

# GRAINWISE™

## & GLUTEN-FREE

A Publication For The CSA Nashville – Middle Tennessee Celiac Support Group – Chapter #76  
Volume X, No. 1                      www.nashvilleceliacs.org                      Quarterly, Spring 2010

### MARCH SUPPORT GROUP MEETING

Saturday, March 13 at 2:00 p.m.

**Healthy GF Grains Review & Baking Demo**  
**Election of Officers**  
**Bake Sale**  
**Door Prizes**  
**Product Sampling**  
**Refreshments**

New Location!!!

(One block over from Centennial Medical Center)  
Medical Office Building (MOB) Auditorium  
2201 Murphy Ave, Nashville  
\*Please come early to help set up!

#### Program – We will start promptly at 2:00 pm

Learn which healthy gluten-free grains you want to look for when selecting bread. We will compare the nutritional value of gluten-free flours and mixes that are available and their fiber content. Laura will demo baking GF bread in a Cuisinart Bread Machine and some of her other favorites, while Sam will explain the mechanics of bread making.

#### Guest Speakers

Laura Hill is a recent graduate of Lipscomb University with a BS in Nutrition. After completing a Dietetic Internship in the Fall she will be a Registered Dietitian. Laura was extremely sick before being diagnosed with celiac disease 10 years ago. The way diet alone changed her life is what sparked her interest in dietetics. She leads the Columbia Celiac Support Group at Maury Regional Hospital and does GF Baking Classes in Spring Hill.

Sam Tucker, a 4-Star Pastry Chef, will soon be offering fresh baked gluten-free bread made in a dedicated gluten-free facility to local markets in the Nashville area. The importance of creating a nourishing, wholesome gluten-free bread became an ambition of Tucker's once the need occurred in his own family with both his son and wife diagnosed with Celiac Sprue.

**Bake Sale:** Please bring gluten-free baked goods packaged to sell. Suggestions: Cookies – 12/plate, muffins & cupcakes – 6/plate, individually wrapped brownies, loaves of bread, etc. A list of ingredients must be included.



**Product Sampling:** Breads by Anna, Garlic Jim's Pizza

**Refreshments:** Please bring a GF product or baked good to share (include a copy of the recipe and ingredients) or let Brenda Boswell, Hospitality Chair, know in advance if you are able to provide a beverage, [brenda@freshmixpro.com](mailto:brenda@freshmixpro.com).

**1:00 PM Set Up:** Your help is needed! Jobs to be done: Arrange tables and chairs, Post signs, Set up AV equipment

#### NOTICE: THIS IS A CHANGE OF LOCATION

**The Medical Office Building (MOB) Auditorium is located next door to the Woman's Hospital at Centennial Medical Center. The building faces Murphy Avenue, however, the entrance to the Auditorium is at the corner of 22<sup>nd</sup> Ave North and Patterson.**

From I-40, take Church St. exit West. Church will turn into Elliston Place. Follow Elliston Place to **22nd Ave.**, turn right, go approximately two blocks to the intersection of **22nd Ave and Patterson.**

From I-440, take West End Ave. to Elliston Place. Turn left on **22nd Ave.**, go approximately two blocks to the intersection of **22nd Ave and Patterson.**

#### Parking

We have received permission from the medical office buildings adjacent to 22<sup>nd</sup> Ave., and across from the MOB Auditorium, to use their parking lots. Handicapped parking is available near the entry to the MOB Auditorium. Enter through the glass doors and cross lobby to small stairs, or stay to the right and take elevator up 1/2 level "Button A" to Auditorium.

CSA Nashville – Middle Tennessee Celiac Chapter #76 is affiliated with the Celiac Sprue Association, USA, Inc. Board members are volunteers.

**Co-Chair** – Gary Seise  
615-895-0398, grseise@juno.com

**Co-Chair** – Need a volunteer!

**Secretary** – Need a volunteer!

**Treasurer** – Casey Bohr  
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**Newsletter Editor** – Need a volunteer!

