

March 08 Eugene GIG Bulletin

Now is the time for that yearly Spring cleaning and we have just the speaker to help you. On March 13th, Mary Moppins will talk about cleaning without toxic chemicals (green cleaning) and the difference it can make to your health. She plans to bring several door prizes to help get you started. Our meeting is held from 6:30-8:30 pm at the Club House at 1800 Lakewood Court.

Louise-Annette Burgess, a Mary Kay rep, will also be at our meeting. She will have a table set up with gluten free cosmetics and other products.

Capella Market has cancelled the gluten free demo on Saturday, March 15th as they are having a wine tasting that day.

We had a good turnout for our social at Lok Yuan. Everyone enjoyed the wide choice of gluten free entrees as well as some lively conversation with other members.

A new pasta restaurant, Pasta Rafello, offers two gluten free dishes that are prepared in a separate area to avoid cross contamination. The owner/cook is celiac. They are open Wed. - Sun. Lunch is from 11-2 pm and dinner is from 5-10 pm. They are located in the old New Day Bakery building at 345 Van Buren, next to Red Barn.

We asked for votes to determine which topic you would prefer to have Cynthia Kupper discuss on April 10th. #2 had the most votes so she will be speaking on "optimizing your health on a GF diet (covers adding fiber, getting better nutrition from grains, weight management)".

Digestive Health SmartBrief puts out a free newsletter produced by SmartBrief for the American College of Gastroenterology. It contains information regarding intestinal problems and research. The following are just a few of the articles in this month's issue:

- Study: Allergy patients more likely to have IBS
- Doctor urges women to seek help, screening for GI problems
- Web sites can aid, enhance medical diagnoses
- Attend the Gluten Intolerance Annual Education Conference
- Tasty recipes for gluten-free dieters
- New test identifies biomarker for colon cancer

You might want to check out their website and sign up for their newsletter:

www.smartbrief.com/dhsb/index.jsp

Upcoming Meetings:

- April 10th: Cynthia Kupper RD, CD Executive Director GIG National
- May 8th: Danielle from Pasta Rafello restaurant

As most of you know, Eugene GIG exists only because of the volunteers who generously donate their time and energy to keep it running. We currently need a treasurer. If anyone has Excel experience and could donate several hours a month to do the bookkeeping, we would be very grateful. Diane, our manager, has been doing it for the past year. However, she has many other responsibilities including speakers, raffles, organizing events, and literature for our table. So if you or anyone you know who is a member could come to our rescue, please see Diane at the next meeting or call or email her at the numbers listed at the bottom of this newsletter.

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 hear from you.

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