



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

VOL. 4, ISSUE 5
Sept., 2008

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

CSA/USA, Inc.
#77

Got questions? Hear Diane Moyer's answers Sept. 4

Clarifying the Gluten-Free Diet

Denver dietitian and diabetes educator Diane Moyer, MS, RD, CDE, will explain how to make gluten-free sense out of dietary chaos with her introduction to the GF diet/ceeliac disease at our fall meeting. A must-attend for the newly/recently diagnosed as well as family members of those with celiac disease. "Veterans" with celiac will also find this very informative. Bring your questions!

Who: EVERYONE IS WELCOME

When: 7 p.m., Thursday September 4

Where All Saints Episcopal Church

3448 N. Taft Ave., Loveland, 80538

Gluten-free treats provided by **Seth Mendelsohn of Simply Boulder Foods**, makers of GF sauces, dressings, and marinades.

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 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

THANKS!

To: The 36 folks who attended our Summer GF Picnic July 10 at Centennial Park Pavilion in Loveland. We enjoyed a fabulous spread of GF GOOD EATS. Thanks for all the recipes and treats.

To: Travis R. our skilled webmaster — an incredible help and resource to us.

2008-2009 BOARD MEMBERS

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TREASURER

POSITION AVAILABLE

Mark your calendars, Oct. 17-19

**31st Annual CSA Conference,
La Vista, Nebraska**

**Enter our drawing at the 9-4-08
meeting for \$100 off registration**

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Keep This Newsletter Coming

With 280 members and growing each month, it is time for us to update our current roster. If you are an active member and want to continue to receive email newsletters and meeting reminders, please reply to this newsletter email reminder with **"keep me on the list"** in the subject line. If you occasionally want information on our group's activities and want to avoid email reminders, or if it is more convenient for you to view the current and archived newsletters on our website at <http://www.northerncoloradoceliacs.org>, there is no need to respond to this email. Thanks for helping us update our roster.

We Need You!

Just after celiac-disease diagnosis, new members need the camaraderie of our chapter more than ever. But often, when members feel they're ready to handle the gluten-free life on their own, they leave our chapter behind. So, we're asking you: Please. Don't go. Stay. Share your knowledge, expertise, and experiences with others. We need your energy and your insights. And just maybe, you'll want to join our board of directors and plan the future course for our chapter/members. It's an exciting task, and we just can't do it without you.

Positions available: Treasurer: Term starts 9/08 — 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 Stewart, nococeliac@yahoo.com.

Connect with Others Coping with Celiac Disease, Worldwide

Wishing you could talk to others who are struggling with the same issues as you are? Sign up for the gluten-free listserv. You'll receive a few daily emails from others like you, worldwide. Ask a question of the group. Search the archives for product/experience information. It's an invaluable resource. To sign up, go to: <http://www.enabling.org/ia/celiac/index.html> and click on "Subscribing to the Celiac List."

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: nococeliac@yahoo.com.

GF Cooking Classes in Northern Colorado

9-8-08 Gluten-Free on a Shoestring: Money-Saving Tips for the GF Life — 6:30-8 p.m., The Vita Shack, 346 E. Mountain Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — info@glutenfreefork.com — teaches clever ways to trim your gluten-free food budget without sacrificing quality or quantity. Menu may include: Grilled Zucchini with Fresh Basil Ricotta and Marinara Sauce, Artichoke-Chive Frittata with Goat Cheese and Gruyere, and Frozen Yogurt Sundaes with Homemade Granola. To register, call 970 221-3004 or email info@glutenfreefork.com. Cost \$20.

9-13-08 Baking Gluten-Free — 9:30 a.m.- Noon, Whole Foods Salud Cooking School, 2201 S. College Ave., Fort Collins. Heather Hein of Silly Yak Solutions — sillyyakchick@yahoo.com — demystifies gluten-free baking and offers a chance to learn about GF baking while demonstrating how fulfilling it is to bake at home. Her menu includes: Flax Seed Bread, Parmesan Shepherd's Bread, Sesame Seed Hamburger Buns, and Quinoa Bread. To register, call 970 267-9200. Cost \$24.

10-9-08 Gone Baby Gone: Gluten-Free Meals in Minutes — 6:30-8 p.m., The Vita Shack, 346 E. Mountain Ave., Fort Collins. Gina Mohr-Callahan of A Fork in the Road — info@glutenfreefork.com — shares quick and healthful gluten-free options that won't break the bank. Discover old favorites. Invent some new ways to incorporate ready-made foods. Menu may include: Snakebite Bison Chili, Grilled Curry Shrimp with Apricot Ginger Glaze and Toasted Coconut, and Pasta with Basil Pesto, Sun-Dried Tomatoes, and Garlic-Mascarpone Cheese. To register, call 970 221-3004 or email info@glutenfreefork.com. Cost \$20.

GLUTEN-FREE NEWS BITES

Local “Meals Made Easy” Now Offers Gluten-Free Options

Fort Collins' own Meals Made Easy, 1721 W. Harmony Rd, #102, Fort Collins 80526 (on Harmony between Shields and Taft Hill in the Seneca Center), is now offering made-from-scratch gluten-free frozen entrées to take home, thaw, and cook. To ensure a gluten-free environment, Meals Made Easy owner Lynda Byrnes-Pelichowski — a chef in business more than five years — says GF foods and gluten-containing foods are not prepared at the same time, and work surfaces and utensils are cleaned and sanitized before preparing GF items.

