

February 09 Eugene GIG Bulletin

Wendy Cohan, RN, will be speaking at our February 12th meeting from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court, Eugene, OR. She is a celiac disease/gluten intolerance educator, and the author of “Gluten-Free PORTLAND – A Resource Guide.

Wendy helps people bridge the gap between the medical world and practical lifestyle issues such as finding safe food choices, planning delicious meals and locating local gluten-friendly stores, restaurants, and gluten-free products. She has been following a strict gluten-free diet for six years and is also working on a new health guide, “*The Better Bladder Book – A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain through Diet, Lifestyle, & Self-Treatment*”. Copies can be ordered in advance for those who are interested in this health issue. You can visit her web sites at <http://www.glutenfreechoice.com/> and <http://www.wellbladder.com/>. Read her recent article in the celiac.com newsletter “*Swordfish or Tuna, Ginger or Garlic: Cooking Outside The Box for Those with Food Intolerance*” by going to <http://www.celiac.com/articles/21730/1/Swordfish-or-Tuna-Ginger-or-Garlic--Cooking-Outside-The-Box-for-Those-with-Food-Intolerance/Page1.html>

Capella market is starting their gluten-free demos again to see if they will generate any interest. If you attend, please let them know you are from GIG. They will be trying different products for the demos. It would be helpful if our members could give them input on foods, etc. you would like to see at the demos. They will be on the 3rd Sat of the month from 12:00 - 4:00pm.

At a recent meeting we had the pleasure of sampling a wonderful chocolate dessert donated by Sweet Dreams Designer Cakes. Their amazing gluten-free fudge Truffle Torte cake is available for birthdays or other occasions. It is a two-layer delight with a fudge cake-like base, topped with rich fudge mousse, and iced with either fudge or whipped cream and decorated with fresh flowers and ribbons and an inscription. Prices begin at \$60.00 for a ten inch round that will give 16 rich, delicious slices. Please allow 3 days notice. They can also make larger cakes for occasions such as weddings! Visit <http://www.sweetdreamsdesignercakes.com/> or call 935-9537 to order.

The Mid-Willamette Valley branch of GIG is offering Gluten-Free cooking classes taught by Nancy Ludwig. They will be held at Kelly’s Cooking School in Salem (503-378-1973). Here is a chance to learn about gluten free cooking if you are just starting to avoid gluten or to get some new ideas and recipes to add interest to your diet if you are an experienced cook of GF food. The classes are:

Embracing Greens, Monday, February 23, 6 p.m. to 8:30 pm
Nourishing Herbs as Food, Monday, March 30, 6 p.m. to 8:30 pm
Nutritious Convenience Food, Monday, April 27, 6 p.m. to 8:30 pm

See Nancy's web or contact her for further information on the above classes and for two other series of classes she is offering, one through Alliance Physical Therapy, and another series at Vita Family Medicine. Contact information for Nancy: <http://nancyludwig.com/>, 541-764-2117.

Just a reminder that we now have tapes and a DVD available for checkout from our Library.

- Audio Tapes of our speakers: (sign out sheet next to the tapes)
 1. Kenneth Welker, MD
 2. Cynthia Kupper, executive director GIG national
 3. Rachel Gross, ND
- DVD: 1. Cynthia Kupper

If you have one of these tapes or the DVD checked out, please bring it to the next meeting. If you can't make it to the meeting, bring it to our mailroom in a sack labeled "Diane" and leave it on a bench. The mailroom is to the left of the meeting building. You can also take it to Diane's house. Call 343-0459 for directions.

There will be a "Beauty Table" at each meeting with Avon and Mary Kay catalogs. We also have a list of gluten-free Avon products. If you place an Avon order Becky will double check to be sure it is gluten-free.

Louise-Annette will be at our next meeting and will bring her Mary Kay Cosmetics. If anyone needs lipstick or make up, you can purchase them from her. Most Mary Kay products are gluten-free and Louise-Annette will make sure your selection it is. If you order any Mary Kay or Avon products and they do not work for you, you can exchange them for another product.

Rachel Carlyle-Gauthier, "The Gluten-Free Mama", is coming to the Corvallis GIG branch on March 21st. She will give a demonstration on making GF pizza crust, bagels and cake. The doors open at 10:00. The demo is from 11:00 until 2:00. It will be held at the Corvallis senior center at 2601 NW Tyler. Her daughter is celiac and she has also written a book, Gluten-Free Mama's Best Baking Recipes.

