

November 08 Eugene GIG Bulletin

Join us for an exciting speaker plus an ice cream cone dessert at our next meeting on Thursday, November 13th from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court, Eugene. Kenneth Welker, MD will discuss "Beyond Celiac Disease and the Hidden Spectrum of Gluten Sensitivity."

Dr. Welker graduated from the University of Washington Medical School in Seattle. He completed a five-year residency in General Surgery prior to becoming a Senior Registrar for the United Kingdom National Health Service. While in London England, he completed a fellowship in Surgical Oncology and Thoracic Surgery. His 20-year surgical practice included an academic appointment as an Assistant Professor of Surgery at Oregon Health Sciences University involved in Laparoscopic Surgery, Gastrointestinal Surgery, Trauma and Bariatric Surgery.

He recently completed Fellowship training in Functional Medicine, Anti-Aging and Restorative Medicine and is in private practice here in Eugene, Oregon. The emphasis at Oregon Optimal Health is treating the causes of disease, not just the symptoms. Within the science based Functional Medicine model, they emphasize restoration of balance in individual biochemistry, neuro-hormonal communication, immunology and gastro-enteric function to bring relief to the multiple varied chronic symptoms and disease patterns of our modern times. They believe in living better, longer.

We received a call from Sweet Dreams Designer Cakes. They are now making gluten free cakes. They have a 10" round, rich dark chocolate tort, with chocolate frosting and elegant decorations that is made without flour. It costs \$60.00. Visit them <http://www.cakes.com/> or phone at 935-9537.

The Gluten Intolerance Group of North America forwarded this information on behalf of Nana's Cookie Company. Nana's No Gluten Cookies are all natural, moist, delicious, and fruit juice sweetened. Their cookies are baked with no refined sugar (no cane or beet products), no dairy or casein, no cholesterol, no eggs, no hydrogenated oils and no trans fat. Nana's Cookies are vegan, kosher and a yummy treat for the lunchbox, dessert, or after-school snack. They're available nationwide at natural food and specialty stores including Whole Foods Market. Visit their website at <http://www.nanascookiecompany.com/> and check out the Store Locator to find a store near you.

Capella Market has decided to discontinue their gluten free demo day due to lack of interest and poor attendance. The last one will be on November 15th.

We're also sorry to report that Pasta Ravello is no longer in business.

New Frontier Market and Holy Cow Cafe are now carrying gluten free cupcakes from The Divine Cupcake located in Eugene! You can visit their website at <http://www.divinecupcake.com/>

If you'd like to share an evening out with other GIG members, we're planning a social at McGrath's Fish House on Monday, January 19th at 6pm. We'd like to get a head count, so please call or email Diane if you plan to attend.

The GIG Annual Education conference will be in Seattle June 5 & 6, 2009. GIG wants to be sure it meets your needs. So they have asked if you have children, to please take a minute and take this 5-question survey. Your response will help them determine if they offer a program specifically for kids or teens. To access the survey, click on the site below paste it into your internet browser. The survey will close on November 15, 2008 at 4:00pm PST.

https://www.surveymonkey.com/s.aspx?sm=c7F0qKlOy3RlxaRxxvXykgb_3d_3d

Our recipe this month gives us a chance to take advantage of the abundance of pumpkins still available. It's a perfect comfort food for these rainy, gray days.

Dinner in a Pumpkin

2 T oil	1 – 2 tsp oregano
2 lb ground beef (could use ground turkey)	2 cloves minced garlic
6 oz ground GF ham or sausage	1/3 cup chopped olives
½ tsp or more salt	1 c tomato sauce or chopped tomato
1 onion, chopped	3 eggs, beaten
1 green pepper, chopped	½-1 tsp pepper
1 10" pumpkin, top cut off, seeds removed	

In hot oil, cook the meats, salt, onion, pepper, and garlic until meat is cooked thoroughly. Stir in spices, olives, and tomato; cool slightly, taste for salt and pepper. Stir in eggs. Fill the cleaned pumpkin with meat mixture. Place top on pumpkin. Bake on a cookie sheet in a preheated 350 oven for 1 hour or until the pumpkin is tender.

Angie McCutcheon, nutritionist, has had to cancel again so she will not be speaking in December. Instead, we're pleased to have Marcy Taxdal from Avon who will discuss their GF products. She will also bring samples for those who attend. As she lives in Eugene, she will be easy to contact for future orders. You may also see her at our GIG meetings.

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

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