



**Newsletter**  
**Celiac Support Association – Northern Colorado**  
**Chapter**  
A Chapter Affiliate of the Celiac Support Association/USA, Inc.  
**Living Gluten-Free**

**Vol 12, Issue 1**  
**Jan 2016**  
**CSA/USA #77**

*January 7 - Learn how to heal your gut with the GAPS diet!*



**Monica Corrado, MA, CNC, CGP, and teaching chef will be discussing the Gut and Psychology Syndrome (GAPS) Diet, a healing protocol for leaky gut designed by Dr. Natasha Campbell-McBride. This nutritional program is healing everything from learning disabilities, psychiatric and psychological disorders, immune system problems and digestive problems.**

**Don't miss this fascinating presentation!**

**Date: Thursday, January 7, 2016**

**Time: 7:00 pm**

**Location: All Saints Episcopal Church  
3448 N. Taft Ave.  
Loveland, CO 80538**

**For more information about Monica Corrado and her healthy cooking classes, go to: [simplybeingwell.com](http://simplybeingwell.com)**

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**\*Please bring non-perishable gluten-free food items for donation to the gluten-free food bank at the House of Neighborly Service in Loveland\***

## **Board Members**

### **Chairperson/Newsletter**

Audrey Tool 225-2778

### **Secretary - OPEN**

### **Treasurer**

Margo Butner

### **Membership Coordinator**

**OPEN**

### **Librarian**

Lynette Deuschle 988-3283

### **Social Coordinator**

Margo Ervin

### **Webmaster**

Ryan Tool

### **Medical Director**

Lisa Butler, DO

Contact any of us by email:  
[nococeliac@yahoo.com](mailto:nococeliac@yahoo.com)

## **General Information**

**Membership dues:** None, but donations encouraged

**Meetings:** 7:00 pm the first Thurs of Jan, Mar, May, Sept and Nov

**Location:** All Saints Episcopal Church

3448 N. Taft Ave., Loveland, CO 80538

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

**Website:** [www.nococeliac.weebly.com](http://www.nococeliac.weebly.com)

**Social Media:** Facebook and [Meetup.com](http://Meetup.com)

**Thanks** to everyone who attended the Annual Soup, Stew and Chili Potluck in November.

**Thank you** to our generous donors: **Love Grown Foods, Bloomfield Farms, Namaste and WB Kitchen (Ona treats).**

## **Mark your calendar**

**March 3, 2016**

Jill Simpson of Your Local Fork, will be demonstrating how to make yummy single-sized gluten-free "Mug Meals"

**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/services/information. Verify all information before applying it to your individual situation.

## Tax tips

- Don't forget to keep a log of your extra expenses related to your special diet for your Income Tax deduction. You will also need to submit a doctor's prescription for your special diet.
- All charitable donations must have a receipt (a cancelled check is considered a receipt, so use this instead of cash for the Salvation Army bell-ringers' buckets).
- Bring a copy of all medical bills and pharmacy bills for the year to your appointment with your tax professional, if you are planning to deduct your medical expenses. Your pharmacy and doctor's office can print a copy of your payments for the year. This will help your appointment go faster.
- Ensure that your tax professional is trained and has a PTIN card for preparing taxes during the 2016 season.
- Questions? Email Margo B. at nococeliac@yahoo.com.

## Your CSA Needs Your Help!

I took over as Chairperson of Chapter 77 of CSA in November 2012. As many of you will recall, our chapter was about to vote to dissolve because the current Board of Directors was retiring and no one had stepped up to take over. At the last minute, Margo Butner, Mark Reid, Carole George, Mark Reinhardt, Barbara Case and I all volunteered to help run the Board. With so much help, we were able to spread out the work so that it was manageable for all. Currently we have four Board members. I have been asking for volunteers to help us out with the positions of **Secretary, Newsletter Editor, Membership Coordinator and another Social Coordinator** to help Margo Ervin, who is very busy with two young kids. I will be retiring from the Board as Chairperson as of July 2016. Therefore, we have five positions that need to be filled. If we could get four or five of you to help out, it would be easy for all and not create a burden on a few!

*In the next few newsletters, I will be describing the available CSA Board positions in more detail, to help you decide which position fits your skills and personality the best.*

**Newsletter Editor** – (2-3 hours per month) This position requires good writing and grammar skills, basic knowledge of Microsoft Word, and about 5 to 6 hours every other month to write, edit, and insert the articles into the newsletter and then email them to the corresponding email list. The newsletter is typically four pages long. Audrey has created a Microsoft Word newsletter template that makes it very easy to insert announcements and articles. You don't even have to be a good typist (I'm not!). Please consider volunteering for this position! Call me today if you would like to discuss it or to fill out a Board application! Audrey Tool (970) 225-2778 or email me at nococeliac@yahoo.com.



