the CSA (and the first month's fee for each subsequent year).

To ensure Zeer's donation to the Celiac Sprue Association, enter the Zeer reference code: **CSAZEER** when you subscribe. For more information, go to <http://www.zeer.com>.

Important Note to Vendors

Interested in bringing product samples to chapter events?