GrainWise & GlutenFree™

Celiac Sprue Association/USA, Inc.
CSA Nashville - Middle Tennessee Celiac Chapter #76
P.O. Box 159312
Nashville, TN 37215-9312

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RENEW! RENEW! RENEW!
Please check your renewal date on the mailing label below.
If you've allowed your membership to lapse, then this may be your last issue.

ADDRESS SERVICE REQUESTED

November Meeting

Saturday, November 13th
2:00 p.m.

Annual GF Thanksgiving Dinner & Silent Auction

Holiday Cookie Exchange

Product Samples

GrainWise & GlutenFree™

THE CSA NASHVILLE – MIDDLE TENNESSEE CELIAC CHAPTER #76 PROVIDES SUPPORT AND INFORMATION FOR PATIENTS (AND FAMILIES) DIAGNOSED WITH CELIAC DISEASE, DERMATITIS HERPETIFORMIS AND GLUTEN INTOLERANCE — HELPING THEM ADJUST TO A GLUTEN-FREE DIET WHILE PROVIDING A MEETING FORUM IN WHICH TO DISCUSS DIETARY AND MEDICAL TOPICS AND EXCHANGE INFORMATION.

If you need to contact us due to a change of address, for any reason, or you no longer wish to receive GrainWise, please E-mail us at tennceliac@gmail.com .

Volume X, No.3
Quarterly, Fall 2010

GrainWise & GlutenFree™

A Publication For The CSA Nashville–Middle Tennessee Celiac Chapter #76 | www.nashvilleceliacs.org

November Meeting

Saturday, November 13th at 2:00 p.m.

Thanksgiving Potluck Dinner, Silent Auction, & Christmas Cookie Exchange

Gluten-Free Potluck Thanksgiving Dinner:

Free-Range Turkeys will be provided courtesy of Whole Foods Market, Cool Springs. These will be prepared gluten- and dairy-free. Please bring a gluten-free dish from one of the following categories, as well as the recipe and ingredient list as some members have additional food allergies. Extra copies of recipes would be great! Table service will be provided.

Salad
Bread/Dinner Rolls
Casserole (rice, broccoli, etc.)
Vegetable (including mashed or sweet potatoes)
Dessert (pumpkin or fruit pie, cobbler, etc.)
Beverages (great for newbie's)

Please RSVP to Brenda, Hospitality Chair, with the number attending – including family, friends or neighbors that you are bringing as your guest! Please bring an additional side dish if you have invited several.

Silent Auction:

Baskets wanted for November 13th meeting! All members are invited to put together a themed basket – ready to sell - for our annual Thanksgiving Dinner and Silent Auction Event! Make it a fun afternoon with your participation!!! Themed basket ideas: Movie Night, Fall Harvest, Gardener's Delight, Kids' Games, Mom's Day Off, Date Night, Child's Birthday, and so on! Basket contents should be new or gently used (you may use a book you read or a video you watched) and only gluten-free foods or products. Please contact restaurants, grocery stores, spas, etc. for gift certificates for your baskets. A receipt will be given for their tax deductible donation by our treasurer. Contact Brenda Boswell for other ideas or information brenda@freshmixpro.com.

The Silent Auction Committee, chaired by Ann McQueen, has been busy soliciting some additional items for our tables! These are some of the terrific donations received: Zojirushi company bread machine, Fiddle Cakes gift card, The 1808 Grill in The Hutton Hotel, Maggiano's, Embassy Suites Airport Hotel - weekend stay, Hilton Garden Inn Cool Springs – two nights, Bucca di Beppo, Jules, LLC., and others!

Holiday Cookie Exchange

This is a wonderful opportunity to only bake one kind of cookie, but to leave with a variety of flavors and shapes. This is how it works:

1. Bring a minimum of 4 – 5 dozen gluten free cookies that you have baked or candy that you have created.
2. Bag it! Separate 2 cookies or candy equivalent per baggie and attach a copy of the recipe.
3. An extra container will be needed to place your new cookie collection into.
4. Take cookies and candy home to eat or freeze for later enjoyment.

1:00 PM Set Up:

Your help is needed! Jobs to be done: Arrange tables and chairs, Post signs, Set up AV equipment, Set up serving tables, Set up silent auction tables.

NEW LOCATION

The Medical Office Building (MOB) Auditorium is located next door to the Woman's Hospital at Centennial Medical Center. The building faces Murphy Avenue; however, the entrance to the Auditorium is at the corner of 22nd Ave North and Patterson.

Directions: From I-40, take Church St. exit West. Church will turn into Elliston Place. Follow Elliston Place to 22nd Ave., turn right and go approximately two blocks to the intersection of 22nd Ave and Patterson.

From I-440, take West End Ave. to Elliston Place. Turn left on 22nd Ave. and go approximately two blocks to the intersection of 22nd Ave and Patterson.

Parking: We have permission from the medical office buildings adjacent to 22nd Ave., and across from the MOB Auditorium, to use their parking lots. Handicapped parking is available near the entry to the MOB Auditorium. Enter through the glass doors and cross lobby to small stairs, or stay to the right and take elevator up 1/2 level "Button A" to Auditorium.

The CSA Nashville – Middle Tennessee Celiac Chapter #76

CSA Nashville – Middle Tennessee Celiac Chapter #76 is affiliated with the Celiac Sprue Association, USA, Inc. Board members are volunteers.

Co-Chair – Gary Seise
615-895-0398, grseise@juno.com

Co-Chair – Darryl Casey
615-481-4445, Darrylcasey@yahoo.com

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amcqueen@helmsbriscoe.com

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615-837-0875, cfry@comcast.net

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615-371-9455, toriross@comcast.net

Hospitality Chair – Brenda Boswell,
brenda@freshmixpro.com

Social Chair – Need a volunteer!

