

# GRAINWISE™ & GLUTEN-FREE

A Publication For The CSA Nashville-Middle Tennessee Celiac Chapter #76 | [www.nashvilleceliacs.org](http://www.nashvilleceliacs.org)

## November Meeting

Saturday, November 10<sup>th</sup>, 2-4 p.m.

**Gluten-Free Thanksgiving Dinner:** Enjoy a delicious potluck meal with your friends! Free-Range Turkeys will be provided courtesy of Whole Foods Marketplace. These will be prepared gluten and dairy free.

*Please bring a gluten-free side dish to share:* Salad or Fruit, Bread or Rolls, Casserole, Vegetable, Dessert. Bring copies of the recipe and an ingredient list. Table service will be provided. Let Rowena and Ed, Hospitality Chairs, know if you are bringing a beverage.

*Invite your family, friends and neighbors to this special event!* If you are bringing several guests please bring two dishes.

*Please practice gluten-free safety to keep our members healthy:* Use dedicated cutting boards, utensils, cookware, bakeware, bowls, mixers, hot pads, etc.

*RSVP to Rowena and Ed, Hospitality Chairs, with a count.*

**Silent Auction:** All members are invited to put together a themed gift basket – or two – for the silent auction! Have fun with this! Here are some ideas to get the creative juices flowing: GF Italian Night, Grandma's Overnight GF Survival Kit, Movie Night, GF Football Party, Cooking GF for the Holidays, etc. The basket or container contents should be new or gently used, and current trends or styles. Use *only* gluten-free foods or products. Please contact restaurants, grocery stores, spas, theaters, etc. for gift certificates for your baskets. A Silent Auction Donation Receipt is included in our newsletter for your use when soliciting as it includes our Tax Exempt ID number and our contact information. Casey Bohr, Treasurer will send a signed copy at the vendor's request. The Silent Auction Committee, chaired by Ann McQueen, has been busy soliciting some additional items for our tables. You are sure to have a great time bidding for that special basket!

**Holiday Cookie Exchange:** This is a wonderful opportunity to only bake one kind of cookie, but to leave with a variety of flavors and shapes. This is how it works:



Celiac Sprue Association®  
1-877-CSA-4-CSA • [www.celiac.org](http://www.celiac.org)

### 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 22<sup>nd</sup> 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 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 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 lobby to small stairs, or stay to the right and take elevator up ½ level. Select "Button A" to Auditorium.

The CSA Nashville – Middle Tennessee Celiac  
Chapter #76 is affiliated with the  
Celiac Sprue Association®

**Board Members are Volunteers**

**Co-Chair** – Darryl Casey  
Darrylcasey@yahoo.com, 615-481-4445

**Co-Chair** – Ann McQueen, 615-385-5366  
aunderwoodmcqueen@gmail.com

**Secretary** – Need a volunteer!

**Treasurer** – Casey Bohr, 615-773-8548  
Caseybohr@wmconnect.com

**Chapter Advisor/Editor** – Cheryl Chamberlain  
GFCerylTN@comcast.net, 615-591-9622

**Medical Advisor** – Craig Wierum, M.D.  
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615-324-1204

**Dietetic Advisor** – Laura Herbert  
lherbert@wmed.org, 615-202-7570

**Founder** – Tori Ross  
toriross@comcast.net, 615-371-9455

**Hospitality Team** – Need more volunteers!

**Social Chair** – Need a volunteer!

**Web Site Manager** – Carol Ann Baily,  
cabaily@mtsu.edu

**Educational Materials** – Greg Foreman  
glforeman@gmail.com

**Membership List** – Candace Foreman  
caelkins@comcast.net

**Publicity** – Need a volunteer!

**Tech Committee** – Need volunteers!

**Cel-Kids Network Coordinator** – Need a  
volunteer!

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

**Newly Diagnosed Orientation Team:**  
Antioch Area – Chris Fry, R.D.  
cfry@comcast.net, 615-837-0875

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Franklin/Bellevue Area – Peggy Czyz  
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Murfreesboro Area – Gary Seise  
grseise@juno.com, 615-895-0398

## Holiday Cookie Exchange con't from page 1.

1. Bring a minimum of 4 – 5 dozen gluten free cookies that you have baked or candy that you have created.
2. Bag it! Separate 2 cookies or candy equivalent per baggie and attach a copy of the recipe.
3. An extra container will be needed to place your new cookie collection into.
4. Take cookies and candy home to eat or freeze for later enjoyment.

