

# GRAINWISE™ & GLUTEN-FREE

## Next Meeting -- Sat. June 14, 10 am - 12

The program will be on the neurological responses to gluten that is a topic of recent research and discussion.

Antoinette Licalsi from The Wild Muffin will bring samples and tell how her bakery in West Nashville has gone gluten-free.

**Come for sample muffins at 10 a.m..** Please bring a beverage to share -- juices, waters, or teas. You may also purchase a muffin (or two) to take home. **Program will begin at 10:30.**

## June 26 -- Dinner at Guantanamera

**Our** first joint meeting with Nashville's Gluten-Free Dinner Club will be at **Guantanamera**, a Cuban/Columbian restaurant located at 3744 Nolensville Rd., near the Zoo, **Thursday, June 26, 7:00 pm.**

We will enjoy a 3-course family style gluten-free meal. Their cuisine is not hot like Mexican. Cuban and Columbian foods are full of tomatoes, onions, but not hot peppers. Their food is wonderful and different. **You will need to sign up on the Dinner Club's page and prepay (see p. 2).**

## Gluten-Free Allergen-Free Wellness Event a Great Success

Our CSA Chapter supplied volunteers and staffed our own table to supply information to those attending the Gluten-Free Allergen-Free Wellness Event held in Gallatin at the Depot Center on Saturday, April 26. We all enjoyed sampling products from a variety of vendors and meeting the editors of two different magazines featuring gluten-free living ideas and recipes.



## CSA Chapter Joins Forces with the Nashville's Gluten Free Dinner Club



Nashville's Gluten Free Dinner Club is a group intended for anyone interested in safely exploring restaurants and local events around Nashville. It puts an emphasis on making new friends and hosting fun outings without the worry of getting sick.

The group's main goal is to raise awareness to local restaurants and expand the selection of "safe restaurants" for all gluten-free goers to enjoy. NGFDC has already hosted outings at Amerigo's, Cantina Laredo, CA Pizza Kitchen & more.

Our first joint event is at **Guantanamera's restaurant, 3744 Nolensville Rd. Thursday, June 26, 7 pm.**

We will have appetizers, platters of paella (rice and seafood), arroz con pollo (chicken and rice), churasco, and roasted pork to share, plus desserts, and soft drink beverages including fruit juices. **That's a complete 3-course meal for \$29 -- including tax and gratuity. Sign up and pre-pay at the NGFDC website:**

**[www.theglutenfreedinnerclub.com](http://www.theglutenfreedinnerclub.com)**



## Having Lunch at the Cottage Cafe

Eighteen of our members and their families enjoyed a delightful fully gluten-free brunch at the Cottage Cafe in Bellevue on Saturday morning, February fifteenth.

The menu was extensive and everyone said that what they had was delicious. The baked goods included muffins, cupcakes, and some special desserts from Valentine's Day. A few of us even took home lovely Valentine balloons, a gift from the Cottage Cafe. It was a lovely outing.



## August Outing -- Barbecue

Date, time, and location to be determined. We are looking for a great place where we can have a potluck picnic. We will supply the barbecue; you bring side dishes and drinks to share. We will send out the details later.

## September meeting

We are working on getting a panel of physicians and researchers who can explain more about microbiome in the gut and the latest research on this topic that would be of interest to our members. Once we confirm the panel, we will set the date based on their availability. It will be a Saturday, but the exact date and time will be determined as soon as we can.

## November Holiday Potluck

**November 15th, 12 noon to 2:00** will be the date for our annual Holiday Potluck at our regular location. We provide gluten-free turkey and our members bring all the *fixins!* It is always lots of fun and good eating.



### ***Meeting Location***

Centennial Women's Hospital Medical Office Building (M.O.B.) Auditorium, 2221 Murphy Avenue Nashville, TN 37203. The M.O.B. faces Murphy Ave. The entrance to the Auditorium is at the corner of 22nd Ave. North and Patterson.

### ***Directions***

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

### ***Parking***

We have received permission from the medical office buildings adjacent to 22nd Ave., and across from the M.O.B. Auditorium to use their parking lots. Handicapped parking is available near the entry to the M.O.B. Auditorium. Enter through the glass doors and cross the lobby to the short flight of stairs, or stay to the right and take the elevator up 1/2 level. Select "Button A" for the Auditorium.

## ***NEW CSA CHAPTER OFFICERS/ADVISORS***

Chair — Carol Ann Baily, [carolannbaily@gmail.com](mailto:carolannbaily@gmail.com) 615-478-9998

Secretary — Jack McFadden, [jack.r.mcfadden@gmail.com](mailto:jack.r.mcfadden@gmail.com) 615-579-3600

Treasurer — Ruth Root, [mahgieroot@aol.com](mailto:mahgieroot@aol.com), 615-385-1066

Publicity — Angela Adams, [angela@amerikeyrealty.com](mailto:angela@amerikeyrealty.com) 615-586-3968

Newly Diagnosed Coordinator – Peggy Czyz, [GF PeggyTN@bellsouth.net](mailto:GF PeggyTN@bellsouth.net), 615-646-2905

Social Media Advisor — LeeAnn Love, [evolnnaeel@gmail.com](mailto:evolnnaeel@gmail.com)

Chapter Advisor – Cheryl Chamberlain, [GFCherylTN@comcast.net](mailto:GFCherylTN@comcast.net) 615-591-9622

Medical Advisor – Craig Wierum, M.D., [CWierum@heritagemedical.com](mailto:CWierum@heritagemedical.com) 615-324-1204

Dietetic Advisor – Laura Herbert, [lherbert@wmed.org](mailto:lherbert@wmed.org) 615-202-7570

Founder – Tori Ross, [toriross@comcast.net](mailto:toriross@comcast.net), 615-371-9455

**<https://www.facebook.com/pages/CSA-Nashville-Middle-Tennessee-Celiac-Chapter-76/333989989898>**

**Our website: <http://www.nashvilleceliacs.org/>**

**Look for our new website soon.**

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**ADDRESS SERVICE  
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## CSA -- What does that mean?



We are Chapter #76 of the CSA, the international organization for those diagnosed with Celiac or non-celiac gluten sensitivity. The organization was founded in 1985 as the Celiac Sprue Association. In January 2014, CSA changed its name to the **Celiac Support Association** -- "*because that is what we do*". Our chapter provides support and information for patients (and families) diagnosed with celiac disease, dermatitis herpetiformis, and non-celiac gluten sensitivity—helping them adjust to a gluten-free diet while providing a meeting forum to discuss dietary and medical topics and exchange information.

Our members may also want to join the CSA directly to have access to the latest in research and articles about current issues such as food labeling of gluten-free products. The CSA website includes a Gluten-Free Resource Directory that features new gluten-free products as well as a gluten-free recipe collection. There are current articles in addition to descriptions of gluten-induced conditions, their symptoms, diagnosis, and treatment. CSA provides Dining Cards that you can carry with you to hand to the server to take back to the kitchen staff to explain the important information needed for preparing a gluten-free meal.



Electronic Membership is just \$30 a year and can be discounted further if you purchase a longer term of membership. Seniors (age 65 and older) can get an electronic membership for just \$20 and student memberships are available for just \$15. You can check it out for yourself at: [www.csaceliacs.info](http://www.csaceliacs.info)