VOLUME XV NO.4 OCTOBER 2105

GrainWise & GlutenFree

The Newsletter of CSA Nashville – Middle Tennessee Chapter # 76 Celiac Support Association

Holiday Potluck 12:30–2:30 Saturday, November 21

Your whole family is invited to our annual Holiday Potluck. Just bring a GF side dish to accompany turkey – salad, veggie, dressing, potatoes, or desserts, plus your family's favorite beverage. We'll provide the turkey, plates, cups, dinnerware, and napkins. Tag your dish so others will know the ingredients – especially if it contains dairy or nuts. Some of our members are sensitive to other items. We gather at 12:30 and set out the spread and then we eat around 1:00. You can also bring a basket of GF items or other goodies for the silent auction or just shop for things in the silent auction.

Silent Auction!

Each year, we raise funds for our CSA Chapter through our Silent Auction held during the Potluck. If you have items to contribute, you can bring them with you that day. Small items can be grouped in a small container or a basket to be sold together. Whole Foods donated a great basket of GF goodies last year! Tag your contribution with the approximate value of the basket contents so we can fill out the auction paperwork.

If you cannot donate any items for the Silent Auction, you can always bring your checkbook or cash so you can pick up some bargains available in the Silent Auction. Last year's was great!

Save the Date!

Cookie Exchange
December 13, 2-4

Exchange your favorite cookies for a variety of others! Plus cookie decorating for kids!

Dawn Wiese
January 9, 1-3

The director of the new Vanderbilt Celiac Center will tell us about their services.

March Meeting
March 12, 2016

Save the date for our March meeting so you won't miss out on a great program.

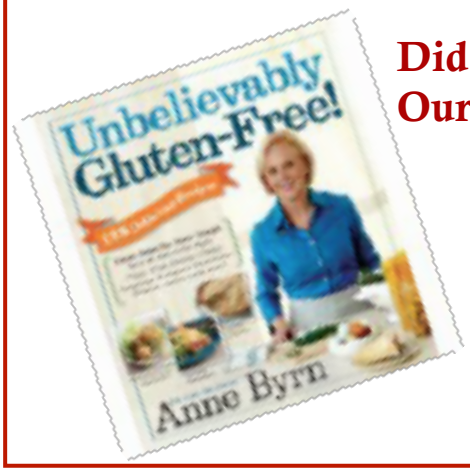
HOLIDAY POTLUCK

Whole Foods donates the turkeys for our annual event, but we have to cook them! So we need 3 or 4 volunteers to cook one turkey each to bring to the potluck already sliced and ready to serve. Can you help? Call 615-478-9998.

MyVeggieChef is a Nashville Meal delivery service that prepares a package of frozen vegan and "gluten-friendly" meals for delivery each week to subscribers. While MyVeggieChef prepares meals in a shared commercial kitchen, they are aware of food intolerances/allergies and do make efforts to minimize risks of contamination. They do not use wheat flour in any of their preparations. They provide gluten-free pasta and gluten-free buns that are individually wrapped for safety. Check their web site for menus, ingredients, and their disclaimers regarding their products. **They will provide two side dishes for our potluck for you to sample their wares. Plus they will give a certificate valued at $85-90 to our Silent Auction. You will want to bid on that one!**

GF COOKIE EXCHANGE and DECORATING

Bake up 3 dozen or more of your favorite GF holiday cookies. Bring them and a few plastic containers so you can take home cookies made by others. Bring copies of your recipe and you can add to your holiday cookie recipe collection too. In addition, there will be cookies, icing, and sprinkles for you and your kids to decorate to take home. **Come join the fun at our Cookie Exchange and Decorating Party: Sunday afternoon, 2-4 pm, December 13, at the Cool Springs Whole Foods Community Room.**



Did You Miss Our September Meeting?

At our last meeting, we were delighted to meet Anne Byrn, the author of *Unbelievably Gluten-Free!* and the *Gluten-Free Cake Mix Cookbook.* She took her experience in the kitchen and developed GF combinations to duplicate family favorites. One of our members has explored her book with a friend. They each make 2 of the recipes each week and then they share with the other, so they each have 8 meals ready for the week ahead. The cake recipes start with a cake mix, but she adds wonderful touches and homemade icings to make them very special desserts!

VU Celiac Disease Center Coming

Come Meet Dawn Wiese on Jan. 9

The Director of the new Celiac Disease Center will be our speaker on Saturday, January 9, 1-3 pm to discuss the new center that aims to provide comprehensive care for patients with celiac disease.

The Dept. of Gastroenterology, Hepatology, and Nutrition in the Vanderbilt Medical Center is creating this center to care for the celiac patients along with affiliates in other departments such as pathology, endocrinology, rheumatology, neurology, dermatology, and hematology.

Dawn Wiese, MD, received her medical degree from The Clevelend Clinic Lerner College of Medicine of Case Western Reserve University in 2009. During her medical training she also earned a Master of Science in nutrition at Case Western. Dr. Wiese completed her residency and fellowship training at Vanderbilt University Medical Center and joined the faculty in August 2015.

De. Wiese's research interests include nutritional consequences of gastrointestinal disease, specifically Celiac disease. She will have much to share with us about the new center and she will want us to share what we can about supporting those living gluten-free.

Mayo Clinic Blog Provides Research Information

The Mayo Clinic has a blog featuring reports on recent research about celiac disease that you might find interesting. Many of these include videos by the well-known Celiac Disease specialist, Dr. Joseph Murray while others link to podcasts from the American College of Gastroenterology. You can check it out at: http://celiacblog.mayoclinic.org/

Little Mosko's Bake Shop

Lauren Moskovitz has Celiac disease, but she has always loved to bake, her mother, Cindy, tells me. So she has opened a dedicated gluten-free kitchen to bake to order and deliver direct to consumers. She does not yet have a retail location, although her products will be in some stores and restaurants soon. She will bring samples to our March meeting for us to try, but in the meantime, if you need to order baked goodies for the holidays, a wedding, birthday, or other occasion, check out her website: www.littlemoskosbakeshop.com

Please Renew Your Membership

Look at your mailing label to see your renewal date. If it has already passed or will come up soon, please go to the website address below where you can download the membership form. Fill it out and bring it with you to the potluck. Or you can mail it in with your $20 check to the address on the form:
http://www.nashvilleceliacs.org/membership

OFFICER POSITION OPEN TO INTERESTED MEMBERS

Most of our officers have agreed to continue on for 2016. We have one officer position available to an interested member. Our Publicity Chair, Angela Adams, needs to step back to concentrate on her business next year. Could you help get the word out to the public about our meetings?

If you could fill this position or are interested in other ways to serve, please contact Carol Ann Baily at 615-478-9998 before the potluck to discuss these opportunities.
Elections will be on Nov. 21st, at our potluck.

Our Website includes a Calendar and Medical Articles —
www.nashvilleceliacs.org
Check Us Out on Facebook!
www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898

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