



NEWSLETTER for

- **Utah County Gluten Intolerance Group®**
- **Salt Lake City Gluten Intolerance Group®**
- **Northern Utah Gluten Intolerance Group®**

April, 2006

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Upcoming GIG Events

- Thurs, Apr 6 at 7 pm
Utah County GIG Meeting at *Timpanogos Hospital in Orem*: Gluten-Free Naturally: Come discuss menu ideas for foods that can be found at the grocery store. Learn how to prepare gluten-free meals without having to purchase costly gluten-free specialty foods.
- Tues, Apr 11 at 7 pm
SLC GIG Meeting at *St. Marks Hospital 1200 East 3900 South, SLC, Classroom G04C (on the ground floor-near the cafeteria)* Heather Khader (the St. Mark's Dietician) will speak on Celiac sprue and it's effects on vitamin and mineral absorption. **Bone Density tests will be available starting at 6:00 pm for \$5.00**
- Tues, Apr 11 at 7 pm
Northern Utah Group Meeting Personal Fitness Instructor Jessica Leonard will be discussing the importance of exercise in maintaining a healthy lifestyle and demonstrating a few easy exercises to help maintain bone and muscle strength. The meeting will be held at the Farr West Senior Center, 1896 North 1800 West, Farr West, Utah. Wear comfy clothes and shoes because we will be practicing the exercises Jessica shows us!.
- Tues, Apr 25 at 7 pm
Northern Utah GIG Dianna Morrell will be demonstrating Mexican Lasagna at South Ogden Macey's Store - 325 36th Street. Reservations are requested, call (801)392-1842.
- April 30 "Walk" Early Bird Registration ends
- Thurs, May 4 at 7 pm
Utah County GIG MEETING: Timpanogos Regional Hospital, 750 West 800 North, Orem. Main Floor, Cafeteria Classroom. Come share your experiences and progress on the GF diet and learn from others!
- May 20 Conference Early Bird Registration ends
- Sat, May 20 at 8—11:30 am — **Walk for Celiac Disease Awareness**

Don't forget to look at the **DATES to SAVE** section on page 12 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.



Send us your recipes

As you know, the National GIG Education Conference is coming to Salt Lake City in June.

At the conference, we will be selling cookbooks featuring favorite Gluten-Free recipes from people like you!

We are especially interested in dutch-oven recipes.

(Please note: A recipe is considered yours if 25% of the ingredients have been changed either in the type of ingredient or in the quantity.)



GF RECIPES NEEDED!

Please help us by sending your favorite GF recipes to gfgrandma@yahoo.com

Reach your Target Audience

Companies that want to advertise their products to celiacs and others who are gluten intolerant, can now place an ad in the monthly Gluten Intolerance Group of Utah newsletter

Celiac's in Utah are looking for great Gluten-Free products.

Local advertisers can place an ad for as little as \$100 and national advertisers pay only \$500.

Ad size is a quarter page, approximately 5 ½ X 4 ¼ inches. Only two ads will be accepted each issue so arrange your ad space now.

The Utah GIG groups are the best source of information for Utah Celiacs. Advertise here, and you'll reach your target!

Advertisers should contact Sharleen Prows, newsletter editor, to learn submittal requirements at Sharprows@msn.com or call her at 801-966-3516



Volunteers are Needed!

The Utah GIG groups rely on volunteers. With the upcoming Walk and Conference, there are many opportunities for you to help. Please contact your branch manager to let them know how you can help. We need help assembling bags for the WALK, Setting up Mile Markers and signs, and Registration.

To volunteer for the conference, go to www.gfutah.org/volunteer.

We need help with the Kids Camp, the dining out committee, assembly of packets, and other items.



Last month we introduced you to a number of Gluten-Free grains. This month, we will focus on Rice.

Milling is the process that creates the difference between brown and white rice. The variety of rice may be identical, but milling removes the husk from the grain and turns the brown rice to white. This is why milling is often called "whitening".

By removing the outer layer, which is also known as the bran layer, milling alters the nutritional value of the rice. It is in this bran layer where most of the nutrients are stored.

Rice bran and germ contains greater amounts of dietary fiber, vitamins, minerals and other health-related components than the white center portion of the kernel (endosperm). But those outer portions of the kernel also contain more lipid (fats) material, making brown rice more susceptible to becoming rancid (spoilage). Brown rice, therefore, has a shorter shelf life compared to milled white rice. Storage under cool conditions will lengthen its shelf life. Cooked brown rice has higher fiber content and is chewier in texture than its white rice counterpart and is described as having a slightly nutty flavor.