Fundraising – Need volunteers!

Web Site Manager – Carol Ann Baily,
cabaily@mtsu.edu

Kids R.O.C.K. –
New contact to be announced soon.

Kids R.O.C.K. – Janet Lowery
615-758-7967, janetlowery@comcast.net

Newly Diagnosed Coordinator –
Peggy Czyz, 615-646-2905,
GFPeggyTN@bellsouth.net

New Member Orientation Mentors:

Janet Lowery - Mt. Juliet/Hermitage Area
615-758-7967, janetlowery@comcast.net

Maureen Norris - Franklin Area
615-591-9616, manorris@comcast.net

Peggy Czyz - Franklin/Bellevue Area
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615-895-0398, grseise@juno.com

Cindy Dugger, R.D. - Columbia Area
931-540-4300 X 1275, cdugger@mrhs.com

Caroline Schafer – Adams, TN
931-220-4497, campzedcarpenterswife@yahoo.com

Living The Gluten-Free Lifestyle

and other notes from Gary...

At the time of our last meeting I was on an extended 5 week trip to the North East USA and Canada, and it was in London, Ontario Canada that is. London is about 120 miles north east of Detroit, Michigan and we were visiting my wife's family for a few day before we headed into New York state and eventually the Maritime Providences of Canada. In all we covered a little over 5,000 miles.

I have received information that Dr, Douglas L. Seidner did a great job as the guest speaker. As always, Cheryl had a well planned meeting.

Ann Mc Queen's husband will be on a temporary assignment in London, England for eight months, and Ann will be taking a leave of absence from her position as secretary. We are now in need of a secretary for our group, either for the intern or permanently, as Ann said that she would be happy to fill another position when she gets back. We still are in need of a Social Chair and Fundraising Chair to complete our volunteer staff.

At our recent board meeting we were discussing what we are trying to accomplish as a Celiac Lifestyle group. And one member of the board said it very well. "I never knew that I had Celiac, until the Group had their Boots Scootin Walk, and I decided to be tested at the walk because I had a sister who had Celiac". She did find out then that she had Celiac, and then said. "Had it not been for people giving their time and effort into the Group and the Walk I never would have found out that I had Celiac. I know that finding this out will enable me to live longer and a healthier life. How can I NOT give back to the Group as if others had not helped in the past, I would not be living longer".

How about you? Has not the Group been a help to you? Do you remember the hopelessness that you felt when you were first diagnosed, I do, and how you felt about what can I eat now. Don't you want to do for others as someone has done for you in the past, helping you long the journey of living the Celiac Lifestyles?

We need your help in two ways. It seems that a lot of you joined around the first of the year and your membership expires then. PLEASE be sure to renew, as it is the newsletter going to Doctors and Dietitians that enables them to put people in contact with our Group. It is your membership money that makes this possible. I know this works as I was give a newsletter by a Dietitian that let me know about the Group. Secondly we need your help to make these meetings work. We have positions open that need to be filled. In some positions several people can serve and make the load a little lighter.

Just the other night I had a call from a man who's wife has Celiac, and before she was diagnosed, a treatment for the wrong disease caused her to have a stroke. And now he has to look after her and do all the cooking until she can get better. He was desperate for some help and I spent almost an hour on the phone giving him some basic information to get him started on the journey of the Celiac Lifestyle. Peggy even gets more requires then me. It is US being there as a group that make it possible to help these people.

Our web site is being worked on and I am happy to report that we are down to the final approvals in the layout, and I am sure that we are all looking forward to having operation again. In the meantime you can check us out on Face Book or just call one of the Board members if you have a question or need help.

— Gary Seise, Co-Chair

New to CD or DH?

Please contact our Newly Diagnosed Coordinator, Peggy Czyz, at gfpeggytn@bellsouth.net or 615-646-2905 for information to get you started on the GF Diet. She'll arrange an appointment with a New Member Orientation Mentor in your area. We'd be happy to meet with you and give you a grocery store tour. Membership Registration forms are on the back of GrainWise.

Support Opportunities

Nashville–Middle Tennessee Celiac Chapter Membership

Membership dues are only $20 annually for CSA Nashville – Middle Tennessee Celiac Chapter #76. We have separate annual dues from the national CSA/USA, Inc. organization, and do not share membership lists with each other. Your membership dues renewal date will be shown on the mailing label above your name found on the outside page. You will receive four newsletters mailed quarterly as a paid member. If you haven't received a newsletter, then you may have let your dues lapse. Please contact Casey Bohr, Treasurer, at 615-773-8545 or caseybohr@wmconnect.com if we are in error. Your dues cover costs accrued for newsletter printing and mailing, website, awareness, meeting supplies, handouts, baking demo supplies, etc. Board members are volunteers and not paid for their services. Please use the membership form provided above.
www.nashvilleceliacs.org

CSA/USA Membership

The Celiac Sprue Association/United States of America, Inc. (CSA/USA) is a national support organization providing information for self-management and referral services for persons with celiac sprue (gluten sensitive enteropathy) and dermatitis herpetiformis and their families. CSA/USA, Inc., P.O. Box 31700 Omaha, NE 68131-0700, 1-877-CSA-4-CSA www.csaceliacs.org

Membership Email Addresses/Changes

Be sure to let us know when your email changes, so you don't miss important reminders. Please email caseybohr@wmconnect.com