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**Hospitality Chair** – Brenda Boswell,  
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**Social Chair** – Need a volunteer!

**Fundraising** – Need volunteers!

**Web Site Manager** – Carol Ann Baily,  
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**Kids R.O.C.K.** – Janet Lowery  
615-758-7967, janetlowery@comcast.net

**Newly Diagnosed Coordinator** – Peggy Czyz  
615-646-2905, GFPEGGYTN@bellsouth.net

**New Member Orientation Mentors**  
Janet Lowery - Mt. Juliet/Hermitage Area  
615-758-7967, janetlowery@comcast.net

Maureen Norris - Franklin Area  
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Caroline Schafer – Adams, TN  
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campzedcarpenterswife@yahoo.com

## OUR FUTURE AS A SUPPORT GROUP

Without a response from people to fill the positions that are open, the Board feels that we will need to scale back our scope of operation for this next year. We are cutting back on the size of the newsletter, and activities that could be planned for beyond our regular meetings. It was either do this, or cease to exist as a support group and only be an information source.

We must have people to fill two key positions in our support group, **Co-Chair** and **Secretary**. Indexed manuals for Co-Chair and Secretary are provided as a helpful resource. If you are interested, please contact Gary or Cheryl ASAP so that we can discuss the position with you.

We are also in urgent need of a **Newsletter Editor**. An easy to follow document with guidelines for creating the newsletter can be attached to an e-mail for your review. This is a great job for a person with both writing and graphic art skills.

This year Cheryl will be entering a new roll for our local support group. She will now be an Advisor. I know you join me in thanking Cheryl for all her hard work and great dedication to making our support group function. Having worked with her for the last year, I can safely say that she has gone above and beyond the call of duty in filling the role of Co-chair for our group.

My thanks to all those whose participation and contributions have made our support group a success!

Gary

**WWW.NASHVILLECELIACS.ORG** Visit our website for new meeting dates and events. Check back in as we finish building the site.

**NEW TO CD OR DH?** Please contact our Newly Diagnosed Coordinator, Peggy Czyz, at [gfpeggytn@bellsouth.net](mailto:gfpeggytn@bellsouth.net) or 615-646-2905 for information to get you started on the GF Diet. She'll arrange an appointment with a New Member Orientation Mentor in your area. We'd be happy to meet with you and give you a grocery store tour. Membership Registration forms are at the back of GrainWise. **Newly Diagnosed Information Packets were sent out to 53 families in 2009. Thank you, Peggy, for a job well done!**

## ANNOUNCEMENTS

### 2010 Meeting Schedule

March 13                  June 12  
September 11          November 13

### IMPORTANT ANNOUNCEMENT CONCERNING MEMBERSHIP

The membership is now being updated with each mail out. Those who do not have a paid membership will be removed from the mailing list. With membership renewal your newsletter will be reinstated with the next issue.



**CSA Nashville-Middle Tennessee Celiac Chapter #76** You can now find us on **Facebook** thanks to Amber Roberts! Hope you will visit us soon!

**Educational information** on celiac disease and the gluten-free diet are provided at our meetings. If you have something of interest to share please contact Greg Foreman, [gforeman@gmail.com](mailto:gforeman@gmail.com).

## 2010 COUNTRY MUSIC 1/2 MARATHON & YMCA COUNTRY MUSIC KIDS' MARATHON

With just one month to go, Amber Roberts is in the final planning stages for this year's Marathon! If you've never participated in a Marathon or a Half, you don't know what you're missing! Please join us this year or come out and cheer on the teams as we run to promote Celiac Awareness.

Any adults who are planning to participate in the Country Music Marathon or Half Marathon and would like a "Mid TN Celiac Kids" Team shirt to wear in your event, please contact Amber with your shirt size. The Country Music Marathon and 1/2 Marathon is scheduled for Saturday, April 24, 2010.

Online registration is now closed for the Kids' Marathon to be held on Friday, April 23, 2010 at 5:45 PM at LP Field in downtown Nashville. Children in grades K-6 will log 25.2 miles on their own prior to the race day. The final mile of the race will be completed on the day of the Kids' Marathon with students crossing the same finish line as the elite athletes will the next day.