Do you like your cooked rice to be dry and flaky, or moist and sticky? Whichever you prefer, amylose content is the chemical characteristic that makes the difference.

Amylose content of starches usually ranges from 15 to 35 per cent. High amylose content rice shows high volume expansion (not necessarily elongation) and high degree of flakiness. High amylose grains cook dry, are less tender, and become hard upon cooling. In contrast, low-amylose rice cooks moist and sticky. Intermediate amylose rice is preferred in most rice-growing areas of the world, except where low-amylose japonicas are grown.

Rice with a higher amylose content gave a significantly lower glycemic index and insulin index than did the normal-amylose rice varieties.

Therefore, **diabetics should choose rice varieties with Higher amylose content.**

HINT: Soak brown rice 1 day earlier before getting it cooked increases the rice's nutritional value. Soaking stimulates the early stages of germination, when a tiny sprout, less than a millimeter tall grows from the rice grain. Sprouted rice contains more fiber, vitamins and minerals than non-germinated rice. Soaked brown rice is also easier to cook because the hard outer husk has been softened and tastes sweeter.

Rice is primarily classified according to its grain shape. However, within grain shape categories there are differences in cooking qualities that are determined by the chemical make up of the grain and affect cooked grain texture.

Long Grain The category known as long grain contains milled rice that is approximately three times longer than it is wide. A conventional U.S. long grain rice has 19 to 23% grain amylose content. After cooking, it is firm and fluffy (not sticky).

Medium Grain The medium grain rice category describes milled rice that is from 2.1 to 2.9 times longer than it is wide. Medium grain rice is generally has an amylose content of 16-18% and after cooking is soft, moist and sticky in texture.

Short Grain Rice that is less than two times longer than it is wide is classified as short grain. In general short grain rice has cooking quality and amylose content similar to that of rice in the medium grain category. Because this type of rice is used for making sushi some call it sushi rice.

Waxy, sweet or glutinous rice grown in the United States is short and plump with a chalky white, opaque kernel. When cooked, this rice loses its shape and is very glutinous (sticky). Waxy rice is more often used in commercial product formulations. The starch and flour from waxy rice is used in frozen products as a binder for gravies, sauces, and fillings because it is resistant to breakdown during freezing and thawing, unlike some corn or wheat starches. Contains NO amylose.

Specialty Rice

Rice that has cooking or processing quality different from the standard market classes described above is known as specialty rice. These are used for special styles of cooking and in specific products. Acreage of these types of rice in the U.S. is much lower than rice that fits into the standard long, medium and short grain market classes.

Rice Flour

Brown rice flour will be more nutritious, but will need to be stored in the refrigerator to prevent spoiling. Waxy rice is often used to make baked crackers, which are light and crispy. When a firmer less delicate baked cracker is desired medium grain rice is often used. Fried snack foods made using a blend of waxy rice flour and other grains will tend to be crisper and take up less fat than if made without the rice flour.



Clan Thompson's Mini-list

Verified Information on Gluten Content

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Tea and Tea Mixes

Manufacturers of the following products reported them to be **GLUTEN FREE** and **VEGETARIAN** when we contacted them:

Lipton Diet Iced Tea Mix - lemon	Verified: 11/15/2005
Lipton Diet Iced Tea Mix - decaf. Lemon	Verified: 11/15/2005
Celestial Seasonings Bengal Spice Tea	Verified: 2/2/2006
Celestial Seasonings Black Cherry Berry	Verified: 2/2/2006
Celestial Seasonings Caffeine-Free Tea	Verified: 2/2/2006
Celestial Seasonings Chamomile Tea	Verified: 2/2/2006
Celestial Seasonings Cinnamon Apple Spice	Verified: 2/2/2006
Celestial Seasonings Country Peach Passion	Verified: 2/2/2006
Celestial Seasonings Cranberry Apple Zinger	Verified: 2/2/2006

Manufacturers of the following products reported them to be **GLUTEN FREE** but there was no vegetarian info when we contacted them:

Turkey Hill Iced Tea	Verified: 11/17/2005
Turkey Hill Lime Tea	Verified: 11/17/2005

Manufacturers of the following products reported them to be **NOT GLUTEN FREE** when we contacted them:

