



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

Vol 11, Issue 3
Aug 2015
CSA/USA #77

September 3 – meet the new CSA #77 Medical Director, Lisa Butler, D.O.



Dr. Lisa Butler, D.O., is a Family Practitioner at the Family Clinic of Fort Collins. She also runs Integrative Osteopathy, a clinic which integrates traditional Western Medicine, alternative medicine and osteopathic medicine to create optimal health.

For more information, go to:
www.io-health.com.

**The Journey from Celiac Diagnosis to Health:
How to Stay on the Right Path**

DATE: Thursday, Sept 3, 2015

TIME: 7:00 pm

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

Please bring non-perishable gluten-free food items for donation to the GF 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

Social Coordinator

Margo Ervin

Webmaster

Ryan Tool

Medical Director

Lisa Butler, DO

Contact any of us by email:
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

Website: www.nococeliac.weebly.com

Social Media: Facebook and Meetup.com

Thanks to everyone who participated in the Annual Gluten-free Potluck Picnic! Thanks also to **Katz bakery** for the donut donations! See page 3 for the winning recipes.

Mark your Calendar

Nov 5, 2015 at 6:30 pm

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

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.

Gluten-free Cooking Classes at The Gardens on Spring Creek

Presented by celiac educator, chef and former CSA #77 Chairperson, Gina Mohr-Callahan

September 10 – Jewels of the Garden: Celebrating Homegrown Tomatoes

September 17 – Let's Cook Mediterranean!

Register online at: www.fcgov.com/gardens or call (970) 416-2486

ANNOUNCEMENT: The Celiac Support Association Needs You!

Our Chairperson, Newsletter Editor, and Secretary, Audrey Tool, will be retiring from the Chapter #77 CSA Board as of August 2016! In order to keep our chapter afloat, we will need your participation. CSA provides a great service to those of us on the gluten-free path. Please consider donating just a little of your time and talent to help keep the chapter going. Contact Audrey at (970) 225-2778 or nococeliac@yahoo.com for more information. "Many hands make for light work"

FDA issues warnings to medical scope manufacturers

In January 2015, the media reported a link between a specialized type of medical endoscope and "superbug" infections, infections caused by bacteria which are resistant to antibiotics and often fatal. Such superbug-related infections, such as that caused by bacteria called Carbapenem-Resistant Enterobacteriaceae, or CRE, have a 40% mortality rate. After a cluster of such infections showed up in Los Angeles, Chicago, Seattle and other cities, the infection was linked to the use of a specialized type of medical endoscope, called a duodenoscope. A duodenoscope is introduced down the esophagus of a patient and into the stomach and small intestine to treat diseases of the intestines, such as blockages in the bile and pancreatic ducts due to gallstones or tumors (a procedure called ERCP – endoscopic retrograde cholangiopancreatography). These procedures are performed approximately 650,000 times per year in the U.S. The FDA warns that the duodenoscope can trap bacteria in an "elevator" mechanism that controls surgical tools at the tip of the scope. Even if the scopes are disinfected properly between uses, the bacteria can survive and pass from patient to patient. Federal regulators have found safety violations in the manufacturing practices of all three companies which produce these scopes. The FDA has therefore issued warning letters to the Olympus, Pentax and FujiFilm for violating an array of manufacturing and quality-control standards, as well as failing to properly notify the FDA after learning that such infections had been linked to their scopes. These warnings are the first step toward formal legal action against the three companies as well as setting strict timelines for the companies to address the problems. For more info: <http://www.usatoday.com/story/news/2015/08/17/fda-widens-investigation--deadly-scopes/31863551/>

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.

Winning Recipes from the 2015 Annual Gluten-free Potluck Picnic

RITA'S TEXAS CAVIAR

2 cans black beans, drained
2 cans shoepeg or white corn, drained
1 can black-eyed peas, drained
1 can navy beans, drained
Red and/or yellow bell peppers, diced
4 medium tomatoes, diced
16 oz. bottle gluten-free Italian vinaigrette (Ken's light balsamic vinaigrette)

Bunch of green onions, chopped
Fresh parsley, chopped
¼ to ½ lime, juiced
Purple onion, diced
Fresh cilantro (optional)

Serve with corn chips or crackers.

MARGO'S ASIAN TURKEY MEATBALLS

3 lbs. ground beef
2 small scallions
1 large carrot
4 cloves garlic, minced
2 tsp. fresh grated ginger
3 T. fresh chopped basil

3 T. fresh chopped mint
3 T. fresh chopped lemon balm (mint)
Juice from 1 fresh lime
2 T. coconut aminos (Walmart)
2 T. maple syrup
sea salt

Preheat oven to 350 degrees. Line baking sheet with aluminum foil and grease with coconut oil. In a large mixing bowl, combine all ingredients. Form 30 meatballs about the size of a golf ball and transfer to baking sheet. Bake 35 minutes or until no longer pink inside. Drizzle with olive oil and coconut aminos and serve. Adapted from Gluten Free Goddess blog.

ALMA'S OATMEAL RAISIN COOKIES

3 eggs, well-beaten
1 cup raisins
1 tsp GF vanilla extract
1 cup butter
1 cup brown sugar
1 cup sugar

2 ½ cups Domata Recipe Ready GF Flour (K.Soopers)
1 tsp salt
1 tsp ground cinnamon
2 tsp baking soda
2 cups GF oats (Bob's Red Mill GF)
¾ cups chopped pecans (optional)

Combine eggs, raisins and vanilla and let stand for one hour, covered in plastic wrap. Cream together butter and sugars. Add flour, salt, cinnamon, and soda to sugar mixture. Mix well. Blend in egg and raisin mixture, oats and chopped nuts. Dough will be stiff. Drop by heaping teaspoons onto a greased cookie sheet or roll into small balls and flatten slightly on a cookie sheet. Bake at 350 degrees for 10-12 minutes or until lightly browned. Makes 6 dozen. Recipe from Domata brand GF flour package.



Thumbs Up to Tom & Chee at 2909 S. Harmony in Fort Collins for taking celiac disease seriously and providing yummy GF tomato soups and many varieties of GF grilled cheese sandwiches and salads.



Thumbs Down to Cheyenne Frontier Days for not providing any gluten-free food or alcoholic drink options!
Eat before you go and BYOB!

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.



Discover what to do if you have been “glutened”

Learn how to stay healthy on a gluten-free diet

Come and meet our chapter’s new Medical Director

Sponsored by the Northern Colorado Celiac Support Association

nococeliac.weebly.com

**THURSDAY, SEPTEMBER 3, 2015
AT 7:00 PM**

**THE JOURNEY FROM CELIAC
DIAGNOSIS TO HEALTH:
HOW TO STAY ON THE RIGHT PATH**

Dr. Butler is a Family Practitioner at the Family Clinic of Fort Collins. She also runs Integrative Osteopathy, a clinic which integrates traditional Western medicine, alternative medicine and osteopathic medicine to create optimal health.

For more information about Dr. Butler, go to:

www.io-health.com



MEETING LOCATION

All Saints Episcopal Church
3448 N. Taft Ave
Loveland

Sept 3, 2015 at
7:00 pm