**DONATIONS & SPONSORS** – It's not too late to become a "Mid TN Celiac Kids" Team Sponsor! For as little as \$50, your business logo will be included on our Team shirts to be worn at the Kids Marathon. We'd also appreciate any donations for goody bags to be given to each "Mid TN Celiac Kids" Team member. Help is needed with the printing of the Team t-shirts. If you would like to sponsor our teams and help cover the cost of the t-shirts please let us know.

You may contact Amber Roberts at [timamber.roberts@us.army.mil](mailto:timamber.roberts@us.army.mil) or (615) 368-3303 for additional information.

**Starbucks** is now offering gluten-free snacks: KIND bars, Lucy's Cookies, Food Should Taste Good – chips, Peeled Snacks – fruit snacks, Peter Rabbit Organics – fruit snacks, Two Moms in the Raw – granola, Sahale Snacks – nut blends, Stretch Island Fruit Company – fruit leathers.

**Easy Bake Oven Mix** – I have discovered that Pamela's baking mix works great in the Easy Bake oven and is a cheaper, GF alternative! Just use 1/3 cup Pamela's, 1/8 tsp. vanilla, 1 TBS sugar (more or less to your taste) and 1/4 cup water. It bakes up nice and easy. – Karen Lanius, Member

**Bakery with Gluten-free Items!** [www.fiddlecakes.com](http://www.fiddlecakes.com)  
FiddleCakes, 2206 8<sup>th</sup> Avenue S., Nashville, TN 37204  
"The cozy European-style bakery offers a menu filled with a variety of pleasing edibles, most notably its baked goods. For the gluten-challenged, FiddleCakes offers a variety of deliciously digestible options. Gluten-free options include chocolate-cherry and cinnamon-walnut muffins, caramel cupcakes, and more." – The Daily Deal for Nashville

## 2010 CELIAC CONFERENCES

Celiac Disease Foundation  
20<sup>th</sup> Anniversary Celebration  
May 15<sup>th</sup> – Los Angeles  
[www.celiac.org](http://www.celiac.org)

Gluten Intolerance Group of North America  
Annual Education Conference  
Minneapolis Airport Marriott  
Leadership Training June 3<sup>rd</sup>  
Conference & Exhibits June 4<sup>th</sup> & 5<sup>th</sup>  
[www.gluten.net](http://www.gluten.net)

Canadian Celiac Association  
National Conference  
Winnipeg, Manitoba  
June 4<sup>th</sup> – 6<sup>th</sup>  
[www.celiac.mb.ca](http://www.celiac.mb.ca)

International Symposia in Finland  
GF- 10<sup>2nd</sup> International Symposium on Gluten-Free Cereal  
Products and Beverages  
Conferences for Academia, Industry and Regulatory  
Authorities  
Organized by Helsinki University, Tampere, Finland  
June 8<sup>th</sup> – 11<sup>th</sup>  
[www.helsinki.fi/gf10/](http://www.helsinki.fi/gf10/)

International Coeliac Fair  
The Largest of its kind in Europe  
Tampere, Finland  
June 11<sup>th</sup> – 12<sup>th</sup>  
June 12<sup>th</sup> lectures in English  
[www.keliakialiitto.fi/liitto/in\\_english/coeliac\\_fair2010/](http://www.keliakialiitto.fi/liitto/in_english/coeliac_fair2010/)

Suffolk County Celiacs  
The Largest Consumer GF Event In North America  
Happauge, NY  
August 28<sup>th</sup> – 29<sup>th</sup>  
[www.suffolkcountyceliacs.org/Events.html](http://www.suffolkcountyceliacs.org/Events.html)

Coeliac Youth of Europe  
Valencia  
September 16<sup>th</sup> – 19<sup>th</sup>  
<http://cye.freehostia.com/>

**Celiac Sprue Association**  
33<sup>rd</sup> Annual Conference  
Kansas City, MO  
October 28<sup>th</sup> – 31<sup>st</sup>  
[www.csaceliacs.org](http://www.csaceliacs.org)



North West Gluten Free Summit  
Oregon State University  
Corvallis, Oregon  
November 5<sup>th</sup> – 6<sup>th</sup>  
<http://oregonstate.edu/conferences/glutenfree2010/>

February 3, 2010, 10:26 am

## Can Foods Contribute to Infertility?

By [THE NEW YORK TIMES](#)

Robert Stolarik for The New York Times People sensitive to the gluten in bread, pasta and other foods may face fertility problems.

