

## December 08 Eugene GIG Bulletin

As many of you know, it can be difficult to find gluten free cosmetics, lotions and other personal products. Therefore, we're happy to have Marcy Taxdal from Avon discuss their GF products at our next meeting on Thursday, December 11<sup>th</sup> from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court, Eugene. She will bring samples for those who attend. As she lives in Eugene, she will also be readily available for placing future orders.

One of our members recently told us about Azure, a company in Dufur (south of The Dalles) that carries organic items and many gluten free products including Bob's Red Mill. They are apparently far cheaper than grocery stores. You order products, but pick them up at a drop off site near you. Their website is <http://www.azurestandard.com/>. They also have sale catalogues available.

We've recently had two authors donate books to our library. Mary Findley, a member of Eugene GIG, has generously given us a copy of her book, *The Complete Idiot's Guide to Cleaning*. If you have a question about eco-friendly cleaning, this book has the answer. Jeanne Basye has kindly donated her book, *Gluten-Free Cookies*. For those of us who love cookies, this book has over 80 recipes.

As mentioned in our last bulletin, we are planning a social at McGrath's Fish House on Monday, January 19th at 6pm. These get-togethers are always fun and give us a chance to get to know each other a little better. Please call or email Diane if you plan to attend.

Dr. Welker's receptionist said they are pleased to report that a lot of people who heard his talk in November have called to schedule a "Meet and Greet" appointment. Dr. Welker gave a very informative talk that we now have on tape. It can be checked out from our library.

Gluten Free Works Publishing is offering a holiday special on their book, *Recognizing Celiac Disease - A Guide to Recognizing, Understanding and Managing Celiac Disease and Gluten Sensitivity*. They are offering it at a reduced rate with free shipping. Visit their website <http://www.glutenfreeworks.com/> to get the details.

Plastic cups are now being made out of corn. A GIG member who is allergic to corn recently went to a banquet and drank from one. She went into anaphylactic shock. Luckily, someone in the crowd had Benadryl and she recovered. Since many people who suffer from gluten intolerance also have others food intolerances such as corn, we wanted to share her story with you.

We received a letter from GIG North America reviewing their accomplishments for 2008 and what they hope to do in 2009. I've attached it as a separate document. Please take the time to read it. As a branch of GIG North America what our group does to promote understanding of gluten intolerance in our community helps further the goals of GIG North America as a whole.

Nadine Grzeskowiak, a registered nurse who specializes in gluten intolerance and celiac disease, was diagnosed in 2006. She now teaches classes about gluten intolerance and has a website, <http://www.glutenfreern.com/>. There you find her a list of her classes as well as interesting articles, news and discussions about gluten intolerance.

Cynthia Kupper, RD, Executive Director of GIG North America sent us the following information:

”Michele Wallick is sailing 7,000 nautical miles across the South Atlantic to raise awareness for the estimated 2,700,000 undiagnosed Americans with Celiac Disease. Michele was diagnosed with Celiac Disease in December 2006. She is partnering with the research expertise of University of Maryland’s Center for Celiac Research (<http://www.celiaccenter.org/>) and the gluten free community network of the Gluten Intolerant Group of North America (<http://www.gluten.net/>) to raise funds for this Celiac Awareness Campaign. These funds will be used to promote more community awareness and education for health professionals.

Michele and her husband Greg will be sailing a catamaran from Cape Town, South Africa in early November. You will be able to read about their adventures, track their progress across the Atlantic and donate at Michele’s website <http://www.gfadventures.com/>. Please consider helping Michele find the 2,700,000 undiagnosed Americans by donating to this Celiac Awareness Campaign. Donate at <http://www.gluten.net/AtlanticCrossing.php>. Their goal is to raise \$14,000 - \$2 for every mile of the crossing. Funds will be used to promote community awareness and education for health professionals.”

Rachel Gross MD will be our January 8th speaker. She is knowledgeable about celiac disease.

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

December 2008

Dear GIG Supporters,

In today’s uncertain times, everyone has felt the crunch of rising costs and an unstable economy. Despite the state of the markets, national leaders in nonprofit management encourage donors to open their hearts and give more to serve a wider need. The need continues to grow in the gluten-free community. Over 25 million people are now purchasing gluten-free foods and are also searching for answers for better health. Hundreds of persons with celiac disease and other forms of gluten intolerance seek help from the GIG office each month, not to mention the consumer emails and calls of those already living the gluten-free lifestyle. We task ourselves to manage the resources entrusted to us, to use them effectively for the greatest good.

GIG is proud of our 2008 accomplishments:

The major accomplishments in our social programs include:

- 100% support of kids requesting scholarships for GIG Kids Camp
- 100% support of those requesting scholarships for the Annual Education conference
- All day leadership training event attended by 75% of our Branch leaders
- Working cooperatively with companies to provide education support and resources to consumers
- On-going support through individual consultations to gluten-free consumers, health care professionals and food companies.

The major accomplishments in our industry programs include:

- Increased company participation in the Gluten Free Certification (GFCO) program by 93% during 2008
- Increased restaurant participation in the Gluten Free Restaurant Awareness Program (GFRAP) by 65 new locations
- Launched the market trial of the Gluten Free Food Service Training and Management Accreditation program with food services of various sizes, including a major food service provider in health care, schools and universities. This program provides Best Practices for gluten-free food service production, training and management.

Our pledge for 2009 is to:

1. Enhance consumer support through additional education information and enhanced awareness
2. Meet the growing consumer needs with little or no increase in program costs
3. Support our employees and volunteers in a manner that is reasonable and in keeping with best practices for nonprofits
4. Continue to work closely with more manufacturers to provide resources, information and support to their consumers about products
5. Provide speakers nationally and locally to consumer groups, the public, health care providers and the food industry
6. Increase awareness of gluten sensitivity through direct marketing opportunities with retailers, manufacturers, schools, and in the health industry through increased publications, lectures and exhibits at consumer and professional conferences, such as THRIVE, Digestive Disease Week, Natural Market Expo and the American Dietetic Association Conference
7. Expand GIG Industry Programs nationally and internationally

We can do so much more, with your help, to support all persons with celiac disease and other forms of gluten intolerances; the health care professionals needing patient handouts; food companies and retailers who want to support persons living a gluten-free diet. Your help through cash contributions, in-kind donations, and the gifts of your time and skills can make it easier for these persons to live daily, a healthy gluten-free life.

Remember the appreciation you have felt when someone is there for you to talk to giving needed guidance. Help GIG to be the helping hands that brings support to a child, teen, adult and the elderly. Every dollar makes a difference.

Thank you for being a GIG supporter. May you and your family be blessed with love, good health, and happiness during the holidays and the coming year.