



## NEWSLETTER

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

VOL. 3, ISSUE 5  
Sept.. 2007

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

CSA/USA, Inc.  
#77

## JOIN US FOR OUR NEXT MEETING

**WHAT: General Membership Meeting**  
**WHEN: Thursday, September 6 at 7 p.m.**  
**WHERE: All Saints Episcopal Church**  
**3448 N. Taft Avenue Loveland, CO 80538**

**Our Presentation — A Roundtable Discussion on:**  
**GOOD EATS! GF Dining Out and Shopping in No. Colo.**

Bring your questions and share your wealth of knowledge during this important discussion on the best places to eat and shop gluten-free in Northern Colorado.

Refreshments generously donated by Outside the Breadbox, Colorado Springs — a dedicated gluten-free, wheat-free, and nut-free bakery.

## 2007-2008 BOARD MEMBERS

### CHAIRPERSON

Susan S.

### TREASURER

Diane B.

### KIDS GROUP & DINING GROUP OUT

Heather H.

### NEWSLETTER & MEMBERSHIP

Gina M-C.

### PRODUCT LIST

Dave S.

### LIBRARY CUSTODIAN

Phil K.

### SECRETARY

Judy S.

## GENERAL INFO

### MEETINGS

7:00 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 accepted

### NEWSLETTERS

Provided by email or mail. To sign up:  
Email Gina M-C at: [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

### CONTACTS FOR NEW MEMBERS

Fort Collins: Judy S.  
Loveland: Dave S.  
Greeley: M.

**EMAIL ADDRESS** [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

**WEBSITE** [www.northerncoloradoceliacs.org](http://www.northerncoloradoceliacs.org)

*Thank you  
to all the  
folks who  
brought  
GF goodies  
to share  
at our  
annual GF  
Potluck!*

*A great time  
was  
had by all!*

*The NEW Denver Metro Chapter  
GF Product List will be available  
for \$9 at the meeting .*

*Mark your calendars for  
our Annual Chili Supper  
November 1, 2007  
All Saints Episcopal Church*

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## Gluten-Free Product List

**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!**

## GF Dinner Night Out at PF Chang's 9-13

Join us for a delicious gluten-free meal at P.F. Chang's China Bistro, 6:30 p.m., Thursday, September 13, at the Centerra Shops in Loveland. The restaurant's menu is available online at [www.pfchangs.com](http://www.pfchangs.com). Please RSVP by 9-12-07 to Heather H. at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com).

## SPLASH! Cel-Kids Pool Party Planned

Plans for a Cel-Kids Pool Party are developing. For final details on time, date, and place, contact Heather H. at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com). If you'd like to join the Cel-Kids Network, please contact Heather H. at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com). We now have 35 families in the group.

**Keep Us on a Roll!** We are currently updating our membership roster. To stay on our "active" roster, you must attend a minimum of 2 meetings a year, or your name will be removed. You can always get information about our chapter at our website:

**To Order GF Oats:** Oats are \$10 for a 2 lb.-9 oz. bag. Send your check to Judy S. **by October 5.** If the oats arrive before the November 1 meeting, Judy will bring the orders to the meeting.

### ***Heartfelt Thanks to Heather Stenner***

Hats off to Heather S. for your long stint as the Northern Colorado Chapter's newsletter and membership coordinator. You've worked tirelessly to continually improve our chapter. Because of you, we have a quality, substantive publication brimming with gluten-free news we can all use.

Your contribution has made all of our lives better. Our thanks!

