

## Eugene GIG September 08 Bulletin

On September 11<sup>th</sup>, we will be having our potluck picnic that was canceled in August. It will be held at the clubhouse at 1800 Lakewood Court, Eugene from 6:30-8:30pm. Beeler Pork Company has donated a ham for this event and we ask that everyone bring a dish to share. Also, please bring your own cutlery. After the picnic we will play Bingo with prizes going to the winners.

The BBQ at Capella Market was a huge success. There was a large turnout and everyone enjoyed the delicious food. The bike raffle was very popular and Diane's husband was the happy winner. We can't thank Capella Market enough for donating all of the proceeds to our group. Their support will help us to meet our expenses in the coming year.

We've received the following notice from Cynthia Kupper, executive director of GIG, to share with our group:

"It has been brought to our attention that many support groups across the country are ordering the Elisa Technologies EZ Gluten® test that is designed for consumers to use in testing products.

We are also aware that some of these testing results are being published in public domains, list serves, websites, etc.

GIG is immediately taking the following actions related to this topic:

1. Testing results performed under the auspice of a GIG Branch or GIG leader are NOT TO BE PUBLISHED in any manner of electronic or print media. Publishing such results puts you (as the tester), the Branch and GIG at serious risk for law suites from the company whose product was tested and any other parties who see the information. Just remember – McDonalds!! It could also put Elisa Technologies at risk for a law suit. These tests are to be used for personal information only. If we find that people are not complying with this, we may have to ask for a specific non-coverage clause in our insurance policy. Such action then makes you liable for any actions as a result of such testing and distribution of testing results.
2. If you are interested in testing, GIG purchases testing kits at a discount from companies. You may purchase them directly from GIG to receive a discount. No discount is given to GIG Branches or non-GFCO certified companies under the GIG umbrella. Elisa Technologies has a listing of companies, updated on a regular basis that qualifies for the discounted pricing."

Planning an end of summer vacation? Here's a new website to help all of you travelers.

[www.glutenfreetravelsite.com/](http://www.glutenfreetravelsite.com/)

Alba Therapeutics is sponsoring a clinical trial on Celiac Disease. If you are aged 18-72, have biopsy proven celiac disease and have been on a gluten-free diet for at least 6 months, you may qualify. For more information, email [clintrials@albatherapeutics.com](mailto:clintrials@albatherapeutics.com) or call 1-877-415-3282.

Carol Fenster Ph.D., gluten free expert, author and teacher will be teaching two gluten free classes at Bob's Red Mill Natural Foods, October 6<sup>th</sup> and 7<sup>th</sup>, at the cooking school located in the Whole Grain Store at 5000 SE International Way, Milwaukie, OR. Class sizes are limited so call Bonnie at (971) 206-2208 before sending in payment, to make sure space is available. If you have any other questions, call Susan Gilbertson at 503-607-6455. The classes are:

1. Gluten-Free Breakthrough Bread

Monday, October 6, 2008 • 6:00 – 8:00 pm.

Carol Fenster, Ph.D. is back to share her knowledge and expertise with gluten-free breads. If you're looking to make your dollars stretch, this class is for you! Carol will present an easy break-through bread recipe with several ways to use it. Her menu:

Bruschetta, Panzanella, Bread Crumbs, Bread Pudding with Caramel Sauce, and more.

Supplies to bring: enjoy the sampling! Class Fee:..... \$50.00

2. Gluten-Free Old Time Favorite Comfort Foods.

Tuesday, October 7, 2008 3:00 – 5:00 pm.

In this second class Carol Fenster, Ph.D. will focus on old-time favorites from Corn Dogs to Chili Cornbread Casserole to Upside-Down Cornmeal Cake and so much more. You won't want to miss this opportunity for these quick & easy, economical recipes.

Supplies to bring: enjoy the sampling! Class Fee:..... \$50.00

If you're interested in going and want to carpool, call or email Diane at 343-0459 or [dianecon@comcast.net](mailto:dianecon@comcast.net) or email Emma at [egl656@gmail.com](mailto:egl656@gmail.com).

The first international GLUTEN FREE adventure to Costa Rica organized by Eastern Mountain Sports is happening this coming Thanksgiving week. Those with celiac disease, gluten intolerance, or an interest in learning more about both are welcome to come!

[http://www.emstrek.com/cr\\_glutenfreecos.html](http://www.emstrek.com/cr_glutenfreecos.html)

Capella Market is now stocking gluten-free ice cream cones. Look for them on top of the freezer above the ice cream. They are called Let's Do and there are 12 cones for \$3.15.

"Azna" is a new company that has gluten-free, vegan friendly home baked goods. Market of Choice is now carrying their products.

Pears are just beginning to ripen on local trees so if you have one in your backyard, here is an excellent pie recipe to make use of them.

**Pear Pie**

4 pears peeled, cored and sliced  
¼ c butter or margarine  
1 cup sugar  
1 tsp vanilla  
3 eggs

1/8 tsp salt  
¼ c GF flour  
¼ tsp nutmeg  
1 GF pie crust

Cream butter, sugar and vanilla. Beat in eggs. Add flour, salt and nutmeg. Place pear slices around pie shell. Pour mix evenly over the pears. Bake at 350 for approximately 45 minutes.

Upcoming Meetings:

- 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 metabolism to bring it back into balance and give you more energy.
- Dec 11<sup>th</sup> Angie McCutcheon, personal trainer/nutritionist