



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

VOL. 5 ISSUE 5
Sept., 2009

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

CSA/USA, Inc.
#77

Immunologist explains celiac & the immune system Sept. 10

Explore Your Immune System

CSU Professor of Immunology and Public Understanding of Science Gerald N. Callahan, Ph.D., will present "Your Immune System: A User's Guide" at our September meeting. Dr. Callahan will discuss the role of the immune system in celiac disease and related autoimmune disorders. Come with your questions!

Who: EVERYONE IS WELCOME

When: Thursday, September 10, 2009 (Date Change)

6:30 p.m. Small Group Meeting for the newly diagnosed

7 p.m. Large Group Meeting/Presentation

Where: All Saints Episcopal Church

3448 N. Taft Ave., Loveland, 80538

Gluten-free treats provided by **Whole Foods and Simply Boulder Sauces.**

One free membership to our national association will be given away! You must be present to win.

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: SETH MENDELSON from
Simply Boulder
Foods, LLC.

TO: DEE VALDEZ
from Udi's Bakery.

TO: MANCINO'S
for donating a
fabulous GF pizza.

TO: ALL OF YOU
who came and
shared your food
and your recipes.
What a terrific picnic!

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2009-2010

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Mark your calendars Oct. 29-Nov. 1
32nd Annual CSA Conference
Erie, Pennsylvania

Visit www.csaceliacs.org to register

Our next meeting will be our
Annual Chili Supper
on Thursday, November 5, 2009
at 6:30 p.m.

Thank You Susan S.; Welcome New Board Members

After more than four years of incredible volunteerism, Susan S. is stepping down as chairperson of CSA Chapter 77. She's done a stellar job, working tirelessly for our chapter, making herself available to people who needed guidance and hope, and leading our chapter with knowledge, grace, and confidence. Our deep thanks, Susan, for helping us grow and for remaining on the board as our advisor.

Welcome to the board Linda R., treasurer; Betty L., publicity coordinator; and welcome back Heather S., newsletter editor. Gina M.-C. is our chapter's incoming chairperson.

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 S. 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!

GF Cooking Classes in Northern Colorado

9-9-09 Gluten-Free Artisan Bread Baking - 5:30-9 p.m. Stir It Up Kitchen, Boulder, CO. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — reacquaints you with "real bread" with special techniques for perfect textured GF bread and hard rolls that can be sliced, dipped, toasted, and grilled without falling apart. Her menu includes: Multi-Seeded Hard Rolls, Rosemary/Olive Bread, Grilled Veggie Panini, Capone's Margarita Pizza, Garlic/Herb Breadsticks, and Éclairs with Crème Anglaise and Chocolate Ganache. To register, call 303 807-0050 or register on-line at <http://www.wheatfreegourmet.com>. Cost: \$95.

9-17-09 Gluten-Free 101 - 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> — presents the ultimate gluten-free primer for everyone on the gluten-free path. You'll discover: GF flour blends, special techniques/ingredients (including Expandex®), the ABCs of the GF, and more. Her menu may include: Ginger-Cinnamon French Toast with Agave Nectar, Fiesta Pasta Salad with Shrimp, Veggie Pizza, and To Die For Chocolate Chip Cookies. To register, call 970 495-7500 or go to <http://www.pvhs.org>, click on Health and Wellness, then Classes & Events. Cost: \$10.

9-19-09 Tastes of Tuscany - 2:30-6 p.m. Stir It Up Kitchen, Boulder, CO. Mary Capone, the Wheat-Free Gourmet — <http://www.wheatfreegourmet.com> — begins with a simple antipasto and then explains how to make a homemade potato herb gnocchi, topped with classic Capone's Marinara Sauce. She completes this class with an Italian Pear Crostata. Abbonanza! (Dairy-Free/Casein-Free menu available.) Her menu includes: Antipasto Martini with a Parma Cheese Chip, Potato Herb Gnocchi, Capone's Marinara Sauce, Italian Pear Crostata. To register, call 303 807-0050 or register on-line at <http://www.wheatfreegourmet.com>. Cost: \$95

10-15-09 Gluten-Free Harvest: Rustic Breads and Hearty Soups - 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> — ladles up a taste of fall with locally produced ingredients transformed into simple homemade soups and easy breads. Her menu may include: Butternut Squash and Leek Soup with Irish Soda Bread, Snakebite Bison Chili with Shallot Cheddar Bread, and Southwest Tortilla Soup with Jalapeno Cornbread. To register, call 970 495-7500 or go to <http://www.pvhs.org>, click on Health and Wellness, then Classes & Events. Cost: \$10.

NEW! Young-Adult Gluten-Free Group Meets September 16 at Rustic Oven

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. The first dinner meeting will be held at 6:30 p.m., Wednesday September 16, at the Rustic Oven, 2350 E. Harmony Road. Please RSVP to Alyssa by September 15, 970 420-9526, 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> .

Call Alyssa with questions at 970 420-9526 or email her at alyssa.serchia@yahoo.com . She'll also be at the September meeting so you can talk with her in person then.

FALL GROUP ORDER **Gluten Free Oats from Wyoming**

We will be taking orders for GF Oats from Wyoming at the September 10 meeting. Please bring cash or check to the meeting.

The cost will be **\$10.50 a bag**.

Oats can be picked up at the November meeting or from Heather S. directly when they arrive at her house in Fort Collins.

Won't be at the meeting? Contact Heather directly at music@enthusic.com or give her a ring at 970-416-6370 to place your order no later than Sept. 15.