Vendor Advertising

Purchase ad space in this newsletter by contacting Kristen Beahm at 615-366-8898 or kbeahm@comcast.net . *GrainWise* is a quarterly publication, with a mailing base of (±350). Ads are limited to Celiac/Gluten Free products only and may not mention prices or discounts. Newsletter is produced in InDesign. EPS, JPG, TIF, or PDF ad formats are acceptable. Vertical half column ad space size is 3.5" (w) x 5" (h). Half column ad rate is $100 for 4 publications (one annual year). Make checks payable to: CSA Nashville – Middle TN Celiac Chapter #76. Mail to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville TN 37215-9312

Disclaimer: CSA Nashville – Middle TN Celiac Chapter #76 is a chapter of the Celiac Sprue Association / United States of America, Inc. (CSA/USA) national organization. Both support groups have separate annual dues, and do not share membership lists with each other. CSA Nashville – Middle TN Celiac Chapter #76 provides support for Celiacs, parents of Celiac children, patients with Dermatitis Herpetiformis, and individuals with gluten intolerance—helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics. All recommendations, information, dietary suggestions, product news, and related data are intended for the benefit of those on our mailing list and other interested parties. The text has not been submitted for approval to the CSA/USA Medical Board. Food manufacturer's products are subject to change at any time, changes that may or may not be reflected on the labels. Always verify the gluten free status of any food by calling or writing the manufacturer. This support group has no financial interest in any companies represented herein. No liability is assumed for the use of this information. Reproduction of any material is allowed with permission (except copyrighted material). However, please reference the source of the information.

CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

O New Membership O Renewal Membership O Information Change O Medical Professional Membership

(Please Print) Name_____

Address_____ City_____ State_____ Zip_____

Phone #_____ Cell Phone #_____

Email Address (will be sent meeting and event reminders) _____

Who has Celiac or DH in your family? Self / Spouse / Child —Age ____ / Other_____

Have you met with a mentor of the Nashville Celiac Support Group? Yes / No If yes, who?_____

Please make $20 check payable to: CSA Nashville – Middle TN Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312

Check Number_____ Amount $_____ Date Paid_____

***Optional Information:**

*Name of Diagnosing Doctor _____ Date of Diagnosis_____

*Have you met with a dietitian? Yes / No If yes, who?_____

CSA Nashville – Middle TN Celiac Chapter #76 Donation Form

I would like to help support the efforts of CSA Nashville – Middle Tennessee Celiac Chapter #76, a chapter of CSA / USA, Inc.

Enclosed is my gift of $_____ Check #_____ **Gift given is a: O Tribute / O Memorial Gift in honor of:**

(Please Print) Name_____ (Please Print) Name_____

Address _____ Address_____

City_____ State_____ Zip_____ City_____ State_____ Zip_____

Please make your check payable to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312. Your gift is tax deductible to the full extent of the law. Tennessee Charitable Solicitations Act, Exemption pursuant to T.C.A. 48-101-501(a)(2) granted. TRK:GS:DH:CO# 8888

Updated: 02/10

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Resources

GFS Marketplace Partnership and Savings Program
www.gfs.com

At checkout please give the name "NASHVILLE CELIACS". A rebate will be given every three months to our support group on a percentage of your purchases. You may shop at any GFS location throughout TN and the USA. A 14 page gluten-free shopping guide is available at customer service counters. No membership. Open to the public 7 days a week, Stores in TN: Cool Springs, Rivergate, Murfreesboro, Clarksville.

The Catholic Celiac Society
www.catholicceliacs.org

The Catholic Celiac Society has been formed to educate Catholic Celiacs about their options for Holy Communion as provided for by canon law and the U.S. Conference of Catholic Bishops. For more information email info@catholicceliacs.org

Have You Checked Your Library Lately?

The Williamson County Library has a selection of 12 books on Celiac and the Gluten-free Diet. Check the library near you for what is available.

Junior League Family Resource Center
www.vanderbiltchildrens.com/frc

The junior league family resource center at Vanderbilt Children's Hospital is a free Library service to the community offering information and resources on chronic illnesses, disabilities and severe injuries. Materials on Celiac are available for children, adolescents, and adults. Hours: Mon – Fri, 8:30 am – 5:00 pm. Requests: 615-936-2558 or 800-288-0391, Email: family.frc@vanderbilt.edu.

Donations of books on celiac and the gluten -free diet are being collected at our support group meetings for the FRC.

Magazine Discounts

Group discounts on magazines are offered at our meetings for Living Without, www.LivingWithout.com, and Gluten-Free Living, www.glutenfreeliving.com

UT-Knoxville Celiac Center
865.305.6970

www.utmedicalcenter.org/cms/Departments/Gastroenterology/Medical+Services/Celiac+Center/2613.html

Celiac Center at The University of Tennessee Medical Center in Knoxville, Tennessee, offers patients access to diagnosis, treatment and management of celiac disease. The Celiac Center understands the critical needs of those diagnosed with celiac disease and aims to raise awareness and diagnosis rates with this disease that so often goes undetected and untreated. In fact, as much as 97% of people with celiac disease have not been diagnosed.

The Celiac Center provides a state-of-the-art interdisciplinary treatment team including gastroenterologists, nurses and registered dietitians who work together to develop an individualized treatment plan that includes lifestyle counseling and nutrition education on the gluten-free diet. It also provides celiac disease education to increase public awareness among health care professionals and the public, ongoing patient assistance through a community support group and has established a "gluten-free" zone for inpatients as well as outpatients that provides appropriate foods through the Department of Nutrition and Food Services.