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

*Meeting dates for 2013 are currently being scheduled.*

*A postcard announcement will be mailed in January.*

*Wishing you safe and Happy Holidays!*

### NEW TO CD OR DH?

Please contact our Newly Diagnosed Coordinator, Peggy Czyz, at gfpeggytn@bellsouth.net or 615-646-2905 for information to get you started on the GF Diet. She'll arrange an appointment with a Newly Diagnosed 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.

### IMPORTANT ANNOUNCEMENT CONCERNING MEMBERSHIP

Your membership renewal date is shown on the back page above your name. The membership list is updated with each mail out. Those who do not have a paid membership will be removed from the mailing list. You will receive four newsletters mailed quarterly as a paid member. Please contact Casey Bohr, Treasurer, if you have questions about your membership.

### EMAIL COMMUNICATION

E-mail announcements will be sent concerning social opportunities, special events, volunteer opportunities and meeting reminders to all paid members with current e-mail addresses on file. E-mails will be sent from "Nashville Celiacs". If you receive a med/professional copy and would like to be added to the "communication list" please send a note to our g-mail account: nashvilleceliacs@gmail.com with "e-mail address" in the subject line.

### NEWSLETTER INFORMATION

Do you have newsworthy information on celiac disease, gluten-free travel, restaurants, products or the diet? Please submit information to: nashvilleceliacnewsletter@gmail.com.



### ARE YOU FRIENDS WITH US?

Our Facebook page is the go-to-place for between meeting communication on special events, social events, meeting reminders, celiac in the news or personal networking. An easy way to find us is to Google "Nashville Celiacs Facebook."

# Announcements



## Christmas Party Open House!

### Adult Social

*The Nashville Celiac Chapter Board Members*

*Invite you to join them for an evening of holiday cheer!*

*Gluten-free hors d'oeuvres and beverages will be provided.*

Date: Thurs., Dec. 6, 2012

Time: 5:30 - 7:30 pm

Hosts: Ann and Mark McQueen

Address: 3519 Hillsdale Avenue, Nashville, TN 37205

(Off of West End Ave., Just North of 440)

RSVP: [aunderwoodmcqueen@gmail.com](mailto:aunderwoodmcqueen@gmail.com) or

(615) 414-1214

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**The Wal-Mart GF aisle** has Hodgson Mill GF Yellow Cake Mix, 15 oz for \$2.89. This makes a 2 layer cake or 12 cupcakes. It also has a minimum amount of ingredients: brown rice flour, sugar, tapioca starch, cornstarch, baking soda & powder, XG, and flake salt (160 calories/slice). I mentioned it on our fb and actually received good comments about it. Betty Crocker GF cakes are \$5. -Thanks for the tip, Peggy!

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**The Gluten Free Consumer is now a free monthly magazine.** Feel free to sign up at [http://www.gfconsumer.com/subscription\\_sign\\_up](http://www.gfconsumer.com/subscription_sign_up)

The Gluten Free Consumer is delivered monthly. In each issue, you will find gluten free recipes that can easily be made in your home kitchen. Delicious recipes ranging from whole Thanksgiving dinners to simple baking snacks like muffins. Other treats found in every issue include coupons for gluten free products and stories from others living a gluten free lifestyle. . . The Gluten Free Consumer is here to take the guessing out of shopping and it has a team that

is constantly testing gluten free products to help you find the best products on the market at the best prices.

**We are seeking guest speakers for 2013 meetings.** If you are a physician, dietician, or are a resource of information concerning the gluten free diet or Celiac, please contact Darryl Casey or Ann McQueen, Co-chairs.

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**Ann McQueen has accepted the position of Co-chair following an appointment by the Board. We welcome Ann's enthusiasm and ideas! Ann has been our Secretary for the past two years and we are grateful for her continued volunteer efforts to our Chapter!**

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*We would love to see our Chapter develop in the following areas! Please ask us how you can be of help.*

*Darryl Casey & Ann McQueen*

*Co-chairs*

**Secretary:** Chapter correspondence, Responsible for Minutes for Chapter and Board meeting. Must be able to attend meetings.

**Treasurer:** An assistant is needed to work with Casey Bohr, current treasurer. Must be able to attend meetings. Responsible for the bank during fundraising and deposit of funds following meetings.

**Hospitality Chair:** AFTER the November meeting our year as hospitality chair will be ending. There will be a need for a new chair for the 2013 year. Please consider volunteering for this position. Ed and Rowena

**Publicity:** Publicize meeting notices and events in *The Tennessean* and other resources.

**Fundraising Committee:** Coordinate events to raise funds – including bake sales at meetings, annual silent auction, Whole Foods Market events.

