National Celiac Association Tennessee

GRAINWISE & GLUTENFREE

May 2023

NCA Tennessee (NCAT) -- serving those living gluten-free in Middle Tennessee

Celebrate May – Celiac Awareness Month !

NCA Tennessee has many activities to celebrate Celiac Awareness Month.

Friday, May 12th - 6-8 pm – Sip & Learn -- visit to the Nashville Craft Distillery

– an event for those 21+ includes a tour, distilling education about gluten,
samples of craft spirits and cocktails, gluten-free food,
and discussion of new treatments by doctors from the Vanderbilt Celiac Center

Tuesday, May 16th --International Celiac Awareness Day – Bridge Lighting

A group will gather at Parking Lot R where they can access the pedestrian bridge to view
the lighting of the Korean War Veterans' Memorial Bridge,

Saturday, May 27th – 10:30 – 1:00 – Picnic in River Park Pavilion, Brentwood

Our annual picnic will include both brunch and lunch possibilities.
Please bring a dish that will serve 8-10 and your family's favorite beverage,
We will provide all the necessary tableware, cups, and cutlery.
Children can play in the nearby playground

You can celebrate all month long by sharing your experiences with gluten-free living with those you know or meet, to spread the awareness of celiac.

Celebrate Celiac Awareness Month at the Nashville Craft Distillery!

The Vanderbilt Celiac Disease Clinic has offered to extend an invitation to our NCAT members to participate in an event they are sponsoring on Friday evening, May 12th from 6 t0 8 pm. Registration and a $45 fee are required to participate and space is limited. Nashville Craft Distillery will provide a tour and distilling education. There will be samples of the craft spirits, cocktails, and gluten-free food **provided by our own Jeanne Baird** of Grandma's Gluten Free Goodies. You can also hear about new treatments from Vanderbilt Celiac Center doctors. **TO REGISTER for this event click on the link below: https://www.eventbrite.com/e/sip-learn-tickets-571003726517?aff=ebdssbdestsearch**

Celebrate International Celiac Awareness Day on May 16th, 8:00 – 9:00 pm with the Bridge Lighting and Community Walk

The VUMC Celiac Disease Clinic and the NCAT will join forces to celebrate International Celiac Awareness Day by crossing the John Siegenthaler Pedestrian Bridge to view the lighting of the Korean War Veterans' Memorial Bridge to **Shine a Light on Celiac Disease**. We will meet at the South 1st Ave. entrance adjacent to the pedestrian bridge at 8:00 pm and walk as a group to the center of the bridge at 8:15 pm to get the best view as the lights come on the Korean War Veterans' Memorial Bridge after sundown. Parking is in Nissan Stadium's Lot R. Glow Sticks and some GF snacks will be provided. This is a family-friendly community event. The more the merrier! Invite others you know who have celiac and live gluten-free.

Let us know you plan to attend. E-mail your RSVP CeliacDiseaseClinic@VUMC.org by May 12.

NCAT's Gluten-Free Picnic

May 27th, 10:30 am – 1:00 pm

The National Celiac Association Tennessee (NCAT) has reserved the picnic pavilion at River Park in Brentwood for a picnic on Saturday May 27th from 10:30 am – 1:00 pm. We owe special thanks to Gretchen Mansourian, one of our members who is a Brentwood resident, for making this reservation for our group. We are pleased that this picnic will be in a great pavilion with nearby parking as well as a play area for the younger children.

Please bring a gluten-free dish serving 8 to 10 to share and your family's favorite lunch beverage. You can bring brunch dishes as well as lunch dishes. We are very flexible. – breakfast casseroles, cheese grits, GF biscuits or pastries, and fruits, or salads, luncheon casseroles, and desserts.

We do ask you to bring an ingredient list for your dish so others can know what your dish contains in case they have other food allergies such as dairy, soy, nightshades, etc. There will be plenty of food for all, but some people may need to avoid some dishes containing something they cannot have.