St. John's Celiac Listserv
www.enabling.org/ia/celiac

Join over 3600 fellow celiacs in ongoing discussions about a Gluten-Free Diet. To ask questions and share information, click "Subscribing to the Celiac List."

kudos

David L. Seidner, MD, FACG, Director of the Center for Human Nutrition at Vanderbilt Medical Center. His lecture at our September meeting was excellent — both informative and personable!

Aunt April's Bakery for the yummy baked goods! Our members enjoyed a variety of goodies including her famous Chocolate Heaven cake (in mini cupcake form) and brownies.

Cheryl Chamberlain for baking up samples for September meeting using Pamela's brownie mix and Bob's Red Mill gluten-free oats.

Our Silent Auction Committee: **Ann McQueen, Chair, Lisa Casey, Marylou Markham, Patricia Sharpe, Missy Mutchnik, Brenda Boswell.** We appreciate all the effort you put into getting items for the event!

Our members who have volunteered in advance to roast the turkeys: **Diane Buckberg, Denise Jania, Donna Minton**

Our fabulous members who supported our September bake sale! We made $ 83 from the sale.

Announcements

One more volunteer is needed to roast a turkey for the Thanksgiving Dinner. Please contact Darryl Casey, ASAP!

Temporary Secretary Needed
Ann McQueen, Secretary, will be residing in London for the next eight months with her husband Mark. Ann will remain our Secretary. Let Gary or Darryl know if you would be willing to help out in her absence.

Group Dining Event at Buca di Beppo
A January group dining event is being planned. The date and time will be set to accommodate the majority of those who are interested. An Italian family –style dinner will be prepared from the gluten-free menu to accommodate our group. Cost will be approximately $ 32/person. Please let Gary or Darryl know if you are interested by November 16th so the group reservation can be made. Location: Buca di Beppo – Cool Springs, 1722 Galleria Boulevard, Franklin, TN 37067, (615) 778-1321

R.O.C.K.–Raising Our Celiac Kids
is in need of someone to plan activities for children with celiac in the Nashville area. Amy's family is growing with the addition of their fifth child and has resigned as the coordinator. Janet, whose celiac son is now older, continues to remain involved with R.O.C.K. as a counselor and is available to give advice to parents. Please contact Amy or Janet if you have questions about types of activities that have been planned in the past, and when and where the group has met.

2010-2011 Meeting Schedule

November 13, 2010
Annual Thanksgiving Dinner & Silent Auction

February 12, 2011

May 14, 2011

August 20, 2011

November 12, 2011

Team Captain Needed for the Kid's Country Music Marathon
We are in need of someone to head this up. Let's not disappoint the kids who look forward to being on the "Mid TN Celiac Kids" team. It's a lot of fun for them and is a great opportunity for celiac awareness. Amber needs some time off with a new addition to their family. All the information you need to work with is available. We need this position filled quickly as the registration is currently open and will be possibly be closed before the next newsletter. Let Gary or Darryl know if you can help out this year.

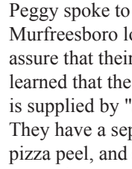
Living Without Magazine is offering a limited number of Holiday Guides. It is available only on newsstands and through www.LivingWithout.com. Order your copy today!

Important announcement concerning membership

The membership is being updated with each mail out. Those who do not have a paid membership will be removed from the mailing list. With membership renewal your newsletter will be reinstated with the next issue.

Also, we are looking to communicate with all of you more often in order to share news, stories, and specials more often than four times a year. Please help us by sending an email to tennceliac@gmail.com. Our first goal once we update our email list is to send out a survey. What do you want to see, learn, taste, and have during our future meetings? We'll be able to serve you better. So please send us an email!

New Arrivals!
Ruby Grace, daughter of Amber and Tim Roberts, arrived Sunday, September 26th at 8:40am. The Roberts now have three girls and three boys!



Amy and Thomas Meyer, and daughters, welcomed baby boy "Luke Wilson" on September 28th at 12:56 pm. He was 6 lbs. 10 oz. and 19".

Share your knowledge
Educational information on celiac disease and the gluten-free diet are provided at our meetings. If you have something of interest to be shared please contact Greg Foreman, glforeman@gmail.com.

www.nashvilleceliacs.org
Look for our newly designed website in the near future. We will post meeting information, events, contact information, local GF dining and shopping, and more!

Find us on Facebook

Find Us On Facebook
CSA Nashville-Middle Tennessee Celiac Chapter #76. Are we friends on Facebook yet? Facebook is a wonderful place for our membership to communicate between meetings. Share your dining out experiences, receipts, and stories with everyone.

Mello Mushroom Pizza
Mello Mushroom Pizza now carries a gluten free pizza crust! Our very own Peggy spoke to a manager with the Murfreesboro location to learn how they assure that their pizza is and stays GF. She learned that the crust comes in frozen and is supplied by "Still Riding Pizza Crusts". They have a separate room, utensils, pizza peel, and oven. They do use the same pizza stones to cook on but the GF pizza is elevated on a grill so it does not touch the stone. Workers change into new aprons, gloves, etc. All ingredients are opened fresh and are then labeled GF so that they are not shared with the rest of the restaurant.

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Product Sampling

1-2-3 Gluten Free, Inc. has generously provided us with the following to sample: **Snyder's of Hanover Gluten-Free Pretzel Sticks**, A hint of lemon bundt **Poundcake**, Silky and Rich **Brownies**, Roll-out & Cut **Sugar Cookies**, and Sweet Goodness **Pan Bars**! The Pan Bars can be baked into a variety of options. You make these moist and delicious snack cakes by adding eggs, oil and either canned pumpkin, unsweetened applesauce, mashed bananas, canned sweet potatoes, or shredded zucchini. Serve plain, sprinkled with powdered sugar, or frosted with cream cheese icing. 1-2-3 Gluten Free products have been spotted at Whole Foods Market and Kroger stores. Visit www.123glutenfree.com for store listings. **Members are needed to bake up samples.** Please contact Cheryl Chamberlain.

