GrainWise™ & GlutenFree

Next Meeting -- Sat. Sept. 20, 2:00-4:00

What might your gut bacteria have to do with healthy weight, digestive balance, a longer life, and brain function?

Join us to hear from two of Nashville's own experts who will share their perspectives on how our gut microbiome affects our health."

Dr. Howard R. Mertz has been a partner in Nashville Gastrointestinal Specialists since 2003, is past President of the TN Society for Gastro-enterology and Endoscopy (TSGE), and Clinical Assistant Professor, Vanderbilt.

Dr. David Shifrin is a member of the American Society for Cell Biology and has authored scientific articles on host-microbe interactions in the small intestine and the mechanics of intestinal absorption of nutrients."

Each of our speakers will make a short presentation on the latest research on the microbiome and then we will have plenty of time to ask questions. This is an important topic for us so we hope that you will make plans to come to hear the latest in research and treatment.

Guantanamera: Cuban Cuisine and Gluten-Free!

Our CSA Chapter joined up with Nashville's Gluten Free Dinner Club at **Guantanamera's restaurant, 3744 Nolensville Rd. on June 26.** We had a really great turnout. We enjoyed appetizers, platters of paella (rice and seafood), arroz con pollo (chicken and rice), churasco, and roasted pork to share, plus desserts -- all gluten-free, prepared specially for our group. "

You can enjoy gluten-free dining there also. Alfonso, the owner, just asks that you call in advance to make sure that they can prepare what you want and make sure that it is gluten-free."

Our Chapter's Next Event with the Gluten Free Dinner Club at Mirko Pasta on Sunday, October 12, 2014 -- 7-9 pm

Nashville's Gluten Free Dinner Club is a group intended for anyone interested in safely exploring restaurants and local events around Nashville. Angela Adams, one our members, heads up the group. She taste-tests the restaurants in advance to make sure the group is safe. She highly recommends Mirko Pasta."

Mirko Pasta will present a 5-course tasting menu with a gluten-free beer paired with each course. The event will begin with a spinach salad with honey balsamic walnut dressing. Then we can select a white wine sauce or spicy pmodoro sauce over mussels. The pasta course will feature GF Penne with Sorrentina Sauce or GF Spaghetti with Fruitti di Mare Sauce. The next course will be a choice of either salmon or chicken, followed by a gluten-free dessert. The cost for this gourmet dinner and GF beers is $45 including tax and gratuitity."

To sign up for this event, go to: "

www.theglutenfreedinnerclub.com

Mirko Pasta
2264 Lebanon Pike
Donelson, TN 37214
615-882-7990

Nashville's Gluten Free Dinner Club

November Holiday Potluck -- November 22, 2014, 12;30 - 2;30 p.m."

We had to change the date for our annual Holiday Potluck due to the lack of availability at our regular location on the other Saturdays in November. We provide gluten-free turkey and our members bring all the *fixins!* Just bring a salad, veggie, dressing, or dessert to serve 8-10, plus your family's favorite beverage such as soda, tea, or water. This event is always lots of fun and good eating, so make plans to attend. "

Could you Roast a Turkey? Each year, Whole Foods generously donates gluten-free turkeys to our Potluck event. All we need to do is to identify 3 or 4 people willing to roast a turkey at home, cut it up and put it in a crock pot or other serving dish to keep it warm for our dinner. Could you help this year? If so, please call Carol Ann Baily at 615-478-9998 to sign up for a turkey.

Information of Interest"

http://betterbatter.org/ -- new article on Sharing the House with Glutenoids: Does Everyone Have to go Gluten Free because I do?"

http://www.glutenfreefind.com/blog/ask-an-expert-gluten-free-for-beginners/ -- advice for beginners and those trying to bake gluten-free for the first time from long-time expert Carol Fenster"

http://bigstory.ap.org/article/gluten-free-labeling-standards-kick -- an article on the Gluten-Freen labeling standards that are kicking in"

http://americanceliac.org/ -- another article about the accountabiity for food manufacturere using the gluten-free label"

Meeting Location"

Centennial Women's Hospital Medical Office Building (M.O.B.) Auditorium, located at the northwest corner of 22nd Ave. North and Patterson, behind the bus stop shelter. The door faces the corner and is set back and surrounded by bushes. "

Directions"

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

Parking"

We have received permission from the medical office buildings adjacent to 22nd Ave., and across from the M.O.B. Auditorium to use their parking lots. Handicapped parking is available near the entry to the M.O.B. Auditorium. Enter through the glass doors and cross the lobby to the short flight of stairs, or stay to the right and take the elevator up 1/2 level. Select "Button A" for the Auditorium."

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CSA CHAPTER OFFICERS/ADVISORS"

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Secretary — Jack McFadden, jack.r.mcfadden@gmail.com 615-579-3600 "

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https://www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898

Our website: http://www.nashvilleceliacs.org/ Look for our new website soon.

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CSA Nashville – Middle TN Celiac Chapter #76
Membership Registration

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

(Please Print)
Name_____
Address_____City_____State_____ Zip_____
Phone #_____Cell Phone #_____
Email Address (for meeting and event reminders; notices) _____
Who has Celiac or DH in your family? Self __ Spouse __ Child__ (Age___)
Non-Celiac Gluten Sensitivity_____
!

Please make $20 check payable to: CSA Nashville – Middle TN Celiac Chapter #76
Check Number_____"Amount $_____" Date Paid_____
Mailing Address: " CSA Nashville – Middle TN Celiac Chapter #76
"""PO Box 159312
"""Nashville, TN 37215-9312"

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