Celestial Seasonings Almond Sunset Tea	Verified: 2/2/2006
Celestial Seasonings English Toffee After Dinner Tea	Verified: 2/2/2006
Celestial Seasonings Roastaroma	Verified: 2/2/2006
Celestial Seasonings Sugar Plum Spice	Verified: 2/2/2006
Celestial Seasonings Vanilla Hazelnut After Dinner Tea	Verified: 2/2/2006
Celestial Seasonings Vanilla Maple Tea	Verified: 2/2/2006
Celestial Seasonings Echinacea Teas (all)	Verified: 2/2/2006
Celestial Seasonings Ginseng Energy Tea	Verified: 2/2/2006
Tazo Green or Lemon Ginger Tea	Verified: 1/4/2006
Tazo Tea Lemonade or Tazo Honey bush Tea	Verified: 1/4/2006

Clan Thompson's Celiac SmartLists (TM) are a series of programs which make it easy to find gluten information on thousands of items. Information in each SmartList is verified directly with the manufacturer, and a "Comments" field is included to help you make informed decisions. Our pocket guides are printed booklets that contain a selection of products taken from the SmartList software.

*For more information, or to download a FREE DEMO, visit our CeliacSite at <http://www.clanthompson.com/>
In addition, you may always subscribe to our free Newsletter on the Internet which includes new Gluten Free food lists, The Cook's Corner, Ask the Doctor and more at <http://www.clanthompson.com/>*

This Month's Tip:

Did you know that glutinous rice is gluten free?

'Glutinous' means 'gummy' or 'sticky' and doesn't refer to gluten.



Gluten Intolerance Group 2nd Annual Awareness Walk

**Saturday May 20th
8:00am-11:30am
Wheeler Historic Farm**



Schedule

- 8-9am** Registration & Continental Breakfast sponsored by Wild Oats.
9-11am Walk in the Park (1K trail)
11am Prize Drawings provided by our sponsors - must be present to win!

Children's games and activities will be provided by the BYU Celiac Club. Parent/guardian supervision required. 9:30am to 11am.



Bone Density Scans (heel scan) will be available during the walk for \$10.



Registration

A pre-registration fee of \$10 per walker may be mailed in along with the registration form available at www.gfutah.org by April 30th .
 Registration will also be available the morning of the Walk for a \$15 per walker fee.



Sponsors

The Gluten Intolerance Groups of Utah wish to thank the following sponsors who have made it possible to hold this walk:

***Platinum Sponsorship for our event:**

www.stmarkshospital.com.
www.wildoats.com

www.againstthegrainslc.com

www.altiplanogold.com

www.aricofoods.com

www.billgood.com

www.celiac.com

www.chebe.com

www.ener-g.com

www.enjoylifefoods.com

www.gfforlife.com

www.glutenfreecreations.com

www.glutenfreeflour.com

www.glutenfreemall.com

www.glutenfree-supermarket.com

www.glutenfreeoats.com

www.glutino.com

www.goglutenfree.com

www.heartlandsfinest.com

www.iansnaturalfoods.com

www.kirkmanlabs.com

www.madebymona.com

www.marysgonecrackers.com

www.masuyanaturally.com

www.orgnan.com

www.savorypalate.com

Help GIG support those affected by the diseases with support, resources and research funding.

All contributions are tax deductible. Please make checks payable to SLC GIG.

Walkers will receive a Walk T-Shirt and Goodie Bag full of gluten free products and information.



How to Raise \$100 in 10 Days


It's easy to raise \$100 in one week!

the day... the ask ...

Day 1	Put in your own \$10 contribution	\$10
Day 2	Ask your significant other for \$10	\$20
Day 3	Ask a parent/guardian for \$10	\$30
Day 4	Ask your best friend for \$10	\$40
Day 5	Ask your supervisor for \$10	\$50
Day 6	Ask your co-worker for \$10	\$60
Day 7	Ask a sibling for \$10	\$70
Day 8	Ask your in-laws for \$10	\$80
Day 9	Ask a neighbor for \$10	\$90
Day 10	Ask a business owner you support for \$10	\$100

the total ...

**Each Walker
is encouraged
to raise at
least \$100 in
donations.**

Day 11  Celebrate...you raised

\$100! 

\$ – Don't just ask for \$10 from someone who can give more – \$
\$ – Don't just forget to ask your employer for a matching gift – \$

Letter Writing Campaign

The most effective way to raise money for Moving Feet Without Wheat is to conduct a letter writing campaign. All you have to do is draft a “dear friends and family” letter, explain why you are participating in the Walk, photocopy it, and mail it. Here is an easy step-by-step explanation to get you ready to reach your largest audience possible.