WB Kitchen all natural honey sweetened Ona Bars and Cookies are hand crafted in Loveland, CO. No preservatives, artificial colors or flavors. Full of healthy fats and nutrient-dense nuts. Find them at Natural Grocers at Vitamin Cottage and Whole Foods.

Northern Colorado CSA members can get 20% off at the WB Kitchen webstore:

[www.wbkitchen.com](http://www.wbkitchen.com), use code **NocoCSA** for 20% off

### 'Like' us on Facebook

Check out our Facebook page under the [Northern Colorado Celiac Support Association](#). Stay up-to-date on all that is happening with CSA Chapter #77!

### Looking for GF social events?

Join CSA Board member Margo E. for a variety of GF social outings. To sign up, go to: [Meetup.com/Northern-Colorado-Celiac-Gluten-Intolerance-Social-Group/](http://Meetup.com/Northern-Colorado-Celiac-Gluten-Intolerance-Social-Group/)

**Got News to Share?** To contribute a recipe, favorite restaurant, GF product, relevant newspaper or journal article to the newsletter, email Audrey Tool at [nococeliac@yahoo.com](mailto:nococeliac@yahoo.com).



Thumbs up to Garbanzo Fresh Mediterranean Grill in Fort Collins for their yummy GF Pita bread!



Thumbs Down to Smashburger for not taking cross-contamination seriously.

**Try Five Guys instead!** They always ask if it is a preference or an allergy when ordering a lettuce-wrapped burger. **Larkburger** does a great job with GF, too!

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## Winning Recipes from the Annual Soup, Stew and Chili Potluck

### Fred's Slow Cooker Curry Cauliflower Soup (modified from *Wheatbelly*)

2 T. olive oil  
1 large white onion  
1 large head of cauliflower, chopped  
1-2 tsp. curry powder  
1 tsp. cumin  
½ tsp. seasoned salt

3.5-4 cups chicken stock (gluten-free)  
1 can unsweetened coconut milk  
½ tsp. thyme  
¼ tsp. garlic powder  
¼-1/2 tsp. red pepper flakes  
Salt & pepper to taste

Optional: can make with potatoes instead of cauliflower

Place all ingredients in a slow cooker for 4-5 hours on high. Add coconut milk the last hour. Once the veggies are tender, place in a blender, then return to slow cooker to re-heat. (Optional, add 1 tsp. sugar at this step). Add salt & pepper to taste. Garnish with chopped green onions, parsley, shredded cheddar cheese.

### Margo's Hearty Paleo Beef Stew

2 lbs. Organic beef stew meat  
1 large carrot  
1 large parsnip  
1 white onion  
3 celery stalks

Sea salt to taste  
Garlic Powder to taste  
Poultry seasoning (sage, thyme, marjoram, rosemary, black pepper and nutmeg)

Put stew meat in slow cooker and fill ¾ full with water. Cook 4 hours on high. Chop vegetables and add to slow cooker. Cook for another 4 hours on high. Season with salt, garlic powder and poultry seasoning to taste and serve.

### Cindy's Vegetable Stew with Meatballs

Meatballs: 1 lb. lean ground beef  
½ cup gluten-free breadcrumbs  
1 egg  
2 T. milk  
½ tsp. Italian herb seasoning  
½ tsp. salt

Mix and form into walnut-sized balls. Bake at 375 degrees for 20 minutes.

Soup: 16 oz. Italian Style stewed tomatoes (gluten-free)

16 oz. tomato sauce  
16 oz. gluten-free beef stock  
2-3 tsp. sugar  
1 tsp. salt  
1 tsp. Italian herb seasoning  
1 cup sliced carrots  
1 cup chopped onion  
1 cup chopped celery  
1 cup chopped zucchini  
¼ cup chopped parsley

Add all ingredients to soup pot and bring to boil for 20-30 minutes or until vegetables are soft. Add baked meatballs and simmer until meatballs are warm, then serve.

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# Healing Your Gut with the GAPS DIET

**(Gut and Psychology Syndrome)  
Presented by Monica Corrado**

**Thursday, January 7, 2016  
7:00 pm**

All Saints Episcopal Church  
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[www.nococeliac.weebly.com](http://www.nococeliac.weebly.com)

**Sponsored by the Northern Colorado  
Celiac Support Association**

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