A Gluten-Free Wedding Reception!

We welcomed Jillian Dara Wormington, bride of Andrew James Chamberlain, into our family on October 3rd at a beautiful garden wedding at Heritage Garden on Lake Jacqueline in Summerlin, NV. Planning a gluten-free wedding reception was done easily with use of the *Quick Start Diet Guide for Celiac Disease* by GIG (www.gluten.net/downloads/print/QuickStartDiet.pdf). In working with Patrick Bryant, Special Events, at Vintner's Grill www.vglasvegas.com, located in the beautiful area of Summerlin, we had a fabulous, gluten-free, worry free, patio reception. Just for the asking other accommodations easily made for our guests were gluten-free/casein free and vegan. With a gluten-free groom, mother-of-the-groom, and Godmother we celebrated with White Bean Hummus with Olive Relish on Gluten-free Toasted Bread; Spicy Salmon Tartar on Cucumber Chips; Curried Dungeness Crab Salad on Fuji Apple Chips; Bruschetta with Caramelized Onions, Marinated Mushrooms and Ricotta

Cheese; Oven Roasted Tomato Tart with Grilled Beef Tenderloin, Shallots and Blue Cheese (not gluten-free) and Moroccan Spiced Lamb Spare Ribs, Apricot Glaze. Along with a toast to the bride and groom an unbelievable gluten-free flourless chocolate cake delighted our guests and was the perfect ending to a perfect day! If you are ever in the area make a reservation at Vintner's Grill and enjoy a delicious gluten-free evening. Local chefs are known to eat here on their day off. Make the evening even more special by dining on the patio. It offers a mountain view, beautiful landscaping with interesting lighting, upholstered furniture, two cabanas and two fire pits. You will be very glad you did!

— Cheryl Chamberlain, member

March of Dimes Signature Chefs Auction

March of Dimes held its Signature Chefs Auction at the Franklin Marriott Cool Springs on October 25th. Chefs offered up delicious gluten-free servings from the following restaurants – Lowes Vanderbilt Eat Restaurant, Nashville; Amerigo's Italian Restaurant, Nashville; Franklin Marriott Cool Springs; Ruth's Chris Steakhouse, Nashville; Schakolad Chocolate Factory, Cool Springs, Franklin. Lynda Berretta, Division Director of the March of Dimes for Middle Tennessee contacted some of the restaurants who would be at the event to inquire about gluten-free choices for me. Never hesitate to ask ahead of time about accommodations for your gluten-free diet. People are always receptive and glad to help you. . . A few tips I picked up while at the event: Chef Garrett at Loews Eat Restaurant "hand stirs" gluten-free blueberry corn muffins each morning and bakes them in individual cups to prevent cross contamination. He is a Chef who understands food allergies/intolerances and will accommodate your special needs when dining with them. The Local Taco, Brentwood, keeps gluten-free tacos on hand for their GF guests.

—Cheryl Chamberlain, member

2011 Gluten & Allergy Free Cooking Expo And Fair

The 2011 Gluten & Allergy Free Cooking Expo and Fair will be held Friday through Sunday, April 29 - May 1, 2011 at the Wyndham Hotel, Lisle, IL. Friday, April 29th: Public Vendor Fair and Dietitian Training Day.

Saturday, April 30th: Cooking Classes and Public Vendor Fair. Sunday, May 1st: Cooking Classes and Public Vendor Fair. This year's Expo and Vendor Fair will focus not just on gluten Free, but gluten & allergen free cooking and living.

Cooking classes will be held on Saturday and Sunday (the same concept as previous years). This year we will offer two levels of cooking classes - one for beginners and one with more advanced topics. Cooking classes will require advanced registration. The vendor fair will again be open to the public (we had over 1,500 people last year). This year we will be adding more allergen-friendly vendors and a stage for general presentations, which will be adjacent to the vendor fair and open to the public.

Registration for the cooking classes will be available at a discount rate in the next few weeks. You will receive an email letting you know when registration will open. We have limited seating for the cooking sessions. Watch for updates at http://gfreelife.com/

Having some fun in 2010!

1-2 GF Ice Cream Social & Celiac Awareness at Whole Foods Marketplace – Cool Springs

3 September Meeting

4 Baking GF bread with Sam

5 Laura's bread demo at the March meeting

6 Dr. Wierum's daughters at the Girls Night Out fundraiser

7 Peggy and Maureen select nail polish

8 Girls Night Out for a Cause at Salon FX

9 Girls' Spa Night Out for Celiac Disease

10 Douglas L Seidner, MD, of Vanderbilt

11 R.O.C.K. Pool Party

12 The R.O.C.K. gang

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How to Make a Gluten-Free Gingerbread House

Recipes, Instructions, and Ready-Made Kits

From Nancy Lapid, former About.com Guide, August 04, 2010

Here's a wonderful way to slow down and enjoy the holidays: build a gluten-free gingerbread house. If you know any little kids, invite them to help you -- they'll remember this activity for the rest of their lives. If you don't have little kids in your life, make one of these confections for the grown-ups or to give as a gift.

You don't even have to do the baking yourself. Although most of the links below include recipes for the gluten-free gingerbread dough, at least one gluten-free baker will ship the pre-baked pieces to you, ready for assembly and decorating. Enjoy!

