



CSA PHOTO COMPETITION 2009

Promoting Celiac Disease Awareness Month

We have all heard that "one picture is worth a thousand words." Everyone looks forward to seeing photos and hearing stories. As a result, this year CSA is sponsoring a photo contest to promote Celiac Disease Awareness Month. Entries may be submitted until December 1st. Capture fun moments and action ---promoting celiac disease awareness -- - and demonstrating that individuals diagnosed with celiac disease lead normal lives. Prizes will be awarded, and the winning photos will be prominently featured in *Lifeline* and the CSA website. This contest is open to all ages.

Contest Rules:

- All photos must be accompanied by an entry form (see page 20 or download from website)
- Snapshots/collages are welcome from any event or activity such as summer picnics, fall meetings or CSA Chapter activities
- Pictures should be as high resolution as you can accomplish with your camera
- Photos can be black and white or color
- NO PHOTOS WILL BE RETURNED
- No limit on photo entries, but each should be accompanied by an entry form
- No larger than 8" X 10"
- Ideally, you should save your picture in the largest size you can
- If you save your photo as a jpeg and email to celiacs@csaceliacs.org, be sure to add that the photo is for the competition. Be sure to include the entry form
- Be sure you obtain permission from all persons in the photo before you submit
- Winners will be notified after December 1st

Photo Ideas:

- Group meetings/speakers
- Group activities/programs
- Individuals finding success through the "WBRO-Free diet"/CSA CelKids®/Leaders /Families
- Action photos such as a walk-a-thon, bike-a-thon, cooking demo, BBQ, bake off, etc

Send photos and entry forms to:
CSA Photo Contest
PO Box 31700
Omaha, NE 68131-0700

OR

Email photos and entry forms to:
celiacs@csaceliacs.org



CSA PHOTO COMPETITION 2009

PROMOTING CELIAC DISEASE AWARENESS MONTH

ENTRY FORM

Name: _____ Membership#: _____

Street Address: _____

Apartment Number (If Applicable): _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ Email: _____ @ _____

Local Chapter name and number: _____

Please describe the activity depicted in the photo including the date and name of the activity:

I give permission for CSA to use this photograph in print and electronic media in the interest of increasing awareness of celiac disease and dermatitis herpetiformis. **I have obtained permission from all parties in the photo** to submit this photo for display on CSA's website and *Lifeline* newsletter.

Signed: _____
Photographer

Date: _____



The CSA Student Essay Contest

TO BE ME. . . AND GLUTEN-FREE!

Students in grades kindergarten through college are invited to share their unique personalities and experiences with celiac disease and the gluten-free lifestyle through a special essay contest.

The contest is open to students diagnosed with celiac disease or students who are members of a family dealing with celiac disease.

The essay should be either written in ink or typed and approximately 500 words or less. Pre-writers may dictate their thoughts to an adult scribe.

In the **upper right hand corner** include:

- Name
- Address
- City
- State
- Phone number
- Parent/Guardian Name
- CSA local chapter name/number
- School
- Grade
- Age (if under 21)
- Entry date

The essay will be evaluated on the six traits of writing: voice, ideas, word choice, organization, sentence fluency and conventions. It should include an introduction, topic development, support and structure.

Awards and prizes will be given in appropriate divisions including grades K-4/elementary, 5-8/middle school, 9-12/high school, and college. With permission, winning essays will be printed in *Lifeline* and on the CSA website.

The essays will be judged by a panel from the National Council of Teachers of English (NCTE), Nebraska Affiliate-the Nebraska English Language Arts Council (NELAC) and CSA staff. All essays will become the property of CSA; submission of an essay constitutes permission for use by CSA.

Entries will be accepted at any time until the contest closes on **December 1**. Winners will be notified and announced in CSA publications and on the website.

Mail essays to:
CSA Student Essay Contest 2007
PO Box 31700
Omaha, NE 68131-0700

Or

Email essays to:
executivedirector@csaceliacs.org



THE 2009 CSA GLUTEN-FREE RECIPE CONTEST

For 2009, the Celiac Sprue Association is introducing a gluten-free recipe contest. Send CSA your favorite and most original recipe for the competition. CSA will select a winner who will win free membership to CSA for one year and three books from the CSA cookbook collection. Recipes can be mailed to CSA at PO Box 31700 Omaha, Nebraska 68131 or email the recipe to celiacs@csaceliacs.org. All entries must be received by noon on December 1, 2009. All recipes postmarked after that date will not be considered. We encourage you to spread the word to your fellow CSA members and we will see who has the most innovative and delicious recipe! Please refer to the following criteria when selecting which recipe to enter:

- Send us up to three delicious, creative, gluten-free recipes. The recipes can include breads, salads, soups, entrées or desserts. **Recipes must be your original creation: not from restaurants, cookbooks, or previously published.**
- **All recipes must include a title, a list of ingredients with exact measurements and complete instructions with all cooking/baking times and temperatures.**
- **Recipes must be typed or printed.**
- **The judges' decision is final.**
- **Awards will be based on number of entries.**
- Recipes will be judged on taste, appearance, originality, creativity, ease, healthfulness and cooking time.
- Photo is optional.

OFFICIAL JUDGES FOR THE CSA RECIPE COMPETITION:

- Clark Kolterman – CSA Treasurer and a man who knows his food!
- Mary Schluckebier – CSA Executive Director and Home Economist.
- Linda Flyr – Editor of *Lifeline* and a cooking expert for individuals with celiac disease.
- Jean Guest – CSA Dietitian Advisor.
- Joan Gloystein – CSA Dietitian and Patient Support.

