



in **UTAH**

## NEWSLETTER for

- **Utah County Gluten Intolerance Group®**
- **Salt Lake City Gluten Intolerance Group®**
- **Celiac Support Group of Northern Utah,**  
a branch of the Gluten Intolerance Group®

January, 2006

### Contacts

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#### Utah County

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### Upcoming Events

- **Tues, Jan 10 — 7:00 p.m.**  
**SLC GIG Monthly Meeting** at St. Marks Hospital/Women's Pavilion Classroom G04C (on the ground floor of the hospital - near the cafeteria) Dr. Janet Harnesburger will be our guest speaker.
- **Mon, Jan 16— 7:00 pm**  
**Celiac Support Group of Northern Utah Monthly Meeting**  
Macey's Little Theater (325 East 36th Street, Ogden)  
Topics will be National GIG Conference, Food Demo's at Maceys, Support Group Meetings, and 'Newly-diagnosed Celiac Orientation' meetings, and "special topic presentations".
- **Thurs, Jan 26 — 7:00 pm**  
Keep this date open. We hope to have Cynthia Kupper RD CD, the executive director of our parent group, Gluten Intolerance Group of North America, speak at BYU. As soon as we have more info we will let you know.
- **Thurs, Feb 2 — 7:00 pm**  
**Utah County GIG Montly Meeting** At Mt. Timpanogos Hospital.  
Guest Speaker: Uma Karnam, MD (Gastroenterology)

Kids Camp dates and info is on page 5

Don't forget to look at the [DATES to SAVE](#) section on page 6 for more upcoming events.



As a support organization, Gluten Intolerance Group® shares information about research, directs individuals to available resources, provides an annual education conference, and offers personal opinions, friendship, and encouragement. We urge individuals to read research by trustworthy sources, and to seek medical advice from a physician who is experienced and knowledgeable about gluten intolerance.



## Three Groups to Share Combined Newsletter

The Celiac Support Group of Northern Utah, the Salt Lake City Gluten Intolerance Group, and the Utah County Gluten Intolerance Group are joining efforts to produce a single monthly newsletter.

This will enable our members to know what is happening throughout all of Utah.

If you are currently receiving the newsletter, you will continue to do so. If you would like to sign up, please visit [www.gfutah.org](http://www.gfutah.org).



## New Year, New Leadership

### Thank You, Amber and Cheryl

Amber Lee and Cheryl Archuleta have stepped down as Branch Managers of the Utah County and Northern Utah GIG groups.

Both of these women have dedicated countless hours to helping others with Celiac Disease and to helping build these organizations. We are all very grateful to them for all they have done, and we want to wish them luck in their new pursuits.

Kathy Chilcote is taking over as branch manager of the Utah County Group and Alisa Buchanan and Darin Fowers will take over for the Northern Utah group. We would like to welcome them and thank them for stepping up to lead these groups.



## Continuing Education Class at the U

### Gluten-Free Gourmet (LLFW-309) University of Utah Continuing Education/Lifelong Learning

Explore the interesting and varied flavors and textures of gluten-free grains and flours as we cook and eat a delicious menu. We'll use rice flour, potato starch, tapioca flour, chickpea flour, polenta, and more as we make vegetable rolls with wasabi cilantro dipping sauce, Spanish shrimp and green onion cakes, polenta pizza with black olives and chicken, and almond cake with orange blossom honey. We'll discuss the characteristics of various gluten-free flours, which flours work best with which recipes, how to figure proportions when substituting gluten-free flours for wheat flour in recipes, and how to make a baking flour from a mixture of gluten-free grains. Deb is a caterer, private chef, and teacher; she currently is the owner of Mountain Fresh Catering. Deb has many gluten-free friends who appreciate her knowledge. Arrive hungry!!

Class meets at Kimball Distributing, 2233 S. 300 E., SLC.

**Instructor(s):** DAY, DEBRA --

Thursday, Mar 9, 2006– 6:00PM - 9:00PM

Non-credit class SLC .

Cost: \$55

For more info, or to register, visit <http://continue.utah.edu/lifelong/detail.php?searchid=LLFW309>



## Greetings from the Celiac Support Group of Northern Utah

As Cheryl Archuleta has decided to step down as Branch Manager for the Celiac Support Group of Northern Utah, we would like to offer our many thanks for her diligence and service from which we have all benefited. The transition to her successor(s) is currently underway, and we have been very busy. Indeed, it takes at least four of us to even grasp what needs to be done to fill Cheryl's rather humongous shoes. But, the transition is underway, and with that comes change.

As these changes occur, we hope that it does not scare people away rather, we hope that the changes will allow us to continue to provide the vital and timely service that has been given in the past. As a final note on this subject, we need to respect Cheryl's personal time, for this is the reason she has stepped down. **We need to refrain from asking/expecting any correspondence regarding Celiac related topics to/from Cheryl.** Of course she would appreciate a 'howdy-do', a note of appreciation or encouragement, but her time is extremely short. Thank you in advance.