**Tech Committee:** We need people with a technical background to be the go-to person for questions concerning website use, setting up AV equipment for meetings, e-mail communication, etc.



# Taking the Stress Out of the Holidays

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By Shannon Brown, Member | Freelance Writer & Blogger  
[www.enjoyingglutenfreelife.com](http://www.enjoyingglutenfreelife.com)

Holiday dinners, the company party, church functions, family events – for the next couple of months, the focus keeps coming back to food and most of it's filled with gluten.

We *can* enjoy the season along with everyone else with a few simple tips.

- Decide if you want to contact the host or hostess to discuss your needs. If you do, you can learn if naturally gluten-free food is already on the menu. Fruit, a veggie platter or shrimp cocktail might be planned for a party. A safe meat, mashed potatoes or vegetable could be on the menu for a dinner. Ask a lot of questions, however, to be as certain as possible that nothing will be cross contaminated.
- Offer to bring something. In case it turns out to be the only thing you can eat, choose something hearty enough to hold you over. You may come to regret chip and dip if it turns out to be the only thing you can eat.
- Bringing something to a catered affair such as a company party probably won't be acceptable, but in that case you should be able to contact the caterer to explain your needs and most will accommodate you in some way.
- If you're attending a potluck, you're already taking something so that's easier. Take the main part of your meal or even all parts of a meal, either for yourself alone or to share with everyone. When it comes to potlucks, exercise caution. You don't personally know what goes on in the preparer's kitchen and you probably won't know the details of every ingredient they use. While this applies to every event, it particularly applies to potlucks. Remember: Don't Assume Anything. A special recipe for mashed potatoes could include flour, deviled eggs could have mustard with wheat in

them, just about any casserole can have stock added that has wheat in it.

- Major holiday meals can prove to be the most challenging. Thanksgiving dinner has gluten in almost every traditional dish; the stuffing, green bean casserole, gravy, and pumpkin pie. If the meal is a family event, that can help. Some families will be on-board with your needs and do everything possible to take care of you. Unfortunately, some want to help and never seem to fully grasp the ins and outs of living gluten-free and others seem to get angry; they feel put out by your special needs. No matter what, take care of yourself. If it's obvious nothing on the menu will be safely gluten-free, bring your own meal.

At times, I've brought a main dish to share to a potluck, for others I've just brought my meal. I've taken several dishes to a family dinner so I know I'm covered. And I've simply gone without eating at certain events that surprised me with their lack of food. That taught me *always* to have a snack like nuts, dried fruit or a snack bar. Then I'm ready for anything. The most important rule is never to eat gluten to please someone else. Your health is important and feeling great makes the holidays happier.

## 10 Simple Switches to Make Your Diet Healthier

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By Megan | Udi's Gluten Free Blog

Our health is our greatest asset and implementing a better diet and lifestyle can have enormous benefits! According to the [Cleveland Clinic](http://www.clevelandclinic.com), food can greatly affect how you feel; certain foods actually help manufacture the neurotransmitters in your brain. These neurotransmitters help "jog your memory, improve performance, increase pain tolerance, improve sleep and boost your mood." Sounds pretty good to us!

Although "getting healthy" can seem like a daunting process, a sacrifice to our taste buds, a challenge on our bank accounts, and a threat to a lifestyle we're used to – it really doesn't have to be an intimidating or complicated change!

Here are **10 simple and healthy switches** you can make to your daily routine to take the first step on your road to a new, more invigorating and rewarding lifestyle!

### **1. Look for healthier varieties of meat.**

Instead of the breaded and fried varieties, look for skinless lean chicken or turkey breasts. Swap bison burgers for your traditional beef hamburgers during your next BBQ (they contain less fat and more protein)! Or try a vegetarian friendly option: [a bean burger](#)! They typically have fewer calories than meat varieties.

### **2. Cook with olive oil or coconut oil.**

Switching your oils can provide healthier fats than regular butter. Olive oil is rich in monounsaturated fats, which are known as anti-inflammatory agents. Although coconut oil contains high amounts of saturated fat, it is a medium chain triglyceride, which contributes to enhanced metabolism. Plus, the coconut oil can add a new flavor to the food you are preparing!