Dr. Sheila Crowe, a professor in the division of gastroenterology and hepatology in the department of medicine at the University of Virginia, recently joined the Consults blog to [answer reader questions about celiac disease](#), an often overlooked digestive disorder that causes damage to the small intestine when gluten, a protein found in wheat, barley and rye, is eaten. Millions of people have celiac disease, but most don't know they have it, in part because symptoms can be so varied. Here, Dr. Crowe responds to a reader concerned about the links between celiac disease and infertility.

### Celiac Disease, Infertility and Miscarriages

Q.Can you explain the link between celiac and infertility? Are you more likely to be infertile if you have celiac?  
*Melanie*

A.Dr. Crowe responds: Yes, infertility, or the inability get pregnant, seems to be more common in women with untreated celiac disease, based on a variety of studies in different countries. Other gynecological and obstetrical problems may also be more common, including miscarriages and preterm births. Men with untreated disease may also face fertility issues. Although these problems were not always recognized as being related to celiac disease by doctors and other health professionals, this situation is starting to change.

Women with celiac disease are reported to start having periods later and stop menstruating earlier than average. They also suffer more often from secondary amenorrhea, a condition in which menses start but then stop. Together, these menstrual disorders lead to fewer ovulations, which results in less of a chance to get pregnant. Hormonal factors and poor nutrition are thought to play a role in causing these problems.

For men, problems can include abnormal sperm – such as lower sperm numbers, altered shape, and reduced function. Men with untreated celiac disease may also have lower testosterone levels.

Of course, for both men and women, how often a couple has intercourse affects fertility. If someone feels lousy from untreated celiac disease, infrequent sexual activity may be contributing to the problem. One study from Italy suggests that sexual relations occurred less often when one partner had active celiac disease compared with couples in which the partner's celiac disease was being treated.

Once a woman with active celiac disease does conceive, other problems that can arise during the pregnancy include miscarriages and smaller babies because of preterm delivery or delayed growth in the uterus. These conditions are reported to be more common in women with untreated celiac disease, though miscarriages have many causes and occur in up to one-fourth of all pregnancies. Nonetheless, I would recommend that if a woman has repeated miscarriages or is unable to conceive, consideration should be given to screening her for celiac disease by antibody testing (see my earlier posting, "[Confirming a Diagnosis of Celiac Disease](#)").

Indeed, there are many causes of infertility, miscarriages and small babies besides unrecognized celiac disease, and some studies have failed to show that the risks of these problems are actually increased by untreated celiac disease. Larger and better-devised studies are needed.

Still, my own clinical experience suggests that infertility and smaller or preterm babies are more common in women with untreated celiac disease than those without. I am sure some of our readers can share their own experiences in this regard. And the good news is that with proper treatment with a gluten-free diet and correction of nutritional deficiencies, the prognosis for future pregnancies is much improved.

*To learn more about celiac disease, visit [The Times Health Guide: Celiac Disease](#), and see Dr. Crowe's additional responses.*

## KUDOS AND ACKNOWLEDGEMENTS!

Our thanks to **Jim Westbrook** for his work on the GrainWise newsletter in 2009! We wish him our best as his job requires more travel.

**Breads by Anna**, donation of mixes for our baking demo using healthy gluten-free flours.

<http://www.breadsfromanna.com/contact>

**Garlic Jim's Famous Gourmet Pizza**, donation of assorted pizzas to sample for our meeting. 4115 Mallory Lane Ste. 212, Franklin, TN. (615) 791-5461, Order online at [www.garlicjims.com](http://www.garlicjims.com), GF Menu. Dedicated equipment and ingredients are used. GIG Certification.