In addition, if you are willing to share your recipe, we are asking you to send it to **nashvilleceliacs@gmail.com** so that we can post our favorite gluten-free recipes on our website. We would like the recipes by the end of the month so we can start the process of putting them on the website for others to access.

We will provide the paper products – plates, tableware, napkins, cups, etc. and the ice for the drinks.
We hope you can bring your whole family for a super gluten-free picnic and meet others who are living gluten-free with celiac disease or non-celiac gluten sensitivity. **This is one of NCAT's most fun events!**
Please RSVP by Wednesday, May 24 to nashvilleceliacs@gmail.com with the number in your party so we can have the right amount of tableware for everyone.

River Park in Brentwood (37027) is located at 1100 Knox Valley Drive, just off Concord Rd, a short distance east of I-65 and the WSM Broadcasting Tower.

The Picnic Pavilion is part of 46 acres including a two-mile bikeway and walking path along the Little Harpeth River, connecting Crockett Park on one end and Concord Park at the other.

NCA celebrates its 30th Birthday with 30 days of giveaways in May!

30 days of giveaways!

Beginning May 1st, NCA will be **celebrating its 30th birthday during Celiac Awareness Month** so don't miss out on the fun and be sure to share it with everyone you know!

The **WHAT:** NCA has partnered with 5 generous sponsors to offer **"30 Days of Giveaways"**, who want to share their products and swag!

The **WHO**: Any qualifying person who chooses to opt in - share the opportunity with friends and family too!

The **HOW and WHEN**: Visit **https://nationalceliac.org/may2023** to enter for a chance to win one of 6 giveaways every week during the month of May!

Dr. Schär, Gluten-Free Mall, and Milton's Craft Bakers and King Arthurs's GF Flour are some of the supporting sponsors! **Another way to celebrate Celiac Awareness Month is to contribute to NCA while you are on the NCA website!**

NCA offers Virtual Support Meetings

Virtual support group meetings are hosted by NCA. These meetings, open to all, will be held from 7 to 8 pm Eastern Time on the second Tuesday of each month. Join for open conversation about gluten-free living! **Register here for the next virtual support meeting!**

ROCK Raising Our Celiac Kids

Have your elementary-aged kiddo(s) join this unique meet-up run by NCA ROCK volunteer, Erica Peltz. It's the perfect way to show your little loved one that they are NOT alone in dealing with celiac disease or a gluten-related condition. These meetings take place on the second Wednesday of each month at 6:30 pm ET. **Register here for this meeting!**

Have your middle school-aged kiddo(s) join this meet-up run by NCA ROCK volunteer, Darci Springer, and NCA staff member, Liza North. This meeting takes place on the 3rd Wednesday of each month at 6:15 pm CT. **Register here for this meeting!**

If you are a teenager with celiac disease or a gluten-related condition, hop on this virtual meet-up to chat with others. NCA's teen volunteer, Soni Patel, leads this meeting to discuss all things gluten free. This meeting takes place on the 3rd Tuesday of each month at 6:30 pm CT. **Register here for this meeting!**

Upcoming Events for NCAT—
May 12th – Nashville Craft Distillery Tour
May 16th-- Bridge Lighting and Community Walk
May 27th – Picnic at River Park in Brentwood
Watch for a Summer Cookout!
September 10th Meeting;
Holiday Potluck on November 12th !

We are trying to provide a variety of informative and fun programs for our local NCA Tennessee chapter (NCAT). **We need your input, however.**

We have set a date for the September meeting, but we need some ideas for a program. **What would you like to hear about or learn from this program? Give us your ideas. We'll find a speaker.**

Put November 12th on your calendar now so you won't miss our annual Holiday Potluck, always the best attended and most delicious meeting of the year! We sincerely hope that we can resume our in person potluck this year. We will let you know the details in future newsletters.

One of our members, Laura Boone, contacted the Nashville Department of Transportation and Multimodal Infrastructure to arrange for the Korean War Veterans' Memorial Bridge to be illuminated in green to celebrate International Celiac Awareness Day on March 16th. We all want to thank her for making those arrangements.

www.nashvilleceliacs.org