### **3. Put a little lemon in your drink!**

Besides adding a little flavor and variety to your water, lemons are known for numerous health benefits. Not only do lemons have strong antibacterial and immune-boosting powers, they're also a digestive aid and liver cleanser, which helps with weight loss! Turns out this sour little yellow fruit is pretty sweet after all!

### **4. Swap out your regular white bread for a loaf of Udi's gluten-free bread.**

Think Gluten-Free are a fad? The truth is that Celiac Disease and Gluten Intolerance are a lot more common than you think! And unfortunately they often go undiagnosed! With an abundance of symptoms (including abdominal cramping, bloating, intestinal discomfort, tingling in hands or feet, mouth ulcers, depression, bone or joint pain, and fatigue) it can often be hard to pinpoint the cause. So give gluten-free a shot, see how you feel!

### **5. Change up your snacking habits!**

This can be a delightful and easy change- as fibrous fruits and veggies tend to be more filling than a greasy and salty bag of chips! Swap one snack out a week, and increase as you go! Since fruits and vegetables are anti-inflammatory, and full of vitamins and minerals the body craves, we suggest trying an apple, grapefruit, cup of mixed berries, an orange, or a veggie mix of carrots, celery and cucumbers! Soon you probably won't even want those chips back!

### **6. Try a breakfast sandwich**

Instead of the regular bowl of cereal in the morning, swap it out for a breakfast sandwich, which will provide a great source of protein to start your day. Piling eggs and veggies on a toasted piece of Udi's gluten free bread is a great option. Or try our [Open Faced Salmon Breakfast Sandwich!](#)

### **7. Switch up your salad dressing**

When you're looking for a yummy salad, skip the creamy dressings and go for a lighter option like a balsamic vinegar and oil or homemade variety made with lemon juice instead! If you're enjoying a taco style salad, plain salsa is a great low calorie way to add some extra flavor!

### **8. Say 'NO' to soda!**

We all know "soda is bad for you." So instead of opening a can, try some flavored water instead. If you crave the carbonation, try a sparkling mineral water variety and sweeten it with your favorite juice, such as lemon, lime, or pink grapefruit!

### **9. Ditch the salt shaker.**

If you glance at the nutrition label on your next meal or snack, you may be surprised by just how much salt is in your food already! The USDA recommends that sodium intake for one day should not exceed 2,300mg. So think before you shake! If you must use salt, opt for a more pure variety such as Himalayan salt or sea salt, as these varieties are less processed.

### **10. Reconsider supplements**

Getting your vitamins from whole food sources, such as fruits and veggies, provides your body with a more complete nutrient profile! Also, since the vitamin balance happens in nature you don't have to worry so much about overdosing on a certain vitamin. So tomorrow morning switch your chewable tablet for a [Mean Green Juice](#), a refreshing [smoothie](#), or how about a [Berry Protein Shake](#)?

### **References:**

1. [Cleveland clinic: Food and Mood: January 2010](#)
2. [University of Minnesota. Taking Charge of Your Health, Why is Fitness Important?](#)
3. [American Institute for Cancer Research](#)
4. [University of California Berkeley Wellness Letter](#)
5. [Nutrition Review](#)
6. [Celiac Disease Foundation](#)
7. [Alkaline vs. Acid Food list](#)
8. [Antioxidants in Fruits and Vegetables](#)
9. [Himalayan Salt](#)
10. [Mayo Clinic on Vitamin Supplements vs. Whole Foods](#)



Casey Bohr, Treasurer  
Celiac Sprue Association/USA, Inc.  
CSA Nashville - Middle Tennessee Celiac Chapter #76  
P.O. Box 159312  
Nashville, TN 37215-9312



www.nashvilleceliacs.org

## Receipt - Silent Auction - November 10, 2012

Date Gift Received: \_\_\_\_\_

Contact Individual and Title: \_\_\_\_\_

Description of In-Kind Donation: \_\_\_\_\_

Company Name: \_\_\_\_\_

\_\_\_\_\_

Company Address: \_\_\_\_\_

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Value of In-Kind Donation: \_\_\_\_\_

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Thank you for your kind donation to the 2012 Silent Auction hosted by CSA Nashville-Middle TN Celiac Chapter #76 on November 10, 2012 at the Centennial Women's Hospital Medical Office Building (M.O.B.) Auditorium, 2221 Murphy Avenue, Nashville, TN 37203.

The Board and members of the CSA Nashville – Middle Tennessee Celiac Chapter #76 gratefully acknowledge your gift.

