



2006

www.dfwceliac.org

Serving the Dallas / Ft. Worth Celiac, Dermatitis
Herpetiformis and Gluten-Free Community

Lone Star Celiac GIG
Dallas Area Support Group Affiliated with
Gluten Intolerance Group (GIG)
A national organization

Welcome to Lone Star Celiac GIG !

The members of Lone Star Celiac GIG welcome you to our celiac support group. We look forward to assisting you as you learn to eat in a new way, gluten-free. If you are already an experienced GF diet follower, we are here to help you maintain that GF lifestyle. It can be difficult, but the reward of vastly improved daily life as well as improved long-term health will result in a rich pay-off for those who must eat GF due to celiac disease or those who choose to eat GF to relieve symptoms of other conditions which may be related to gluten sensitivity.

Current officers of Lone Star Celiac GIG are: Branch Manager, *Sandy Klein*; Treasurer, *Kay Turner*; Member Chair, *Mindy Fleming*; Mentor Chair, *DeAnna Knauer*; Webmaster, *Richard Klein*; Booksellers, *Frank Fuller and Dawn Bolton*; Newsletter, *Vicki Lamb*; New member assistance, *Marge Palma*; Dallas Area R.O.C.K. (Raising Our Celiac Kids) Leader, *Kelly LeMonds*.

Lone Star has been in existence around 10 years, serving the needs of celiacs in the Dallas and North Texas area. Originally, the group was affiliated with the national group, CSA/USA (Celiac Sprue Association), but recently voted to switch its affiliation to the national GIG group because we felt a better match with its spirit of cooperation in helping branch groups, its dedication to staying current on medical approaches and community education on those approaches, and its vitality in addressing all facets of lifestyle problems related to gluten intolerance. Another branch of GIG, North Texas GIG, exists in Tarrant County under the leadership of Betty Barfield. Its website is <http://www.northtexasgig.com>.

A Membership Form must be completed and submitted to our treasurer or another officer with a check for dues of \$20.00 (may be pro-rated for those joining after our July to July dues period). Each July you will be reminded to renew your group membership.

Our website, <http://www.dfwceliac.org>, is an important tool for our group. Once you visit, you will see why. It contains a wealth of information on celiac disease, on local shopping, on vendors, and a special member section with a group membership list along with several years of archived Lone Star newsletters. You will see special announcements, links to pertinent websites, and general tips for living the GF lifestyle.

To Log into Member Section of website, you must have a username and password set up in the system. This means you must fill out your membership form, choosing a username, and pay your dues. Then, our Member Chair will contact you to provide you with the group password and other instructions.

R.O.C.K. (Raising Our Celiac Kids) Celiac children are a special group with special needs since they must learn to deal with unique diet requirements and hold their own while at school and with peers. Our area has a ROCK organization which is lead by Kelly LeMonds. If your child is a celiac, please contact Kelly at [mailto: leader@dallasrock.org](mailto:leader@dallasrock.org). and check our website for other details, too.

Lone Star GIG Chapter Meets on the 3rd Saturday of each month EXCEPT in May and December when we hold a picnic and seasonal holiday party at locations to be decided. Regular meeting location:

**Presbyterian Hospital (main building)
8200 Walnut Hill Lane
Dallas, TX 75231
9:00 am to 11:00 am
Southeast Conference Room**

At each meeting, be sure to review the gluten-free lifestyle **BOOKS** we have on hand. We order in bulk and are able to sell copies to members at very reduced prices. We also offer a **parking sticker** for the meeting time for \$1.00. The usual cost for staying 2-3 hours at Presbyterian would be significantly higher.

Meetings are normally organized to discuss updates on our group business such as the treasury report and activities, to introduce visitors and new members, to decide about upcoming activities, and to share GF lifestyle experiences and tips on dining and cooking. We try to offer special visitors and programs a few times per year, and we hope to coordinate some larger scope activities with the Tarrant County organization, North Texas GIG.

Lone Star's Newsletter is currently a shortened version, published once monthly to provide meeting information and group business updates. Historically, we have had a more comprehensive newsletter but are awaiting a new newsletter editor volunteer. Until then, we will continue putting out updates. We mail the newsletters to members, but we ask new members and others to consider obtaining their copy of the newsletter from our website. It is usually available at the site by one week before the monthly meeting, under the member section and in pdf format, easy to either read online or print off. Your cooperation and help in this will save us postage/printing costs that we can use for other activities.

Annual Making Tracks for Celiacs Walk/Fundraiser—For the past 3 years, Lone Star has participated in a national celiac fundraising event in May, the Making Tracks for Celiacs Walk/Run sponsored by Dr. Alessio Fasano's Center for Celiac Research at the University of Maryland. Dr. Fasano is a nationally recognized celiac researcher. In May of 2005, he visited Dallas, doing "Grand Rounds" with Presbyterian GI doctors and giving an inspirational talk to a couple of hundred people, including our group members as well as the North Texas GIG members. Kelly LeMonds, R.O.C.K. leader in Dallas, has organized the Walk for the last three years; but she is taking a rest and we will be looking for a new Walk leader for 2007. Kelly and other Lone Star and ROCK helpers have helped raised thousands of dollars over the last 3 years. The Center for Celiac Research coordinates activities and advertising such as t-shirts, and they receive 75% of our profit from the Walk. Then, 25% of the money is returned for local use.

LONE STAR GIG WELCOMES OUR NEW MEMBERS !

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