GF Gingerbread House Recipe and Instructions from Pamela's Products

Gluten-free, dairy-free, soy-free, and egg-free.

http://glutenfreerecipes.net/build-your-own-gluten-free-gingerbread-house/

These instructions call for Pamela's Gluten-Free Bread Mix. Instructions for icing (using Pamela's Vanilla Frosting mix) are also included, as well as some non-traditional uses for gingerbread houses. (They've got a great photo of "Valentine's Day Cottages" decorated in red candy!) Links to printable templates for the front and back, sides, and roof of the house appear right above the Royal Icing recipe.

How to Adapt Your Own Recipes

www.csaceliacs.org

Almost any food can be adapted to become gluten-free. Some of the guidelines for gluten-free cooking can be found at the CSA/USA, Inc. website: www.csaceliacs.org/recipes.php.

GF Gingerbread House Recipe and Instructions from Only Sometimes Clever

Gluten-free, casein-free, nut-free.

http://onlysometimesclever.wordpress.com/2007/12/03/gingerbread-for-cookies-houses-gfcf/

Gingerbread House built by the children of *Only Sometimes Clever* author Karen Joy.

Karen Joy, the author of the *Only Sometimes Clever* blog, had her children bake, build and decorate (all with her help) a gingerbread house as a homeschooling project -- and it won First Prize in their hometown's competition! Karen Joy explains that the her "blueprints" came from BobVila.com. Vila offers plans for four different styles of gingerbread house: A-Frame, Colonial, Saltbox, and Side Gable.

Allergen-Friendly Gingerbread House Kit from A & J Bakery

Gluten, peanut, tree nut, soy, egg, dairy, and sesame-free. Made in a dedicated nut and gluten free facility.

http://www.aandjbakery.net/Gingerbread_House.html

A & J Bakery, of Cranston, Rhode Island, says on its website: "We will supply you with all of the pieces of pre-baked gingerbread house, 2 types of allergen friendly free candy (Gimbal's fine candy company all allergen free candy) and a variety of non-edible decorations for your decorating pleasure. We will also include instructions for the construction of the house. What a better way to spend a cold winter day than making a Allergen Friendly Gingerbread house with a child. Make those memories last forever with our gingerbread house kit. Kits are available on-line or in the store."

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Holiday Recipes

Stirring up some Holiday treats for your family or being the recipient of the goodies is something everyone looks forward to at this time of the year. There are many terrific sources that want to help you do just that! Visit these to satisfy your appetite:

http://glutenfreecooking.about.com/od/seasonalandholiday/ss/holidaybaking.htm

http://glutenfreeexpo.wordpress.com/category/holiday-recipes/

http://www.simplysugarandglutenfree.com/

http://www.wholefoodsmarket.com/holidays/recipes/glutenfree.php

Supervalu Launches New Gluten-free Program

Oct 13, 2010 — http://www.progressivegrocer.com/top-story-supervalu_launches_new_gluten_free_program-31379.html

Supervalu Inc. is offering customers afflicted with gluten sensitivity an informative diet management program throughout its nationwide family of grocery stores.

The new program will roll out in phases over the next three months. Supervalu's family of stores will provide signage and special merchandising sets in select stores to help make it easier for customers to find gluten-free products.

Customers can also visit the customer service department to pick up an in-store shopping guide and get their gluten-related questions answered. More extensive gluten-free shopping lists as well as recipes and snack and meal solutions will be available on the stores' websites.

"As a whole, the U.S. population is seeing an uptick in gluten intolerance, and there are many more people who have it but don't know it," said Anthony Provenzano, Supervalu pharmacy director of clinical programs. "This program is designed to help people manage a gluten-free diet and hopefully encourage others to seek advice from a health care professional about a possible sensitivity to gluten."

According to the National Foundation for Celiac Awareness, 3 million Americans currently suffer from the inherited celiac disease, and 97 percent go undiagnosed or are initially given an incorrect diagnosis. A 100 percent gluten-free diet is the only existing treatment. The foundation says about 500,000 celiac diagnoses are expected to occur over the next five years.

"Our gluten-free program is one of a number of programs we've implemented to promote healthy lifestyles for the benefit of the 22 million customers nationwide we serve each week," Provenzano said. "This program, along with our nutrition iQ program, which features easy-to-see, color-coded shelf tags to help consumers quickly identify healthier food choices, will help to provide our gluten-free customers the shopping ease and convenience they deserve."

Minneapolis-based Supervalu operates 4,270 stores under several banners including Acme, Albertsons, Cub Foods, Farm Fresh, Hornbacher's, Jewel-Osco, Shaw's/Star Market and Shoppers Food & Pharmacy. In Tennessee, Supervalu operates Save-A-Lot stores at the following locations: Nashville – Charlotte Pike, Gallatin Rd., Columbia, Old Hickory, Madison and Shelbyville.

Gluten-Free Oats

When purchasing oats be sure to only buy packages marked "gluten-free." Some companies sell oats that are gluten-free and oats that aren't. Companies selling gluten-free oats include Bob's Red Mill; Chateau Cream Hill Estates; Gluten Free Oats; Gifts of Nature; and Only Oats. These are all grown in dedicated fields and processed in dedicated plants.

Joe's Chat

Joe Graves "chats" with Fiddle Cakes restaurant owner Tasha Ross.

FiddleCakes, a bakery/café offering a unique option for breakfast, lunch, and catering, opened its doors on October 19th, 2009. The quaint bungalow boasts a full espresso menu, and on any given day one can find a variety of Gluten-free (most GF options are also casein-free) and Vegan fare. Any custom order or food allergy, including, but not limited to gluten, soy, dairy, egg, peanuts, and tree nuts can be accommodated.