1 Write the Letter:

Your letter should come from the heart. Give personal examples; explain your connection to GIG and why friends should support your cause. Include a line in the letter that asks for donations to be sent directly to you, made out to the Gluten Intolerance Group, so your team can get credit for donations you collect.

2 Duplicate the Letter:

Photocopy your letter. Sign each letter individually so that your letter means something. Add a personal note, such as “Thank you in advance for your support” or “I hope I can count on your generosity.” E-mail works well, too, and is much less time consuming. But, many people respond better to a personal letter in the mail.

3 Mail the Letter:

Flip through your address book. Look over your holiday card list. Mail letters to family, extended family, friends, neighbors, business associates and vendors, clubs and organizations in which you are involved, your sports team and anyone else that you know who might give.

11 Collect Your Donation \$\$\$:

It will be exciting to get your mail when donations start to arrive. You will be surprised how quickly you can surpass the \$100 walker goal!

Fundraising Letters and Emails Raise 5 to 10 times More \$\$\$:

The average walker raises \$100 for a walk-a-thon. The average letter writer raises an average of \$500 to \$1000. Why not be a top fundraiser? Write a letter!

So go write that letter. GIG needs your support!



2006 Moving Feet Without Wheat Walk

Walk as a Team and Earn Prizes

Team Categories:

- Children's
- Family
- GIG Branch
- Corporate

General Walk Prizes: All walkers raising the following amounts will win that item.

- \$400 per walker to win a GIG Ball Cap
- \$600 per walker to win a GIG Sweatshirt
- \$800 per walker to win a GIG Duffle Sports Bag
- \$1000 per walker to win a GIG Big Bobber Ice Cooler
- \$1500 per walker win all four items

Team Prizes: The top team in each category wins even more.

Family Teams

- Raise \$2000 or more and win a free family registration to the GIG annual education conference (for a family of 4)*.
- Raise \$4000 or more and GIG will pay your hotel room at the conference as well. (Transportation not included)*.

GIG Branch Teams

- Raise \$3000 or more and win a free registration to the GIG annual education conference for a member of your Branch*.
- Raise \$6000 or more and GIG will pay the hotel room at the conference for your member as well. (Transportation not included)*.

Corporate Teams

- Raise \$5000 or more and your corporation logo will appear on all GIG Promotional materials for a year.
- Raise \$10,000 or more and your corporation logo will appear on all GIG promotional materials for 2 years.

Form Your Team – Make it Fun!

- A team can be any number of people. The more there are the more fun you will have.
- Designate a team captain and choose a team name. Be creative – wear costumes or team shirts on the day of the walk
- Have each member of the team raise funds for the walk.
- The team captain should collect all the funds before the walk and turn all funds in at one time. Walk envelopes are available to keep track of the funds you raise.
- General walk prizes are awarded the day of the event.
- Team Prizes are awarded within 1 week of the event.

*Prizes must be used during 2006 or 2007 events.



National Education Conference, Salt Lake City, Utah June 9-11, 2006

WHO:

15 international, national, and regional experts to present including:

Dr. John Zone, Professor of Dermatology, University of Utah Health Sciences Center. Keynote topic: skin health for people with celiac disease.

Dr. Carol Fenster, author/consultant, The Savory Palate, Inc. Topic: baking cream puffs, tea sandwiches and other delights with alternative grains.

Dr. Alessio Fasano, Co-director, University of Maryland Center for Celiac Research. Topic: advances in celiac research.

Executive Chef Aaron Flores, DoubleTree Hotel, Illinois. Topic: cooking naturally gluten-free. Registered Dietician Shelley Case, Case Consulting. Topic: Gluten-free diet basics and advanced.

Dr. Janet Harnesburger, Pediatric Gastroenterologist. Topic: Raising children with celiac disease.

Auction:

The Saturday night banquet will include an auction to raise funds in support of the programs of the Gluten Intolerance Group. Donations of items to be auctioned are appreciated. Contact GIG.

Exhibits:

More than 40 exhibitors with products and services related to celiac disease and the gluten-free diet. Attendees may place orders and buy products on site. Authors of gluten-free living books on site to autograph their books.

Health Screenings:

Free cholesterol, glucose, blood pressure, and body mass analysis by Registered Nurses. Bone density testing available for a reduced fee.