Gratefully, Alisa Buchanan has accepted the responsibility as Branch Manager for our group. From personal experience, we are very lucky to have such a talented and genuine individual at the helm. She truly wants to help people with this disease in the best way(s) possible. That is also why I have volunteered to help as Branch co-Manager (my name is Darin Fowers).

I want to help people so they can avoid some of the frustrations that I have had to sort through as I have adjusted to this new lifestyle. My wife (Kris Fowers) has very graciously and eagerly offered to help as Secretary, and Janet Wager with her professional experience and background will make sure we are on the right track as Treasurer for the group. We hope we can fulfill your needs as we try to help.

We have been busy compiling the responses from the email "questionnaire" asking for help and personal information - many thanks to those who responded. Several of you have offered suggestions and indicated that you would be willing to help in various capacities. We are currently organizing these efforts and will be contacting you soon. There are plenty of opportunities to help, and we appreciate those who are willing and able.

There may have been some confusion regarding a Support Group Meeting scheduled for the 16<sup>th</sup> of January. To clarify, **we will be having a Support Group Meeting.** Here is the information:

**When:** 1/16/06, 7:00 p.m.

**Where:** Little Theatre @ Maceys of South Ogden (325 E 36th Street)

**Subject:** Review calendar for 2006. Topics will be National GIG Conference, Food Demo's at Maceys, Support Group Meetings, and 'Newly-diagnosed Celiac Orientation' meetings, and 'special topic presentations'. It will also be a time of meeting fellow members of the group, as well as allow us to get to meet you so we can better understand how to help

Please call Maceys [(801) 392-0647] to let them know you will be attending the meeting. We hope to see you there.

As we continue to get ourselves organized, our response time may not be quite as timely as you have been accustomed to. Indeed, Cheryl spoiled us with her ability to respond so quickly. We will eventually get to that point, but in the meantime, please be patient. And please don't hesitate to ask your questions, provide feedback, or voice your concerns.

We hope this new email service, as well as our efforts to help, will meet your and our expectations.

Sincerely,

Celiac Support Group Of Northern Utah

Email: GF@NUTahCeliacGroup.org

## Speak Out against CUTS to NIH!

Funding for NIH (including the NIDDK which conducts critical research into Celiac disease) in next year's Labor-HHS Appropriations Bill is only slightly above last year's levels—*inadequate* to compensate for inflation and the development of promising research. HOWEVER, Congress is *also* in the process of approving a **1% across-the-board cut** to ALL discretionary programs (except Veterans programs)—**including NIH.**

**THIS CUT WILL DECREASE THE NIH FUNDING LEVEL** for the first time in a generation and put in **MORTAL JEPORADY** the research that can lead to treatments and eventually a cure for Celiac disease. Not only will this cut affect the work of NIH for this year, but will set back medical research into Celiac disease for many years to come.

Because the Celiac community relies heavily on research conducted by NIH, it is *critical* that individuals *speak out against this bill*. Because of the low NIH funding, the Celiac community must demand that the Labor-HHS appropriations bill be rejected, and a new bill that addresses the funding needs of NIH be enacted.

The bill has passed the House of Representatives and awaits a vote in the Senate. If you have not yet contacted your Senator to ask for their “no” vote on this bill, **PLEASE DO SO NOW**. If you have, please do so again. To reach your Senator, call the Capitol switchboard at **(202) 224-3121** and ask to be connected with the offices of your state's Senators. **TO CONTACT YOUR SENATORS, PLEASE VISIT WWW.SENATE.GOV OR CALL THE U.S. CAPITOL SWITCHBOARD AT (202) 224-3121.**

The progress of vital research for Celiac disease and countless other ailments and conditions lies in the balance. Please do your part and speak out!

Jonathan R Pawlow, Jr., Digestive Disease National Coalition

## Celiac in the News

Celiac Disease is finding its way into the news more and more often now. A few headlines you may want to google:

- The BioBalance Corporation Announces Approval of PROBACTRIX(R) Clinical Trial for Celiac Disease
- Why your food labels are suddenly easier to read
- Powell man producing gluten-free oats
- A gluten-free diet cured leg cramps
- Gluten-Free Foods Becoming Mainstream In US
- Good food and a good deed
- For Wheat Watchers, a Chance to Indulge
- Wheat Intolerance

## We'd like to hear from You!

This newsletter is designed to be a resource to Utah's with Celiac Disease. In order to best serve you, we need to hear from you.

If there are issues you want to learn about, please let us know.

Also, if you have done some research you would like to share with the rest of us, please do! For example, if you call a manufacturer about a product to determine whether or not it is Gluten-Free, let us know. If you get information from a restaurant about its menu items, or what options to ask for in order to ensure a gluten-free meal, please let us know. If you find a restaurant to be particularly accommodating, tell us!

We will try to dedicate a small portion of the newsletter to sharing your feedback with others.

Also, if you found or adapted a recipe you'd like to share, send it to us.

Please contact any of the Utah GIG Branch Managers with information you want added to our newsletter.