To contribute a news item, send it to [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com) or contact newsletter coordinator Gina M-C. with questions at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

### ***Don't Miss the Raffle 9-6***

We'll raffle a \$100 credit toward registration at the 30<sup>th</sup> Annual Celiac Sprue Association Conference in Tucson, Arizona  
**Sept. 28-30, 2007**

For schedule, info, and fees, go to [www.csaceliacs.org](http://www.csaceliacs.org)

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

## GF Cooking Classes In Our Area

**9-8-07 Wheat-Free Gourmet's Baking 101**, 2:30 to 6:30 p.m., Boulder area, \$75 + \$15 for supplies. To register, call (303) 807-0050. Presenter: Mary Capone, [info@wheatfreegourmet.com](mailto:info@wheatfreegourmet.com)

**9-12-07 Small Wonders: Easy (GF) Meals for 1 or 2** during "Salute to Seniors Expo," 12:30 to 1:30 p.m., in the First National Bank Exposition Building, The Ranch, Loveland. Class and Expo are FREE and open to the public. Presenter: Gina Mohr-Callahan, A Fork in the Road, [aforkintheroad@msn.com](mailto:aforkintheroad@msn.com)

**9-16-07 Gluten-Free Italia**, 2:30 to 6:30 p.m., Boulder area, \$75 + \$15 for supplies. To register, call (303) 807-0050. Presenter: Mary Capone, [info@wheatfreegourmet.com](mailto:info@wheatfreegourmet.com)

**9-17-07 Small Wonders: Easy (GF) Meals for 1 or 2 Reprised**, 11 a.m. to noon, First Baptist Church, 901 E. Lake St., Fort Collins. To register, call Poudre Valley Health System, (970) 495-7500 or visit [www.pvhs.org](http://www.pvhs.org). Presenter: Gina Mohr-Callahan, A Fork in the Road, [aforkintheroad@msn.com](mailto:aforkintheroad@msn.com)

**10-6-07 Making (GF) Pasta the Easy Way**, 2:30 to 6:30 p.m., Boulder area, \$75 + \$15 for supplies. To register, call (303) 807-0050. Presenter: Mary Capone, [info@wheatfreegourmet.com](mailto:info@wheatfreegourmet.com)

**10-12-07 TGIF: Thank Goodness It's Gluten-Free!** 5 to 6:30 p.m., at Whole Foods Salud! Cooking School, 2201 S. College Ave., Fort Collins. To register, call Whole Foods, 970 267-9200 or visit [www.wholefoods.com](http://www.wholefoods.com) and click on "stores and events." Presenter: Heather Hein, Silly-Yak Solutions, [sillyyakchick@yahoo.com](mailto:sillyyakchick@yahoo.com)

**10-14-07 Holiday Brunch: Fun (GF) Foods for the Family**, 2:30 to 6:30 p.m., Boulder area, \$75 + \$15 for supplies. To register, call (303) 807-0050. Presenter: Mary Capone, [info@wheatfreegourmet.com](mailto:info@wheatfreegourmet.com)

**10-17-07 Smart Bites: Money-Saving Tips for Budget-Savvy (Gluten-Free) Cooks**, 11 a.m. to noon, First Baptist Church, 901 E. Lake St., Fort Collins. To register, call Poudre Valley Health System, (970) 495-7500 or visit [www.pvhs.org](http://www.pvhs.org). Presenter: Gina Mohr-Callahan, A Fork in the Road, [aforkintheroad@msn.com](mailto:aforkintheroad@msn.com)

**Celiac Sprue Association/USA** in Omaha, Nebraska, publishes the *Lifeline* newsletter. It provides the latest research and current 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 details gluten-free products available through food manufacturers, more than 400 telephone numbers and 75 websites, expanded glossary, and grain terminology.

Join the Celiac Sprue Association/USA. At the end of the year, our chapter receives a rebate of \$3 per member. It's another great way to help us continue to be "Celiacs Helping Celiacs."

Visit [www.csaceliacs.org](http://www.csaceliacs.org) or call toll-free (877) CSA-4-CSA.

### **Get Involved! Stay Involved!**

Thank you Gina M-C. and Diane B. for joining the board! The Northern Colorado CSA/USA Chapter #77 board is looking forward to a great year ahead. If you would like to get more involved in the chapter, please contact Susan S. at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com). We are always looking for enthusiastic members who are interested in helping their fellow celiacs!