Cost:

Early bird registration by May 20 is \$190 for GIG members. After May 20 is \$238 for GIG members. Non-members pay \$240 prior to May 20, or \$312 after May 20.

Kid's Day Camp (ages 5-15) ranges \$85-150.

Child Care (age up to 4 years) ranges \$40-113

Family discount rate and one day rates available.

Registration: Sign-up online at www.gluten.net or call (206) 246-6652 to request a registration form.

For more information, contact:

Gluten Intolerance Group of North America

31214-124 Ave. SE, Auburn, WA 98092

Phone: (206) 246-6652 or send email to info@gluten.net



2006 GIG Annual Education Conference General Program

FRI., June 9	TRACK 1	TRACK 2
7:30 --9:00 am	Breakfast	
9:00--10:00 am	Keynote Address American Celiac Disease Alliance Initiatives: An Update (Labeling Law Update, other programs) Andrea Levanto (American Celiac Disease Alliance)	
10:00--10:30 am	Break & Exhibits	
10:30--11:30 am	The Basics & Beyond of the Gluten-Free Diet Shelley Case, RD (Case Consulting)	Baking GF Sourdough Whole Grain Breads Gayle Torgerson (Alternative Grains, Inc.)
11:30--1:00 pm	Lunch & Exhibits	
1:00--2:00 pm	Eating Out & Traveling While Managing a GF Diet Kim Koeller & Robert La France (Gluten Free Passport)	Cooking Naturally Gluten Free Aaron Flores, Executive Chef
2:00--2:30 pm	Break & Exhibits	
2:30--3:30 pm	Gluten-Free Meal Planning on a Budget Mary K Sharrett, MS, RD, LD, CNSD	Afternoon Tea with Carol: Cream Puffs, Tea Sandwiches and Other Delights from Alternative Grains Carol Fenster, Ph.D.--President, Savory Palate, Inc.
5:-00--9:00 pm	Dining Out with Friends	

Sat., June 10	TRACK 1	TRACK 2
7:30--9:00 am	Breakfast	
9:00--10:00 am	Keynote Address More than Skin Deep--Skin Health Dr. John Zone, MD	
10:00--10:30 am	Break & Exhibits	
10:30--11:30 am	Modifying Your Gluten-Free Diet to Promote Heart Health Mark Dinga, MEd., RD, LDN	Pre and Probiotics in Gastrointestinal Health Larry Newman, Kirkman Labs
11:30--1:00 pm	Lunch & Exhibits	
1:00--2:00 pm	Friend vs. Foe: Coping with CD Kathleen Apodaca, MS, CPC-I	The Secret Ingredient: A Recipe for Understanding Our Relationship to Food and Family Michelle Meln-Rogovin, MPP
2:00--2:30 pm	Break & Exhibits	
2:30--3:30 pm	Keynote Address Advances in Celiac Research Dr. Alession Fasano, MD	
5:-00--6:00 pm	Reception in Lobby	
6:00--9:00 pm	Pennies from Heaven Dinner	

SUN., June 11	TRACK 1	TRACK 2
7:30--9:00 am	Breakfast	
9:00--11:00 am	Round Table Discussion -- Issues Related to Raising Children with Celiac Disease Dr. Janet Harnesburger, MD	Round Table Discussion -- Issues Related to Adults with Celiac Disease TBA

GIG KID'S CAMP (Friday – Sunday) K through 6th and Teens through 15 year olds.

Each day the kids will visit a different country through the GF lessons, crafts, food/cooking and other activities planned. The kids will visit Japan, Argentina, Ireland, Italy, and Canada.

Daycare (0-4 years old) is offered during conference dates



Kids Day Camp at the GIG Educational Conference

June 9-11, 2006

The Sheraton Hotel, Salt Lake City

Come join the fun on a Gluten-Free World Tour to learn how people cope with gluten intolerance in different countries. Each unit will consist of a craft, cultural lesson and a gluten-free recipe from the selected country. The children will be divided into four groups:

Infants-4 years;
5-8 years;
9 years-5th grade;
6th grade to 15 years.



Schedule:

Friday	8:30-11:30	Ireland (Irish Step Dancers will perform during this segment)
Friday	12:30-3:30	Italy
Saturday	8:30-11:30	Japan (*Aaron Flores will be making kid-friendly sushi with them.)
Saturday	12:30-3:30	Canada (At 2:00 there will be Trick or Treating)
Saturday	5:30-9:00	Pizza party, videos, games.
Sunday	8:30-11:00	Australia

Special activities for the teens will include a photo scavenger hunt, making a video- “Living the Gluten-Free Life,” and a guest speaker who will discuss “Coping with Gluten Intolerance.”