## Sign up for the National Education Conference to be held in Salt Lake City

### Sign up now for the national GIG conference to be held at the Salt Lake Sheraton City Centre Hotel, June 9-11:

#### Internationally recognized experts discussing:

- The latest medical research
- Skin health
- Aging, heart health and celiac disease
- New labeling laws
- Tried and true tips for cooking with gluten-free grains
- Gluten-free meals on a budget
- Work and travel tips
- Raising celiac kids
- Kids' and teen camps
- Medical track for healthcare professionals, June 9
- Exhibitors with the latest products and foods
- Networking with like-minded souls from across the country

**Register online [www.gluten.net](http://www.gluten.net) or, to receive the registration form by mail, call GIG at (206) 246-6652.** Early bird discount for registration forms received by May 20th.

**Hotel information:** Lodging is available at the Salt Lake Sheraton City Centre Hotel. Ask for GIG conference room rate: \$99/night. Website: [www.starwoodhotels.com/sheraton](http://www.starwoodhotels.com/sheraton) Phone: (801) 401-2000



## Gluten-Free Kids Camp—Winter Sessions—for all school age youth

Sessions	Dates	Age Group
Session 1	Jan 13-16, 2006	8th – 12th Grade
Session 2	Jan 27-29, 2006	5th – 9th Grade
Session 3	Feb 3-5, 2006	4th – 7th Grade
Session 4	Feb 18 - 20, 2006	3rd – 6th Grade
Session 5	March 2-5, 2006	2nd – 5th Grade
Day Camp	March 4th	1st – 4th Grade

Winter Camp is held annually January - March at **Camp Kostopulos** up Immigration Canyon in Salt Lake. It consists of 4 to 5 weekend (Friday - Sunday or Saturday - Monday) sessions. Campers can learn to ski or snowboard at Brighton Mountain Resort up Big Cottonwood Canyon. If you already know how to ski or snowboard you can enjoy the day on the slopes. If you prefer not to ski or snowboard we have activities such as swimming, rock climbing, movies, games and more. You don't have to be a skier or snowboarder to come to winter

camp! Gluten-free meals and snacks are provided. Cost is \$60 for the 3-day Camp Sessions and \$10 (refundable deposit) for the Day Camp Session. Registration forms will be available at [www.gfutah.org](http://www.gfutah.org) November 2005.

**Adult Volunteer Opportunities:** Medical Clinicians, Dietitians, Educators, Counselors, and Kitchen help needed for staffing.

For more information, contact **FCYD** camp director David Okuba at (801) 566-6913 and leave a message. Foundation for Children and Youth with Diabetes formerly offered camps just for diabetic youth, but upon finding that many diabetic youth are also gluten intolerance, FCYD has opened several sessions of camp to all youth, ages 6-18, who require a gluten-free diet. Several teenagers who are members of GIG have attended the camps and report that the camps are a blast.



## Dates to Save

- **Tuesday, Feb 7 at 7pm** —SLC GIG MEETING
- **Wednesday, Feb 8 at 7pm:** Gluten Free cooking demo; Macey's; 325 36<sup>th</sup> Street, South Ogden. 7:00 p.m. – Chicken/broccoli soup and cookies.
- **Tuesday, Feb 14 at 7pm:** Northern Utah Group: Orientation for newly diagnosed Celiac Disease patients—where to start, what to expect, etc. @ Farr West Senior Citizens Center (Farr West City Office Building, 1896 North 1800 West, Farr West, UT)
- **Thursday, Mar 2 at 7pm** —Utah County GIG MEETING
- **Tuesday, Mar 14 at 7pm** —SLC GIG MEETING
- **Tuesday, Mar 14 at 7 pm:** Northern Utah Group: Informal meeting—come share your experiences with your progress on the GF diet and learn from others @ Farr West Senior Citizens Center (Farr West City Office Building, 1896 North 1800 West, Farr West, UT)
- **Tuesday, Mar 28 at 7 pm:** Gluten Free cooking demo; 325 36<sup>th</sup> Street, South Ogden.
- **Thursday, Apr 6 at 7pm** —Utah County GIG MEETING
- **Tuesday, Apr 11 at 7pm** —SLC GIG MEETING
- **Thursday, May 4 at 7pm** —Utah County GIG MEETING
- **Tuesday, May 9 at 7pm** —SLC GIG MEETING
- **Saturday, May 20:** Walk for Celiac Disease Awareness at Wheeler Farm in SLC
- **Fri-Sun, Jun 9-11:** GIG of North America Annual Education Conference in SLC Register online at [www.gluten.net/events.html](http://www.gluten.net/events.html)

Don't forget the Kids Camps on Page 5



## Other Events

### Wild Oats Celiac Meetings

**Healthy weight management for those with gluten intolerance**, led by Holly Wilkens, ms, rd, cscs  
 Fort Union Wild Oats • 6930 S. Highland Drive • 801-733-9455 **Tuesday January 10th @ 6pm**  
 Sugar House Wild Oats • 1131 E. Wilmington Ave • 801-359-7913 **Thursday January 19th @ 7:30pm**

This month holly will be presenting a healthy, practical and effective method for losing weight and maintaining a healthy weight for those with gluten intolerance. she will concentrate on meal planning, food choices, portion control, and meal timing. all attendees will receive a coupon good for 10% off their purchase of \$15 or more.