Now that celiac/gluten intolerance awareness is on the rise, we have many new and tasty foods to buy. Whenever we hear about a new one we like to let you know. This month we have two to suggest. Gluten Free Café has introduced Fettuccini Alfredo as well as a chicken entrée. They are certified gluten free by GIG National (10 ppm). Diane has tried the fettuccini and found it tasty and easy to fix. Capella and Fred Meyer on 11th stock it in the health food freezer section.

Turtle Mountain makes the second one. So Delicious Yogurt is made with coconut milk. It is gluten, dairy and soy free. Check out this new product at <https://www.swiftpage5.com/speasapage.aspx?X=2X0NNVXPHQM4K1OG00YAWY>

GlutenFreeTravelSite has launched a website to help users quickly and easily access peer-written reviews of restaurants, hotels/resorts, cruise ships, and grocery stores around the world who cater to the gluten-free community. It is organized by geographic region to make submitting and searching reviews very user-friendly. Many of the reviews are for small neighborhood restaurants or grocery stores, "hidden gems" that people with celiac/gluten intolerance might not otherwise know about. You also have your pick of many regional and national chain restaurants with gluten-free menus. To search or submit reviews, visit GlutenFreeTravelSite (<http://www.glutenfreetravelsite.com>).

If you want to experience an exciting, gluten-free outing, this is the trip for you:
GRAND ORIENT TOUR & YANGTZE RIVER BOAT CRUISE

June 16 - 29, 2009

The trip is offered by Bob & Ruth's Gluten-free Dining & Travel Club. The itinerary is:

Beijing - The China Wall - The Forbidden City - The Summer Palace - The 2008 Olympics Bird's Nest - Shanghai - The Bund - Xian and the Terra Cotta Warriors - River Boat Cruise down the Yangtze River - The Three River's Dam - Hong Kong - Victoria's Peak - Aberdeen Floating City - Sydney Market - and so much more.

Specially designed gluten-free menus will be available for every meal on the journey. Each meal will provide a variety of Chinese selections. There will be options of somewhat exotic foods as well as basics. Check their website <http://bobandruths.com/> for all the details.

A new gluten-free video website has been launched at <http://www.gfcentral.com/>. They have short videos on topics related to celiac disease/gluten intolerance. They are looking for new ideas, tips and recipes to post on their weekly pod cast. Take a minute to watch their videos and submit your own ideas.

This recipe is for those of you who don't eat ground beef and prefer a lower fat version of meatloaf, but still want flavor.

Turkey Meatloaf

1 pound ground turkey breast	½ tsp coriander
¼ onion, finely chopped	¼ tsp thyme
½ cup GF bread crumbs	1 tbsp stone ground mustard (or your favorite mustard)
2 egg whites (can use one whole egg)	2 tsp GF Worcestershire sauce
½ tsp basil	1 tbsp tomato paste or ketchup
½ tsp chili powder	salt and pepper to taste
½ tsp cumin	
½ tsp marjoram	

Mix and bake in a greased loaf pan at 350 degrees for 45 minutes.

A friend grew up eating this flourless cake that her mother baked frequently. It will rise like a soufflé, but cut like cake.

Hungarian Flourless Hazelnut Cake

2 cups hazelnuts
2 tsp baking powder
6 egg whites
6 egg yolks
2/3 cup sugar

Preheat oven to 325. Grease a 9 inch spring form pan. Grind hazelnuts in food processor or blender until very fine, add baking powder and set aside.

In large bowl, whip egg yolks with sugar until pale yellow. Beat in ground nuts. Whip egg whites until stiff. Fold 1/3 of egg whites into the yolk mixture, then add remaining whites and fold in until no streaks remain. Pour into spring form. Bake for 60 minutes. Cool.

As an option, slice cooled cake into 2 layers. Make a white butter cream or cream cheese icing for a filling and place 2nd layer on top. If making muffins, put batter in muffin tins, and bake for 30 minutes. Makes about 18.

Upcoming Speakers:

- March 12th Ken Welker, MD Private practice, Oregon Optimal Health, in Eugene. He has Fellowship training in Functional Medicine, Anti-Aging and Restorative Medicine. Their emphasis is treating the causes of disease, not just the symptoms.
- April 9th Patricia Kortekaas Physical Therapist treating humans and animals. Knowledgeable about gluten intolerance.

For more information call Diane 343-0459 or dianecon@comcast.net