The children will eat all meals with their parents (except the pizza party on Saturday night.) You can register for one day or all three. Don't miss this rare opportunity to attend the conference and hear the excellent speakers while your kids are having fun, learning how to better cope with the gluten-free diet and making friends with other Celiac kids.

*Aaron Flores is the chef responsible for the GF menus and training at the Disney Parks!

Don't miss the chance to attend the Conference Free!!!



Volunteers are urgently needed to help at Kids' Camp.

The lesson plans, crafts and activities will all be prepared ahead of time for you. You will receive a copy of the lesson plan in the mail to prepare yourself. (See the schedule above.) There will be at least two teachers per group.

Volunteers will enjoy a delicious GF meal with the conference attendees and will be able to see the exhibits. If you would like to hear a speaker you must volunteer for 1 ½ shifts or one camp shift and something else. Please contact Kathy Chilcote ASAP—especially if there is a special speaker you would like to see. All volunteers must agree to a simple background check.

Please phone or e-mail me if you are interested in helping and having fun!

Kathy Chilcote

801-226-9042 kathy@gfutah.org



Dates to Save

- **Tuesday April 13th at 6pm** Wild Oats GF Cooking Class at the Jordan Landing Wild Oats. Topic this month is Breakfast foods!
- **Tuesday April 25th at 7:30 pm** Wild Oats GF Cooking Class at the Sugarhouse Wild Oats. Topic this month is Breakfast foods!
- **Thursday, May 4 at 7 pm** —Utah County GIG MEETING Wednesday, May 10th at 7:00 pm -- Betsy and Kirsti of www.eatingglutenfree.com will demonstrate Muffins: blueberry, apple, chocolate chip, strawberry lemon- these are our top choices so far. Class is free but reservations are required. Call Macey's at 801-356-3216 to reserve your spot for this cooking demo. Provo Macey's Little Theater, 1400 N. State St. Provo
- **Tuesday, May 9 at 7 pm** —SLC GIG MEETING Dr. P J Pedersen will be our speaker
- **Tuesday, May 9, 2006 - 7:00pm Northern UT GIG** will be holding a New Patient Orientation. This meeting is mainly for newly diagnosed members, but everyone is welcome. We will discuss the GF diet, what Celiac disease and how it affects the body, and coping strategies for the newly diagnosed. The meeting will be held at the Farr West Senior Center, 1896 North 1800 West, Farr West, Utah.
- **Tuesday, May 16, 2006 - 7:00pm Northern Ut GIG—GF Cooking Demo** at Macey's. Kris and Darin Fowers will be demonstrating GF chinese food. Be sure to make reservations with Macey's at (801) 392-1842.
- **Saturday, May 20 at 8am to 11:30 am:** Walk for Celiac Disease Awareness at Wheeler Farm in SLC
- **Thursday, June 8th at 7:00 pm** -- Betsy and Kirsti of www.eatingglutenfree.com will demonstrate Barbeque foods with a honey barbeque sauce that is wonderful on chicken, ribs, or fish; Cheese Cakes; Salad (type to be announced) Class is free but reservations are required. Call Macey's at 801-356-3216 to reserve your spot for this cooking demo. Provo Macey's Little Theater, 1400 N. State St. Provo
- **Fri-Sun, Jun 9-11:** GIG of North America Annual Education Conference in SLC Register online at www.gluten.net/events.html

More dates to come can be seen on the GFutah.org website.



GIG Newsletter free via email

The GIG newsletter will continue to be a free service for Utah celiacs and their families if the newsletter is delivered via email. A small charge of only \$12 a year (that's only \$1 a month) will be charged to people who choose to receive their newsletter in hard copy via U.S. Postal Service. This nominal fee will help us defray our costs of materials and postage.

Tip: People who don't have a computer in their home, may want to consider obtaining a free email account from Internet service providers such as Yahoo. Provide the email address to your local GIG branch manager, and you will be able to receive the newsletter at no charge. To check your email inbox, use a public library computer or drop in on your neighbor or friend who owns a computer. To pay for a hardcopy subscription to the newsletter, mail a check for \$12 written to UCGIG to: 69 East 1960 North, Orem UT 84057.