When asked, "What motivated you to offer Gluten Free items?" Tasha Ross, FiddleCakes co-owner, explained that the idea to offer gluten-free choices came from a grad school friend who had received a grant during school to research and develop healthy snacks for children. Through her friend's research, she concluded that following a gluten-free, casein-free diet showed a positive impact on those with autism. In hearing this, Ross looked further and found the footprint of "being gluten-free" spread far and wide from those with ADD/ADHD and minor digestive problems to Celiac Disease. "It just seemed like the right thing to do and it made sense," exclaimed Ross.

"What are you best known for," Ross pointed out that their Triple Chocolate Cookie was named "Best Cookie" by Gluten Freeville, a website and blog dedicated to "going gluten-free" and that their Lemon Bars are popular among gluten-free and gluten-more people alike. Each day one can find GF muffins, cookies, brownies, cupcakes (2 - 4 variety's), quiche, soup, sandwiches, panini's, and salads. GF Cakes (special occasion and wedding) and pies are available for order and there is always a GF option for the "weekly special."

A second location is expected to open January 10, 2011 and will be located across from Cummings Station at 300 B 10th Ave S. All of the gluten-free favorites will be available. For now, visit their current location at 2206 8th Ave S. in Nashville, between Zanies Comedy Club and the Jaguar/Porsche Dealership. Their store hours are M-F 7- 5, Sat 8-3, and Sun 9-3. More information can be found on their website www.fiddlecakes.com or on their Facebook Page www.facebook.com/fiddlecakesbakery

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Helpful Books

Many of these cookbooks are easily available at www.Amazon.com and for a better price than retail.

100 Best Gluten-Free Recipes

by Carol Fenster, Ph.D. 100 Best Gluten-Free Recipes by Carol Fenster compiles the most basic and vital recipes from her 1,000 Gluten-Free Recipes. It now comes in a handy, affordable package with color photos. Features completely updated recipes with some new ones. A handy introductory section offers vital information on shopping guidelines, explanations of food labels, tips on organizing and stocking your pantry, and quick tips and advice on cooking with gluten-free ingredients. Carol has been testing and sharing GF recipes for a long time for us!

Cereal killers: celiac disease and gluten-free a to z

by Ron Hoggan & Scott Adams. Dr. Ron Hoggan, Ed. D., and long-time celiac advocate Scott Adams, founder and owner of Celiac.com, have joined forces to bring you a new, broad spectrum book about the many facets of gluten-induced illnesses and how to avoid or reverse them. Newly diagnosed celiac and gluten sensitive patients complain about conflicting information, from the safety of oats to the hazards of other grains. Cereal Killers has the answers to these and many other questions. Even seasoned members of the gluten-free community want a better understanding of their illness and the bounds of a safe diet. These questions are also addressed.

Allergy-free cooking everyone loves

by Stephanie Hapner. Amazon says "This comprehensive cookbook is a dream comes true for people with food allergies-offering 301 mouth¬watering allergen-free recipes that are real-people approved and real-life tested. Recipes are free of corn, dairy, wheat, barley, rye, gluten and peanuts, and depending on recipe ingredient choices, free of casein. Easy-to-understand allergen icons code each recipe for quick selection in the full-color book. Also included are handy guides to introduce alternative ingredients, shopping tips to save time and money, tips to stock an allergen-free pantry, a crash course in label reading, and much more! This book is allergy-free cooking everyone loves with easy, healthy and delicious mealtime solutions. The Hapner family was forced to revolutionize their diet when the author's son was diagnosed with a rare disease making it critical to avoid food allergens. But Stephanie Hapner quickly decided it wasn't practical to prepare one meal for her son and another for the family, so she embarked on a journey to create the flavorful allergy-free food her son deserved to eat. Through experiments that would inspire a chemist, she mixed a little of this and a little of that until she fashioned allergy-free food everyone loves. The book offers recipe variety in every food group and for every meal and occasion-for adults and children."

Living Gluten-Free For Dummies

by Danna Korn.

Allergy-Free Desserts: Gluten-Free, Dairy-Free, Egg-Free, Soy-Free And Nut-Free Delights

by Elizabeth Gordon, who is personally allergic to wheat, eggs and string beans. She also chronicles her challenges of allergy-free living in www.allergyfreedelights.com.

Celiac Disease: A Hidden Epidemic

by Peter H.R. Green, MD and Rory Jones. Celiac Disease, A Hidden Epidemic (William Morrow) is a must-read for those with celiac disease. Co-authored by Rory Jones and well-known celiac doctor Peter H. Green, M.D., director of the Celiac Disease Center at Columbia University, this edition is an update of the popular, much-respected 2006 publication of the same title. Green addresses all the why's, what's and how's related to celiac disease, including the latest information on emotional fallout, testing and diagnosis, and research into a cure. Here's comprehensive advice from one of the world's experts on treating symptoms and complications and on assessing additional health risks. Included are invaluable references, resources and a guide to unsafe ingredients. Hardcover, 352 pages.

The First Year: Celiac Disease and Living Gluten-Free

by Jules Shepard. If you've been recently diagnosed with Celiac Disease, this unique guide prioritizes all the most important information on diet and lifestyle changes for you. Day-by-day, week-by-week, month-by-month, learn how to safely alter your diet, manage your symptoms, and adjust to living gluten-free. Complete with easy and delicious recipes for gluten-free baking, The First Year: Celiac Disease and Living Gluten-Free is your essential guide to a healthy life. 280 pages.