Meals Made Easy currently features several GF meals, including Greek Isle (rice) Pasta, Fiesta Chicken and Rice, and Happy Heart Grilled Chicken. Other options can be special-ordered gluten-free (menu says: “Gluten-Free” or “Gluten-Free Available”). Portions for two start at \$8.99; portions for 4-6 start at \$15.99. Store hours are Tuesday, 10:30 a.m. to 3 p.m.; Wednesday 11 a.m. to 4 p.m.; Thursday 11 a.m. to 6 p.m.; and Friday 11 a.m. to 5:30 p.m. For more information, contact Meals made Easy at 970 226-4188, or view the menu online at <http://www.mealsmadeeasy.net>.

Udi's Gluten-Free Products at Area King Soopers

The area King Soopers frozen-food cases are sporting some new GF additions these days: Udi's — a Colorado company — GF sandwich bread, Snicker Doodle cookies, cinnamon rolls, chocolate chip cookies, and blueberry muffins.

“Don't Be a Gluten” GF Beer Now on Tap at CB Potts in Fort Collins

CB Potts Restaurant and Brewery in Fort Collins, 1427 W. Elizabeth St., has released its new gluten-free beer “Don't Be a Gluten.” The beer is on tap through the fall. For more info, call 970 221-5954.

Granny's GF Zone Expands Products/Now Accepts Food Stamps

Gluten-free waffle cones (made in USA), Jalapeno-cheddar rolls, French bread, and more have been added to the product list at Granny's Gluten-Free Zone, 4916 W. Eisenhower Blvd., Loveland (near the Devil's Backbone on westbound Highway 34). “We have lots of new gluten-free snack items, and we still receive a large Outside the Breadbox order on Thursdays at 1 p.m.,” says store co-owner Donna Huckaby. “We're also now accepting food stamps.” For more information, contact Granny's Gluten-Free Zone at 970 669-9986 or check out Granny's website at <http://www.grannysglutenfree.com>.

A Fork in the Road Launches New Website and “Ask Us” Service

Fort Collins-based, gluten-free support service A Fork in the Road, owned by CSA member Gina Mohr-Callahan and husband Gerald Callahan, will be launching a new, gluten-free, information-packed website — <http://www.glutenfreefork.com> — October 1, 2008. Besides providing information on the company's GF cooking classes, the website will include GF recipes and GF pantry, celiac-disease information/resources, an interactive blog called “Table Talk,” GF FAQs, and an innovative “Ask Us” service. “Our ‘Ask Us’ service allows anyone with a telephone or computer to schedule consultations — from 10 minutes to 1 hour — about the gluten-free life, GF cooking/recipe conversion, celiac health challenges, immune challenges, and more,” explains Gerald Callahan, an immunologist. Consultations begin at \$15. For more information, call 970 221-3004, visit the website *after October 1*, or email info@glutenfreefork.com.

The Vita Shack Opens Organic Juice and Smoothie Bar

The Vita Shack, 346 W. Mountain Ave., Fort Collins, now serves gluten-free organic juices and smoothies, made-to-order. The store, operated by Michele Monte (think gluten-free treats at our May, 2008 meeting) also specializes in wheat-, dairy-, soy-, and gluten-free raw foods. Watch for gluten-free veggie chili, soups, and wraps in the coming months. For more information, call 970 689-3036 or visit The Vita Shack website at <http://www.thevitashack.com>.

Gluten-Free Product List Available

The 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 Shaw in Loveland at 970-669-4233 or Judy Bushnell in Fort Collins at 970-493-9674. The product list is available for purchase at all chapter meetings. **Thank you for choosing to help support the**

Northern Colorado Chapter #77!

Triumph Dining Giving Away Free Gluten-Free Dining Cards

To raise awareness about celiac disease, Triumph Dining is giving away 15,000 gluten-free dining cards during August, 2008. If 15,000 people sign up for the free cards, Triumph Dining will donate \$10,000 in support of a national celiac-disease-awareness campaign, and registered members can help choose the donation recipient. You can get your free GF dining card in two ways:

1. Visit <http://www.triumphdining.com/freediningcard.aspx> and use the order form to sign up. (There is a \$.70 s&h charge.) OR
 2. Send a self-addressed, stamped envelope to: Triumph Dining, Dining Department; 124 E. Broad St., Suite B2; Falls Church, VA 22046
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Carol Fenster's New GF Cookbook Available September 2

Colorado gluten-free cookbook author Carol Fenster of the Savory Palate has done it again. Her new cookbook, *1000 Gluten-Free Recipes*, will be available September 2 and can be pre-ordered now at <http://www.amazon.com>. For more information, contact Savory Palate, Inc., 8174 S. Holly St., #404; Centennial, CO 80122-4004; 800 741-5418, or

<http://www.savorypalate.com>.

\$100 Discount Coupon Drawing for the 31st CSA Conference

Planning to attend the 31st CSA Conference in La Vista, Neb.? Don't miss the drawing (at the September 4 meeting) for \$100 off the conference registration. Only members already planning to attend the conference are eligible to participate in the drawing.

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 S. 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.

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