## 2010 GLUTEN-FREE KIDS CAMPS

Visit **About.com:Celiac Disease** for a list of 10 camps. Some are for families with a celiac child and others for children, ages 7 – 17, with celiac.

<http://celiacdisease.about.com/od/raisingaglutenefrechild/tp/SummerCamps.htm>

Camps run from May through August.



## **GLUTEN-FREE CAMP HELPS CELIAC DISEASE KIDS – Study shows special camp improves self-perception of children on restricted diets**

By [Bill Hendrick](#)

WebMD Health News, Reviewed by [Louise Chang, MD](#)

Feb. 15, 2010 -- A week at a gluten-free camp improves the lives of kids with [celiac](#) disease, say researchers at the University of California, San Francisco.

People with celiac disease develop intestinal damage and painful symptoms if they eat even a little gluten, a protein found in foods made from wheat, rye, or barley.

Celiac disease is hard on kids, who feel the stigma of being unlike other children. Kids with celiac disease may have difficulty relating to others and often feel bad about themselves.

But the researchers found that negative self-perceptions of kids still new to the dietary restrictions improved when they went to the gluten-free camp.

The researchers tracked 104 youngsters at a gluten-free camp, 70% of whom had been on a gluten-free diet for less than four years. The children, aged 7 to 17, were given a 14-question survey at the start and end of the camp that gathered information on how they felt about themselves.

"All seemed to benefit from camp, no longer feeling different from other kids or feeling frustrated with a restricted diet," the researchers write. "Improvement was observed in each of the three categories of questions: well-being, self-perception and emotional outlook."

But the camp experience had a greater effect on those who had been on a gluten-free diet for less than four years. Children who had been on a gluten-free diet for more than four years already had high positive ratings at the beginning of camp, so their ratings at the end of the camp session changed less.

The researchers, including Tasce Simon Bongiovanni, of the University of California, San Francisco, say they hope their findings will encourage children with celiac disease to attend such camps to improve their quality of life at home, school, and during social gatherings.

"A gluten-free camp that provides an environment of unrestricted foods can at least temporarily alleviate [stress](#) and [anxiety](#) around food and social interactions," the researchers write. "Durability of these observations on return to daily life requires additional study."

"Celiac camp enables children with [celiac disease] to enjoy the camp experience freely without concern for and

preoccupation with the foods that they are eating or the stigma of their underlying disease," the researchers conclude.

## **RESOURCES**

### **ST. JOHN'S CELIAC LISTSERV**

[www.enabling.org/ia/celiac](http://www.enabling.org/ia/celiac)

Join over 3600 fellow celiacs in ongoing discussions about a Gluten-Free Diet. To ask questions and share information, click "Subscribing to the Celiac List."

**GROUP DISCOUNTS ON MAGAZINES** are offered at our support group meetings for Living Without, [www.LivingWithout.com](http://www.LivingWithout.com) and Gluten-Free Living, [www.glutenfreeliving.com](http://www.glutenfreeliving.com).

### **HAVE YOU CHECKED YOUR LIBRARY LATELY?**

The Williamson County Library has a selection of 12 books on Celiac and the Gluten-free Diet. Check the library near you for what is available.

### **GFS Marketplace Partnership and Savings Program**

At checkout please give the name "NASHVILLE CELIACS". A rebate will be given every three months to our support group on a percentage of your purchases. You may shop at any GFS location throughout TN and the USA. A 14 page gluten-free shopping guide is available at customer service counters. No membership. Open to the public 7 days a week, Stores in TN: Cool Springs, Rivergate, Murfreesboro, Clarksville. [www.gfs.com](http://www.gfs.com)

### **WWW.CATHOLICCELIACS.ORG**

The Catholic Celiac Society has been formed to educate Catholic Celiacs about their options for Holy Communion as provided for by canon law and the U.S. Conference of Catholic Bishops. [info@catholicceliacs.org](mailto:info@catholicceliacs.org)

