

## Eugene GIG July 08 Bulletin

If you're planning a vacation, you won't want to miss our next meeting on Thursday, July 10th from 6:30-8:30pm at the clubhouse at 1800 Lakewood Court, Eugene. Our speakers will be Michelle Graf who will give us ideas on "Traveling Gluten Free," Ron Palmer from Red Horse Sauces will do a cooking demo and talk about his sauces and Annie Agah from Chocolate Chewies, Inc. She will be bringing samples of their delicious cookies.

Our August meeting will be a picnic at the clubhouse. Beeler Pork Company donated a ham for this event and we would like everyone to bring something to go with the ham (salad, rolls, beans, etc). We wanted to let you know ahead of time so you would have time to plan.

Bob's Red Mill pizza crust mix, which we served at our last meeting, should be in stock at Capella Market. Market of Choice Delta is also trying to get it.

Col. John Misterly has donated his new cookbook, "The Gluten Free Solution," to our group. It will be on display at our meeting and may be checked out from our library.

The Lane County Fair wants to know if any members would be interested in entering Gluten Free baked goods beginning in 2009. If enough people show an interest by the end of this year, they will open a section for gluten free baking. Please contact Mary at 607.2803 or [mstovall.fair@comcast.net](mailto:mstovall.fair@comcast.net). This could be yet another avenue for letting people know about gluten free foods and Eugene GIG.

Dr. Kenneth Welker, MD from Oregon Optimal Health will be our speaker in November. The clinic treats a variety of problems. Dr. Welker focuses on metabolism enhancement, interventional endocrinology, sustainable weight loss, detoxification and cancer cure. Jeanette Welker, FNP-BC specializes in hormone restoration and balance, fatigue solutions, preventative medicine and chronic disease reversal. The clinic believes in treating the cause not just the symptoms. They offer a free 15 minutes interview and the following seminars:

July 15<sup>th</sup>            6pm    Why Can't I Lose Weight

July 29<sup>th</sup>            6pm    Why Am I So Tired

RSVP requested. Contact them at 541-762-1155 or [kzeller@oregonoptimalhealth.com](mailto:kzeller@oregonoptimalhealth.com)

If you'd like to learn more about the clinic visit [www.oregonoptimalhealth.com](http://www.oregonoptimalhealth.com)

We've been trying to get WinCo to stock gluten free foods, but they aren't interested as they say there is no market for them. General Mills Rice Chex is GF and sold by WinCo for \$2.78 (pretty cheap for a GF cereal). They are certified GF and gluten free is printed on the front of the box. If you purchase Rice Chex at WinCo, please let them know that this cereal is gluten free and you are buying it because you are gluten intolerant. You might add that you'd like them to stock more GF foods. If enough people go in and WinCo has a run on Rice Chex, they might get the hint that there is a market for GF products.

We received a notice that Risotteria, a gluten-free restaurant in New York, offers some of their products online. You can visit them at [www.risotteria.com](http://www.risotteria.com) and go to Mail Order at the top of the page.

Last month we told you about the Celiac Students and Gluten Free Lunches Survey being done by the American Celiac Disease Alliance. We've received the following reminder from them:

We have received an incredible response to our survey on the availability of gluten-free lunches for students with celiac disease.

Being able to go through the lunch line at school is a big deal for our kids. We hope that all families with celiac children will complete the survey to help us learn who is providing lunch for students with celiac disease - parents, school, or a combination. As noted in an earlier post, the survey will help us to work with parents so their children can have gluten-free meals during the upcoming (2008-2009) school year.

If you have a child with celiac disease attending school, please go to [www.americanceeliac.org/news.htm](http://www.americanceeliac.org/news.htm) and click on 'What's for Lunch?' to complete the survey.

In order to hear from as many parents as possible, the survey will remain open through Sunday, July 20, 2008. If you have any questions, please contact the ACDA at [info@americanceeliac.org](mailto:info@americanceeliac.org). Thank you for helping us help our kids!

We're going to start including a recipe each month in the bulletin. This month's recipe comes from a member who asked us to share it with our GIG group. If you have a favorite that you would like to share, write it down and bring it to the meeting.

### **Enchilada Salsa Borracha** - original recipe from a salsa book by Andea Chesman

3 T. butter  
4 garlic cloves, minced  
4 T. chili powder  
2-4 jalapeños, diced (more or less to taste and heat tolerance...)  
2 cups peeled diced tomatoes or 1 (1 pound) can peeled tomatoes  
2 T. tomato paste  
1/2-cup gluten-free beer (the only adaptation from the original recipe)

In a non-aluminum saucepan, melt the butter over medium low heat. Add the garlic, chili powder, and jalapeños. Sauté until the chili powder foams, about 5 minutes. Add the remaining ingredients and bring to a boil. Simmer for 5 minutes, and remove from heat. This is a smooth, somewhat heavy sauce that is excellent with enchiladas. Yields about 3 cups. Enjoy!

A list of our upcoming meetings:

- August picnic
- Sept 11<sup>th</sup> Angie McCutcheon, personal trainer/nutritionist
- Oct.9<sup>th</sup> Jill Johnson, Certified Nutritional Therapist
- Nov 13<sup>th</sup> Kenneth Welker MD from Oregon Optimal Health. He has a Fellowship in anti-aging and works with your metabolism to bring it back into balance and give you more energy.

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