*****Newly diagnosed?*****

It has been recommended that you wait at least one year before introducing oats into your gluten-free diet regime.

A little guidance from the Celiac Sprue Association

Is It OK to Cheat on the Gluten-Free Diet?

Whether you're a gluten-free veteran or newly diagnosed with celiac disease, the question inevitably rears its ugly head: Is it OK to cheat on the gluten-free diet? Even just a little bit?

"Cheating" is a tough subject, and views on it differ considerably. But now we have some "official" guidance from the National Celiac Sprue Association. The position is drawn from the American Gastroenterological Association Institute's September 25, 2006, *Position Statement on the Diagnosis and Management of Celiac Disease*. The paper simply states: **"Treatment of celiac disease requires a strict, lifelong adherence to a gluten-free diet."**

If you have celiac disease, you have a lifelong autoimmune disease, not an allergy or a food sensitivity. Because of this, we urge you to follow a strict gluten-free lifestyle. Translation: Please don't knowingly cheat. We want you to be as healthy as possible!

Your CSA Chapter #77 Board of Directors

Judy B., Phil K., Betty L., Kat L., Gina M.-C.,
Linda R., Dave S., Heather S. and Susan S.

P.S. For help living the gluten-free life, please share your thoughts and concerns with our board and keep coming to our meetings!

Get ready for the **4th Annual Gluten-Free Culinary Summit** and GF Baking Invitational

East Edition - The Culinary Institute of America
Hyde Park, NY Sept 12-13, 2009

West Edition—Johnson & Wales Univ. College of Culinary Arts
Denver, CO Oct. 3-4, 2009

Go to www.theglutenfreelifestyle.com for registration information.

Gluten-Free Grocery Guides "Sprouting"

New natural foods store Sprouts Farmers Market,
4345 Corbett Drive, in Fort Collins, has gluten-free grocery guides
at their front counter and has donated
additional gluten-free grocery guides to our chapter.
Look for them on the resource table at the September 10 meeting.

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



GLUTEN-FREE NEWS BITES

Take Me Out To A Gluten-Free Ballgame

Aramark, the food provider at Coors Field, announced last month they will have their first **gluten-free concession stand**.

The stand will sell gluten-free hot dogs, burgers, chicken sandwiches and even beer.

It's believed to be the first of its kind in the major leagues.

You'll find the stand in section 147 on the left field concourse.

They'll also offer assorted chips, potato chips, pretzels, cookies and brownies! Way to go Aramark! And thank you to Aramark's chef, Rik Kiessling, who is also a celiac, for making this terrific gluten-free option available at the ballpark!

News from Granny's Gluten-Free Zone

Granny's Gluten-Free Zone, located just West of Loveland, will be selling Nunna the Gluten's yeast breads and pizza crusts on Mondays and will have their sweet creations on Thursdays. Thursday is also bread day for Outside the Breadbox breads, cookies, and pizza crusts. In addition, Granny's carries frozen Udi's breads, cinnamon rolls, and muffins as well as Conte's frozen pastas, La Tortilla Factory's teff wraps, and a new cereal line from Kay's Naturals in the Midwest. For more information, contact Granny's Gluten-Free Zone at 970 669-9986 or check out Granny's website at <http://www.grannysglutenfree.com>.

Nunna the Gluten's Products Available at Three Area Locations

Old Town Farmers Market on Saturdays from 8 a.m. to noon through Oct. 10 at the Larimer County Courthouse Parking Lot, 200 W. Oak, Fort Collins, CO 80521. Call Stephanie to schedule a pickup at the Market. 970-219-4861

Granny's Gluten Free Zone will be carrying Nunna the Gluten's fresh sandwich breads, French breads, hoagies, and pizza crusts on Mondays instead of Thursdays. Fresh muffins, cakes, and cookies will still be delivered to the store on Thursdays. Mugs Coffee Lounge, 261 S. College Avenue. They will be carrying lemon bars, sandwich breads, and possibly pizza crusts within the next month. They will update us when they are officially on the menu!

Have you been celiac for more than a couple of years?

Do you remember how it felt when you were told you had celiac disease?

What questions do you wish you would have asked in those first few months?

Our board is compiling a list of questions/answers to help our newly diagnosed members get the information they need.

Please send your questions to nococeliac@yahoo.com

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 S. at 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/ceciac/index.html> and click on "Subscribing to the Celiac List."

FDA Approves Home Saliva Test for Celiac Genes

Ever wonder if you have the gene sequences identified with celiac disease – HLA DQ2 and HLA DQ8?

This summer, the Food and Drug Administration approved a saliva-based home test kit made by Prometheus Labs. You can take the test regardless of whether you're following a gluten-free diet or not. According to the company, if you do not have the genes, you are highly unlikely to develop celiac disease in your lifetime. Likewise, having the genes does not necessarily mean you have celiac disease or will develop it. If you do have the genes, *and you have symptoms of celiac disease*, consult your health-care provider for an accurate diagnosis. The test is \$329
For more information, go to <http://www.MyCeliacID.com>.

\$100 Discount Coupon Drawing for the 32nd CSA Conference

Planning to attend the 32nd CSA Conference in Erie, PA.? Don't miss the drawing (at the September 10 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 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.

Disclaimer: CSA Chapter 77 and the national CSA do not endorse the products, services, information, or opinions expressed in this newsletter and assume no liability for use of products/information. Verify all information before applying it to your situation.