**The CSA Nashville – Middle Tennessee Celiac Chapter #76 is a Chapter of the Celiac Sprue Association (CSA/USA, Inc.). The Nashville Celiac Support Group provides support for Celiacs, parents of Celiac children, and patients with Dermatitis Herpetiformis, helping them adjust to a gluten free diet and providing a forum in which to exchange information and discuss dietary and medical topics.**

The amount listed above represents the tax-deductible portion of your gift for which no goods or services were provided.

Sincerely,

Casey Bohr  
Treasurer

Your gift is tax deductible to the full extent of the law. Tennessee Charitable Solicitations Act, Exemption pursuant to T.C.A. 48-101-501(a)(2) granted. TRK:GS:DH:CO# 8888

*CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations. EIN#-42-1261676*

Contact person from CSA Nashville: \_\_\_\_\_

### Nashville – Middle Tennessee Celiac Chapter Membership

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 call Casey Bohr at 615-399-2812 if we are in error. Your dues cover costs accrued for newsletter printing and mailing, meeting supplies, handouts, baking demo supplies, website, etc. Board members are volunteers and are not paid for their services. Please use the membership form provided below.

### CSA/USA Membership | [www.csaceliacs.org](http://www.csaceliacs.org)



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. The Nashville Celiac Chapter recommends joining the national organization as well

as our local group. Membership includes: New Member Packet with quarterly publication *LIFEline*, pamphlets, CSA Restaurant Card, and more. Celiac Sprue Association | P.O. Box 31700 | Omaha, NE 68131-0700 | 1-877-CSA-4-CSA

**Vendor Advertising** GrainWise is a quarterly publication, with a mailing base of (±350). Ads are limited to Celiac/Gluten Free products, dining, and shopping. They may not mention prices or discounts. Ads may be provided in EPS, JPG, TIF, or PDF file formats. 1/2, 1/4 and 1/8 page ads available. Contact [nashvilleceliacnewsletter@gmail.com](mailto:nashvilleceliacnewsletter@gmail.com) for additional information and rates.

**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.

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

New Membership     Membership Renewal     Information Change     Medical/Professional Membership

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

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

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

Email Address (for meeting and event reminders; notices) \_\_\_\_\_

Who has Celiac or DH in your family? Self \_\_\_ Spouse \_\_\_ Child \_\_\_ (Age \_\_\_) Gluten Intolerance \_\_\_ Gluten Sensitivity \_\_\_\_\_

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

**Please make \$20 check payable to: CSA Nashville – Middle TN Celiac Chapter #76**

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

**Mailing Address:** CSA Nashville – Middle TN Celiac Chapter #76 | PO Box 159312 | Nashville, TN 37215-9312

**Optional Information:** Diagnosing Doctor \_\_\_\_\_ Date of Diagnosis \_\_\_\_\_

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

*CSA Nashville – Middle Tennessee Celiac Chapter #76 and CSA/USA, Inc. are member-based, 501 (c)(3) non-profit support organizations.*

Updated 02/12

## CSA Nashville – Middle TN Celiac Chapter #76 Donation Form

I would like to help support the efforts of CSA Nashville – Middle Tennessee Celiac Chapter #76, a chapter of CSA / USA, Inc.

Enclosed is my gift of \$ \_\_\_\_\_ Check # \_\_\_\_\_

**Gift given is 1) In Honor of: 2) In Memory of:**

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

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

Address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Please make check payable to: CSA Nashville – Middle Tennessee Celiac Chapter #76, PO Box 159312, Nashville, TN 37215-9312.** Your gift is tax deductible to the full extent of the law. Tennessee Charitable Solicitations Act

Exemption pursuant to T.C.A. 48-101-501(a)(2) granted. TRK:GS:DH:CO# 8888

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Updated 02/12



Celiac Sprue Association/USA, Inc.  
CSA Nashville - Middle Tennessee Celiac Chapter #76  
P.O. Box 159312  
Nashville, TN 37215-9312

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**RENEW! RENEW! RENEW!**

Please check your renewal date on the mailing label below.

**ADDRESS SERVICE  
REQUESTED**

**Meeting**

**Saturday  
November 10<sup>th</sup>  
2:00 p.m.**



GF Thanksgiving Potluck  
Silent Auction  
GF Holiday Cookie Exchange



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.

**Address / E-mail Changes**

If you need to contact us due to a change of address, you no longer wish to receive GrainWise or for any reason, please e-mail: [nashvilleceliacs@gmail.com](mailto:nashvilleceliacs@gmail.com) and put "Contact Change" in the subject line.