### **THE JUNIOR LEAGUE FAMILY RESOURCE**

**CENTER** at Vanderbilt Children's Hospital is a free Library service to the community offering information and resources on chronic illnesses, disabilities and severe injuries. Materials on Celiac are available for children, adolescents, and adults. Hours: Mon – Fri, 8:30 am – 5:00 pm. Requests: 615-936-2558 or 800-288-0391, Email: [family.frc@vanderbilt.edu](mailto:family.frc@vanderbilt.edu),

Website: [www.vanderbiltchildrens.com/frc](http://www.vanderbiltchildrens.com/frc)

► Donations of books on celiac and the gluten -free diet are being collected at our support group meetings for the FRC.

**WALMART** posts a gluten-free list of items available in their stores on their website. It includes both their 'Great Value' brand items and other brands, too. As always, be cautious of errors that may occur in the product list.

- Visit [www.walmart.com](http://www.walmart.com)
- Click on grocery
- Under **Specialty** click on 'gluten-free'

## MORE KUDOS AND ACKNOWLEDGEMENTS!

**Germaine Schwider, Biologics Mgr., The Binding Site,** San Diego, CA – Harry & David's fruit basket for our Silent Auction. [www.thebindingsite.com](http://www.thebindingsite.com)

**Michael Martin, Marketing Mgr., Whole Foods Marketplace, Cool Springs** – Free-range turkeys, GF stuffing cubes, GF apple and pumpkin pies for our Thanksgiving Dinner.

**1-2-3 Gluten Free** – Yummy GF Cake, Bar, Biscuit and Bread mixes for Silent Auction baskets and sampling at our Thanksgiving Dinner. [www.123glutenfree.com](http://www.123glutenfree.com).

**Bob's Red Mill** – Delicious GF Cake, Cookie and Cornbread mixes for our Thanksgiving Dinner sampling and Silent Auction baskets. [www.bobsredmill.com](http://www.bobsredmill.com).

**Brenda Boswell** – Silent Auction, Chair, for a job well done! And, **Our Members** – For making our Silent Auction successful! What great ideas for the baskets!

**Carol Ann Baily, Denise Jania, Carol Rubino, Diana Siepel, Sr. Angelina** – Roasted turkeys for our Thanksgiving Dinner.

**Peggy Czyz, Denise and Carly Jania, Caroline Schafer** – Volunteers at the Whole Foods Thanksgiving GF Tasting Event, Cool Springs.

**Carol Ann Baily, Peggy Czyz, Ruth Root** – Volunteers at the Whole Foods GF Holiday Tasting Event, Green Hills.



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## CSA Nashville – Middle TN Celiac Chapter #76 Membership Registration

New Membership     Renewal Membership     Information Change     Medical Professional Membership

(Please Print) Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

Phone # \_\_\_\_\_  
# \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email Address (will be sent meeting and event reminders) \_\_\_\_\_

Who has Celiac or DH in your family? Self / Spouse / Child / Other \_\_\_\_\_

Have you met with a mentor of the Nashville Celiac Support Group? Yes / No If yes, who? \_\_\_\_\_

**Please make \$20 check payable to:** CSA Nashville – Middle TN Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312

Check Number \_\_\_\_\_ Amount \$ \_\_\_\_\_ Date Paid \_\_\_\_\_

### \*Optional Information:

\*Name of Diagnosing Doctor \_\_\_\_\_ Date of Diagnosis \_\_\_\_\_

\*Have you met with a dietitian? Yes / No If yes, who? \_\_\_\_\_

### NASHVILLE – MIDDLE TN CELIAC SUPPORT GROUP MEMBERSHIP INFO

Membership dues are only \$20 annually for CSA Nashville – Middle Tennessee Celiac Chapter #76. We have separate annual dues from the national CSA/USA, Inc. organization, and do not share membership lists with each other. Your membership dues renewal date will be shown on the mailing label above your name found on the outside page. You will receive four newsletters mailed quarterly as a paid member. If you haven't received a newsletter, then you may have let your dues lapse. Please contact Casey Bohr, Treasurer, at 615-773-8545 or [caseybohr@wmconnect.com](mailto:caseybohr@wmconnect.com) if we are in error. Your dues cover costs accrued for newsletter printing and mailing, website, awareness, meeting supplies, handouts, baking demo supplies, etc. Board members are volunteers and not paid for their services. Please use the membership form provided above. [www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)