Celiac Disease — Guide to the Gluten-Free Lifestyle

"Celiac Disease - Guide to the Gluten-Free Lifestyle" was published by the Chicago Tribune in observance of October as Celiac Disease Awareness Month This is the link to the publication: http://tribads.chicagotribune.com/jump_pages/mediaplanet/1010/index.htm. Mary Schluckebier, CSA Executive Director, contributed information for this important awareness opportunity.

60+ Brochure for Gluten Intolerance

The Gluten Intolerance Group of North America (GIG) and the National Foundation for Celiac Awareness (NFCA) have compiled a new educational brochure called Celiac 60+. GIG and NFCA produced this brochure together to meet a previously unmet need. The brochure is designed with the mature celiac in mind, from the font size to the content. It addresses issues specific to the mature newly diagnosed celiac or their caregiver. Plans are underway to distribute this brochure to mature adults, their family support and health care team.

To find a PDF version of the brochure go to: www.Gluten.net or NFCA (www.celiaccentral.org) websites.

Medical Research

Celiac Disease & Gluten Intolerance Research

Celiac Disease and Breastfeeding - The Missing Link

By Destiny Stone

Celiac.com 04/19/2010 — Celiac disease is a vastly growing epidemic. 1 in 133 people have celiac disease, and only about 3% of those people are accurately diagnosed with celiac. Celiac can be a silent killer if left undiagnosed, and can present itself in the guise of irritable bowel syndrome, Anemia, and colon cancer to name a few. That's why it is of utmost importance to diagnose celiac disease early on. Current studies are being conducted to determine when and why the onset of celiac occurs. In recent years epidemiological studies are indicating that the timing of the introduction of gluten, combined with breastfeeding patterns, may play an important role in the onset and development of celiac disease.

It is very difficult to determine the true prevalence of celiac disease, due to the fact that celiac symptoms can be entirely asymptomatic, or painfully symptomatic, and the reasons for the variations in symptoms are still unknown. Individuals who test positive for the DQ2/8 antibody are genetically predisposed for celiac. However, when exposed to gluten, only about 4% of those predisposed individuals develop celiac. This finding has led researchers to recognize the importance of other genetic factors that must also be playing a role in the development of celiac disease.

In recent years, remarkable scientific advances have been made concerning celiac disease. Seven additional candidate genes have recently been discovered to be possible contributors to celiac disease developments. Additionally, new findings suggest that early introduction of solid foods may also lead to development of gluten intolerance. In England, the incidence of celiac disease showed considerable decline in the 1970's following doctor recommendations to avoid adding cereals to formula diets, and to avoid the introduction of gluten to children before 4 months of age.

A new ten-year study which evaluated the age at first introduction of gluten containing foods, highlighted stronger epidemiological evidence regarding the timing of introduction of gluten than previously documented. The study assessed 1,560 children between the ages of 3 and 7 months who were at risk for celiac disease or type 1 diabetes. The results of the study showed that out of 51 children who developed celiac disease autoimmunity (CDA), those who were exposed to gluten in the first 3 months of their lives had a 5-fold increased risk of CDA than those children who were exposed to gluten at 4 to 6 months of age. Moreover, children who ingested gluten for the first time at 7 months of age or after, showed an increased hazard ratio compared to children who were introduced to gluten at 4 to 6 months of age. The results of this study indicate a connection to gluten introduction and age introduced, thereby confirming the existence of a "window period" for gluten introduction.

Celiac disease became a rising epidemic in Sweden in the mid 1980's. The influx of celiac patients under 2 years old was cause for concern, considering neighboring countries were seeing a decline in celiac patients during that same time period. The Swedish celiac epidemic pattern was eventually correlated to the new dietary guidelines, which as a result of the study, were later changed. The initial dietary guidelines mandated that infants were to be introduced to gluten only after they were weaned from breastfeeding, and larger amounts of gluten were given to the infants during this time. Further findings of the study showed that while the amount of gluten introduced during weaning of the children may play a critical role in the development and onset of CDA in genetically predisposed children, although it did not protect the children from asymptomatic celiac disease. This and other consequent studies strongly support the theory that the amount of gluten ingested during the introduction of gluten in the diet, also plays an important role in the onset of celiac disease.

The direct correlation between celiac disease and breastfeeding is a hot topic. While many people have varying opinions of whether or not breastfeeding can contribute to the onset of celiac, new studies demonstrate some very important findings. In England, meta-analysis findings show strong evidence that children who were still breastfeeding during the time when gluten was introduced to their diet, had a 52% reduction risk of developing celiac disease. These findings conclude that breastfeeding during the time when gluten is introduced into the diet, can prevent many, if not most cases of symptomatic celiac disease. Additionally, Swedish observations showed that children that were breastfed at the first exposure to gluten, exhibited a lower risk of developing celiac disease than children that were formula fed. The amount of gluten introduced into the diet did not make a difference in these cases. Even if the amount of gluten was high, the risk of developing celiac disease was reduced. Furthermore, the risk was reduced even more if the child continued to breastfeed after gluten introduction. At Chicago University, students did a study that showed that children breastfed at the time gluten was introduced into their diet, were as likely to develop intestinal as extra-intestinal symptoms, and children who were not breastfeeding when gluten was introduced showed a higher chance of showing intestinal symptoms.

These studies confirm the possibility of a "window" period for gluten introduction. This new evidence suggests that there is actually a "window" of time for gluten to be introduced into the diet, where there is a reduced risk of the subsequent development of celiac disease. As a result of these findings, the European Society for Pediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) committee recommend avoidance of early and late introduction of gluten. The recommended age is older than 4 months of age, but younger than 7 months. It is also recommended to introduce gluten gradually, in small amounts and while your child is still nursing.

Source: World J Gastroenterol 2010 April 28; 16(16): 1939-1942

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