

Eugene GIG May 08 Bulletin

It seems that Spring has finally arrived. Trees and flowers are blooming, baby geese and ducks have hatched and the sun can even be seen occasionally. So come out and join the Eugene GIG group for their monthly meeting on May 8th. Our meeting is held at the clubhouse at 1800 Lakewood Court from 6:30-8:30pm.

This month our speakers will be Danielle St.Hilaire from Pasta Ravello, Janette from the Red Barn Grocery, and Louise-Annette Burgess from Mary Kay cosmetics. Danielle will be bringing food samples, menus, and coupons. Louise-Annette will have a table set up with her cosmetics.

There is still time to sign up for a social at Pasta Ravello in June. We will order meals from their gluten free menu, but we need to know if you have a preference for a date, whether you'd prefer a lunch or dinner get-together and how many will be in your party. Please contact Diane at 343-0459 or dianecon@comcast.net. The owner/chef is celiac and the gluten-free entrees are not prepared in the same area as those containing gluten. They are located in the old New Day Bakery building next to Red Barn at 345 Van Buren.

Most of you are aware of how much Capella Market has done for Eugene GIG since our group began in August of 2006. In addition to stocking their store with many gluten free foods and having gluten free demos each month, they also donated the proceeds of their barbecue last August to our group. We think they deserve a 5-star rating. Also, remember their upcoming GF demo on Saturday, May 17th from noon to 4pm. Please let them know you're a member of Eugene GIG and that you appreciate what they're doing to serve the gluten free community.

We'd also like to thank Kinnikinnick for waiving the shipping fees for the donuts we ordered for our April meeting and for the free Ktoos.

Annalise Roberts has generously donated her cookbook, *Gluten-Free Baking Classics*, to our fledgling library. I've used many of her recipes and have never had a failure. You can visit her website at www.foodphilosopher.com/assets/docs/0905menu.cfm and try her recipes for free (she always tell people they can "date me" before committing to buying my book). I'm sure you'll enjoy her cookbook as much as I have.

We should have our new library books ready for lending at the June meeting. You will be able to register as a library member at that time. If anyone has any books they would like to donate to our library, please bring them to any meeting.

Our Medical Page (on our literature table) needs updating. We would like to have a list of any doctor's that our members think were helpful and knowledgeable about gluten intolerance, testing etc. We would also appreciate the names of any dieticians or nutritionists that you liked.

A family camp hosted by Dr. Fine and The Intestinal Health Institute will be held in Jemez Springs, New Mexico (about one hour northwest of Albuquerque) at YMCA Camp Shaver (www.campshaver.org), which provides the activities and counselors. The food is gluten-free, organic, and healthy. They also cater to other food sensitivities (dairy-free, yeast-free, egg-free, and soy-free).

There are activities for both parents and children. Activities may include hiking to dig for fossils or to swim in warm springs, archery, wall climbing, high ropes, organized team sports, arts and crafts, etc. "Dr. Ken" from The Intestinal Health Institute will hold roundtable discussions on health and nutrition and will also provide musical entertainment from his health education program, "Get on a Mission of Nutrition". For costs, activities schedule, and registration forms, go to their website (www.intestinalhealth.org) and click on "gluten free family camp".

A new GIG group is forming in Corvallis. If you know anyone who lives there, please pass on the following information:

They meet the last Wednesday of every month at Good Samaritan Hospital in Corvallis, Conference Room B, and Dr. Beth Laurenson is sponsoring the group. For more information contact Arielia Brodsky 1-555-401-7674 or Margaret Karchesy 754-0546.

Tastes Like Real Food is having their first annual "What I Miss Most Baking Contest"! Those who enter can win a \$500 contribution to their celiac group and a \$500 donation to the University of Maryland Center for Celiac Research. Local celiac groups will receive free baking mixes to help turn favorite wheat-based recipes into "Celiac-Safe Recipes" using Toro brand baking mixes. To enter, go to their website, www.tasteslikerealfood.com/ceeliac-safe-baking-mixes.html and click on "baking contest".

The leader of the Eugene ROCK group sent us information on a Eugene restaurant where she recently ate. The Misako Japanese Restaurant on East 8th has changed ownership and menu. The previous owner was careful about providing gluten free food and changing a sauce if needed. The new owners don't offer that option and most everything contains gluten, even the sushi rolls.

If you're planning a trip to Portland soon, the next two paragraphs may interest you. A member sent us this information about a new pizza restaurant in Portland. Picazzo's Pizza has opened a location in the Sellwood area and offers gluten free pizza. This is a branch of the pizza chain in the Phoenix, AZ area and has several GF options. You can get pizza, pizza special of the week by the slice, many salads, chicken wings, etc. They haven't offered a GF dessert yet, but that is in the works. The address is: 8000 SE 13th Ave, Portland, OR, 503/238-7255

NOTE : they are NOT open on Sundays at this time, however, that may change in the future.

Portland also has a dedicated gluten free retail bakery now! New Cascadia Traditional™ "The Gluten Free Artisans"™ has opened a retail outlet in NW Portland. Breads, pastries and cookies will be baked fresh daily in their dedicated gluten free facility and delivered to their retail location at 2120 NW Glisan St., Portland. (In front of Sammy's Flowers & next to Trader Joe's. Parking allowed in lot adjacent to Trader Joe's.) They are open Tues-Sat, 11am – 7pm, www.newcascadiatraditional.com/, phone: 503/887-439.

The Mid-Willamette Valley Branch of GIG, serving Salem, Albany, Corvallis, Sweet Home, and nearby areas, has asked us to put a notice in our bulletin about their meetings:

Monthly meeting on the 3rd Saturday of each month from 10 am to Noon
at the Kaiser Permanente Skyline Medical Office, 5125 Skyline Rd. S. (at Kuebler Blvd.)
Salem, in Conference Room 3 Main floor (across from Lab/Xray)
Visit their branch website: www.decoretteshop.com/gig for more information.

"Living Without" magazine is back on the stand with a new publishing company, but the same format and helpful articles.

Here is a list of our upcoming meetings:

- June 12th Sky Weintraub, ND
Andrea Green from Options Bakery Incorporated will bring samples and info
- July 10th Michelle Graf "Traveling Gluten Free"
- August picnic
- Sept 11th Angie McCutcheon, personal trainer/nutritionist.
- Oct.9th Jill Johnson, Certified Nutritional Therapist

If you have any ideas for a speaker for one of our meetings, please let us know.

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