### CSA/USA MEMBERSHIP INFO



Celiac Sprue Association®

The Celiac Sprue Association / United States of America, Inc. (CSA/USA) is a national support organization providing information for self-management and referral services for persons with celiac sprue (gluten sensitive enteropathy) and dermatitis herpetiformis and their families. CSA/USA, Inc., P.O. Box 31700 Omaha, NE

68131-0700, 1-877-CSA-4-CSA, [www.csaceliacs.org](http://www.csaceliacs.org)

### EMAIL ADDRESSES/CHANGES

Be sure to let us know when your email changes, so you don't miss important reminders. Please email [caseybohr@wmconnect.com](mailto:caseybohr@wmconnect.com).

### Vendor Advertising

Purchase ad space in this newsletter by contacting Janet Lowery at 615-758-7967 or [janetlowery@comcast.net](mailto:janetlowery@comcast.net). GrainWise is a quarterly publication, with a mailing base of (±500). Ads are limited to Celiac/Gluten Free products only and may not mention prices or discounts. Newsletter is produced in MS Word. EPS, JPG, TIF, or PDF ad formats are acceptable. Vertical half column ad space size is 3.5" (w) x 5" (h). Half column ad rate is \$100 for 4 publications (one annual year). Make checks payable to: CSA Nashville – Middle TN Celiac Chapter #76. Mail to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville TN 37215-9312

### Disclaimer

CSA Nashville – Middle TN Celiac Chapter #76 is a chapter of the Celiac Sprue Association / United States of America, Inc. (CSA/USA) national organization. Both support groups have separate annual dues, and do not share membership lists with each other. CSA Nashville – Middle TN Celiac Chapter #76 provides support for Celiacs, parents of Celiac children, patients with Dermatitis Herpetiformis, and individuals with gluten intolerance - helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics. All recommendations, information, dietary suggestions, product news, and related data are intended for the benefit of those on our mailing list and other interested parties. The text has not been submitted for approval to the CSA/USA Medical Board. Food manufacturer's products are subject to change at any time, changes that may or may not be reflected on the labels. Always verify the gluten free status of any food by calling or writing the manufacturer. This support group has no financial interest in any companies represented herein. No liability is assumed for the use of this information. Reproduction of any material is allowed with permission (except copyrighted material). However, please reference the source of the information.

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### RENEW! RENEW! RENEW!

Please check your renewal date on the mailing label below.

If you've allowed your membership to lapse, then this may be your last issue.

### MARCH SUPPORT MEETING

Saturday, March 13<sup>th</sup>  
2:00 p.m.

**Healthy GF Grains Review &  
Baking Demo  
Election of Officers  
Bake Sale**

New Location!!!  
Medical Office Building (MOB)  
Auditorium  
2201 Murphy Ave, Nashville

# GRAINWISE™ & GLUTENFREE

THE CSA NASHVILLE – MIDDLE TENNESSEE CELIAC CHAPTER #76 PROVIDES SUPPORT AND INFORMATION FOR PATIENTS (AND FAMILIES) DIAGNOSED WITH CELIAC DISEASE, DERMATITIS HERPETIFORMIS AND GLUTEN INTOLERANCE — HELPING THEM ADJUST TO A GLUTEN-FREE DIET WHILE PROVIDING A MEETING FORUM IN WHICH TO DISCUSS DIETARY AND MEDICAL TOPICS AND EXCHANGE INFORMATION.

If you need to contact us due to a change of address, for any reason, or you no longer wish to receive GrainWise, please E-mail us at [tennceliac@gmail.com](mailto:tennceliac@gmail.com).



