



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

**Vol 11, Issue 4**

**Nov 2015**

**CSA/USA #77**

*November 7 – Bring your best GF recipe and possibly win a prize!*

## **Gluten-free Soup, Stew & Chili Potluck**

Come hungry and bring your favorite gluten-free soup, stew or chili. Prizes will be given for the best dish in each category. To enter the contest, your dish must be accompanied by a **recipe card (on page 4)**. The winning recipes will be published in our next newsletter.

Don't miss this tasty gluten-free event!

**DATE: Thursday, November 5, 2015**

**TIME: 6:30 pm (note earlier time)**

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

**BRING\*: Your favorite GF soup, stew or chili and a  
recipe card (see newsletter page 4)**

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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\***

## **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](https://www.meetup.com/nococeliac/)

## **Board Members**

**Chairperson/Newsletter**

Audrey Tool 225-2778

**Secretary - OPEN**

**Treasurer** – Margo Butner

**Membership Coordinator**

**OPEN**

**Librarian**

Lynette Deuschle 988-3283

**Social Coordinator** – Margo E.

**Webmaster**

Ryan Tool

**Medical Director**

Lisa Butler, DO

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

Many thanks to our new Medical Director, **Dr. Lisa Butler**, for her informative presentation at our Sept meeting. Thanks also to **Becca's Gourmet Goodies** for being our guest vendor. To order their GF products, go to: [beccasgourmetgoodies.com](http://beccasgourmetgoodies.com)

## **Mark your calendar**

**Jan 7, 2016, 7pm**

Monica Corrado, CNC, will discuss the **GAPS Diet (Gut and Psychology Syndrome)**

**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.

## 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.*

**CSA SECRETARY** – (2-3 hours per month) This person attends and provides brief written “minutes” of the general membership meetings held at 7:00 pm on the first Thursday of Jan, Mar, May, Jul, Sept, and Nov. This person also attends the Board meetings, which are scheduled at the Board’s convenience during the first week of Feb, Apr, Jun, Aug and Oct, and usually take an hour or less. There is no Board meeting in Dec. There are Microsoft Word templates/outlines that I have created for the minutes, which make it very easy. All Board members are asked to arrive 20-30 minutes prior to the general meetings to help set up chairs, water pitchers and greet members, as well as staying to help clean up after the meeting, if possible. The Secretary is also in charge of mailing a copy of our bi-monthly e-newsletter to a few of our members who don’t have email access (usually 5 or less members). Chapter 77 pays for all mailing costs. Basic computer skills and access to a printer would make this job easy! 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](mailto:nococeliac@yahoo.com).**

## The Gluten Craze Submitted By Dr. Paul Branch, MD

“Gluten-free” has become the rage lately. I recall speaking about celiac disease (CD) in 1998, and it was like talking about some rare disease. Now it’s an epidemic. What has changed? Most diseases are associated with inflammation, which is akin to a toxic heat. Tissue exposed to it “melts down” a bit. CD describes inflammation in the intestinal wall, such that the normal surface of the intestinal wall changes in relation to normal tissue. Gluten aggravates the inflamed intestinal walls of those who suffer from CD. More complicated is why this inflammation came about in the first place. Cholesterol is a good example. Heart attacks occur in the walls of inflamed blood vessels. Such inflammation causes changes to take place in an attempt to repair the arteries. Cholesterol is part of this repair, but if we look at the inflammation as the crime, cholesterol is but a suspect caught at the scene of the crime. The same goes for gluten. What has made CD more common now than in the 1990s? I believe that most likely the wheat crop changed. The rise in genetically modified foods (GMOs) and the use of the “Round-Up ready” herbicide glyphosphate that may be used in grain crops in our country could be the real culprits. Research shows that both GMOs and glyphosphate trigger inflammation in the gut. Gluten, already tried and convicted of a crime, is most likely just smoke-screen for the true cause of the inflammation. Many celiac patients have experienced major improvement by consuming only non-processed/raw, non-GMO whole foods. To learn more please contact my office at 866.477.1169 and mention this article. Dr. Paul Branch is a Western and Eastern trained and certified medical doctor, practicing in Denver. Learn more at [http://www.holisticsolutionsmd.com/?page\\_id=26](http://www.holisticsolutionsmd.com/?page_id=26)

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## Fort Collins Natural Grocers by Vitamin Cottage Upcoming Events

### **HEALTHY GLUTEN FREE-LIVING - presented by: Lori Kehoe, RD**

**Saturday, November 7th, 10:00 a.m. - 11:00 a.m.**

- What is gluten and why is it such a problem? Learn about testing options.
- Learn how to eat to heal your gut with diet and supplementation.
- We will share shopping and cooking tips for healthy gluten-free living.
- We will provide gluten-free and non-GMO Thanksgiving recipes and meal ideas.

\* Drawings for gift baskets

### **GLUTEN-FREE TASTING FAIR - presented by Natural Grocers employees and vendors.**

**Saturday, November 7th, 11:00 a.m. - 2:00 p.m. (to follow presentation)**

-Sample fabulous gluten-free products - foods, vitamins, body care and so much more.

# **Your Local Fork**

## **GF Cooking Lessons and Meal Planning**

**[www.yourlocalfork.com](http://www.yourlocalfork.com)**



**What you choose to put on your fork matters to your body and mind.**

**Learn more about how to make healthy meals and plan ahead to make healthy choices throughout the week.**

**Classes include breakfast, lunch, and food to take home for future meals.**

**Open for enrollment now!**

**[www.yourlocalfork.com](http://www.yourlocalfork.com) 970-556-1903**

**For a comprehensive, up-to-date list of Gluten-free Halloween candy for 2015, please go to:**

**[http://www.csaceliacs.org/glutenfree\\_holiday\\_candy.jsp](http://www.csaceliacs.org/glutenfree_holiday_candy.jsp)**



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# Recipe Card for Gluten-free Soup, Stew and Chili Potluck

Thursday, November 5, 2015 at 6:30 pm

All Saints Episcopal Church

3448 N. Taft Ave, Loveland

CIRCLE ONE:

SOUP

STEW

CHILI

Name of Dish \_\_\_\_\_

Ingredients: **PLEASE ONLY USE PRODUCTS LABELED GLUTEN-FREE!**

(Please list brand names of ingredients for those members with multiple food allergies.)

Cooking Instructions:

Shared by: \_\_\_\_\_

Phone/email: \_\_\_\_\_

Is this recipe from a cookbook? YES NO

If so, name of cookbook:



Come hungry and bring your favorite GF soup, stew or chili. Prizes will be awarded for the best dish in each category. For more information, go to:  
[nococeliac.weebly.com](http://nococeliac.weebly.com)

## Annual Gluten-free Soup, Stew and Chili Potluck

**November 5, 2015**  
**at 6:30 PM**

All Saints Episcopal Church  
3448 N. Taft Ave  
Loveland, CO

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



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