

## **April 08 Eugene GIG Bulletin**

On April 10<sup>th</sup> we are honored to have Cynthia Kupper, Director of the Gluten Intolerance Group of North America as our speaker. She has kindly taken time out of her extremely busy schedule to speak to our group about "optimizing your health on a GF diet (covers adding fiber, getting better nutrition from grains, weight management)". Following Q&A, we will be serving refreshments.

Our meeting is held at the clubhouse at 1800 Lakewood Court from 6:30-8:30pm.

Capella Market has their updated gluten free product list online now at [www.capellamarket.com](http://www.capellamarket.com). Click on Grocery on the left-hand side and scroll down to New Gluten Free List. They are also holding their Gluten Free demo on April 17<sup>th</sup> from noon to 4.

We are planning a Social at Pasta Ravello in June. Pasta Ravello is a new restaurant in Eugene and has a gluten-free menu. The owner/chef is celiac and the gluten-free entrees are not prepared in the same area as those containin. Normally, they are open Wed. - Sun. Lunch is from 11-2 pm and dinner is from 5-10pm. They are located in the old New Day Bakery building next to Red Barn at 345 Van Buren. However, they will open for our social on a Mon. or Tues. or we can go Wed-Sun. We can order off the menu or she will fix something just for our group.

Danielle St.Hilaire from Pasta Ravello will be our May speaker, and will bring a menu for us to look at as well as coupons. Please let us know right away if you want the social in June, what night you prefer and how many will be in your party. Call Diane 343-0459 or email [dianecon@comcast.net](mailto:dianecon@comcast.net).

We are in the process of gathering cookbooks and other books about celiac/gluten intolerance in order to start a lending library. It will work just like a real library with registration and checkout procedures. If anyone has any gluten intolerance related cookbooks, magazines or books concerning health issues they would like to donate, please bring them to any meeting.

Carol Fenster, PhD, author and internationally recognized expert on gluten free cooking, has generously donated FIVE of her books to our fledgling library. We want to thank her for her wonderful donation. It has really jump started our efforts to bring books and information to our members. Also, if our group purchases books in bulk, she will give us a 50% discount off the price listed on the back of the book. There is no minimum order, but the books are non-returnable and we pay the shipping charges. This would be a good way for all of us to add to our own personal libraries. You also might want to check out her web site at [www.savorypalate.com](http://www.savorypalate.com). She has a free newsletter, free recipes, baking tips, and facts about food sensitivities.

The American Celiac Disease Alliance has asked us to share this information with our group. They would like everyone to contact their representatives and ask them to support H.Con.Res.70 Celiac Awareness Legislation. This legislation states that Congress (1) supports the goals and ideals of National Celiac Awareness Month; (2) should work with health care providers and celiac disease advocacy and education organizations to

encourage screening and early detection of celiac disease; and (3) should increase Federal funding for celiac disease research.

If you'd like to send a letter to your representative, just go to the following web site, fill in the information and send the letter they have already composed or send one of your own. <http://capwiz.com/celiac/issues/alert/?alertid=9705961&type=CO>

Last month's speaker, Mary Moppins, will continue to donate 50% of any purchase of her products (book excluded) by our members to Eugene GIG. She will bring her products to any meeting she attends so you will have a chance to buy them.

Karen Broussard, president of GlutenFreeTravelSite is announcing the launch of her new website, <http://www.glutenfreetravel.com>. She states that this is the first web site focused exclusively on user-submitted gluten-free travel reviews. Visitors to the site will be able to access travel reviews organized by geographic region and read about others' personal experiences traveling and dining out in any part of the world. Her hope is that having access to all these helpful reviews will open up a world of travel options for people with Celiac...and help cut down on the amount of time-consuming research that must be done before taking any trip

The national GIG Conference is being held June 6-7 in North Texas. The deadline to receive a discount on the cost of registration is May 21st. For an even deeper discount, become a member of GIG National. You can register for the conference and join GIG at [www.gluten.net](http://www.gluten.net). Don't miss out for the once in a lifetime event!

Also, if it's time to pay your annual subscription for the national GIG newsletter, please do so by sending a check for \$15 to 6821 Nob Hill Dr., N. Richland Hills, TX 76180. Make the check out to NTGIG.

Gluten Free Mama comes to Corvallis and Ashland to sign her new cookbook "Gluten Free Mama's Best Baking Recipes". She will have fresh baked samples to tempt your taste buds using both of her flour blends, Mama's Almond Blend and Mama's Coconut Blend. Her schedule is:

Corvallis: First Alternative Coop Friday April 11 4pm-6pm

Ashland: Ashland Food Coop Saturday April 12 12pm-3pm

For more info go to [www.glutenfreemama.com](http://www.glutenfreemama.com)

GIG national is accepting donations of inactive cell phones. For this fundraiser all you need to do is donate any cell phones that you have at home. Also, if you know of any businesses that provide cell phones to employees, please ask if they have unwanted cell phones they would like to donate. We don't need the chargers or accessories. Just bring your old phones to our meeting and we will send them to the firm buying them.

Here is a list of our upcoming meetings:

- May 8<sup>th</sup> Danielle St.Hilaire from Pasta Ravello  
Janette from the Red Barn Grocery  
Louise-Annette Burgess, a Mary Kay Rep
- June 12<sup>th</sup> Sky Weintraub, ND  
Andrea Green from Options Bakery Incorporated will bring samples and info
- July 10<sup>th</sup> Michelle Graf “Traveling Gluten Free”
- August picnic
- Sept 11<sup>th</sup> Angie McCutcheon, personal trainer/nutritionist.
- Oct.9<sup>th</sup> Jill Johnson, Certified Nutritional Therapist

We're always looking for speakers for our meetings. If you know of someone who would talk to our group, someone who would be interested in giving a cooking demo, or if you have a fun or interesting idea for a meeting, we would like to here from you.

For more information call Diane 343-0459 or [dianecon@comcast.net](mailto:dianecon@comcast.net)