

# The Celiac Express

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Oklahoma Celiac Support Group  
CSA #5

## Welcome to 2008

It's hard to believe that 2008 is here. As we look ahead, we savor the great moments of the past year and look forward to great new experiences.

2007 brought new Celiac friends and members to our midst. We learned of a new home-based gluten-free bakery, owned and operated by Lori Roper in honor of her Celiac daughter. What a great example of making something good of a diagnosis of Celiac.

We felt the loss of loved ones, including our dear friend

Shirley Givens, who fought a courageous fight against cancer. We remember the loss of all of our loved ones at this time. May God grant their families peace and hope.

As we reminisce on the wonderful blessings we experienced this past year, may we also look around and ask ourselves, "How can I help someone else?" Think about when you were first diagnosed with Celiac. How did others help you? What was the best thing someone



did for you? Make it your goal to share the same with another newly diagnosed in 2008.

## OKCeliac E-Newsletters

If you are interested in receiving OKceliac E-News and the Celiac Express Newsletter via e-mail, be sure you have signed up

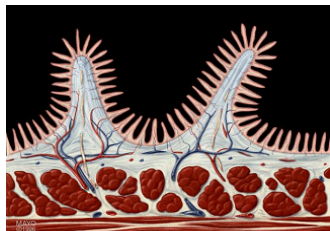
online at [www.OKceliac.com](http://www.OKceliac.com). Just click on the "Subscribe to Newsletters" button and follow the instructions.

You can find all meeting dates and activities there as well. If you want to see what other celiac are saying, check out our message board.

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## January 15 Meeting



Got Celiac Questions?

We have answers!

Please join us on Tuesday, January 15, for a Celiac Discussion Panel. We will feature medical and health experts to answer questions about Celiac Disease and the gluten free diet.

It will be a great time to talk to the experts and other Celiacs and find out helpful information to help Celiacs in day-to-day living.

The meeting will be held in the

Auditorium near the Conference Rooms at Integris Baptist Hospital.

For directions or more information, click on our website at [www.OKceliac.com](http://www.OKceliac.com).

## Great Gluten Free Get-Away



Chicken Paradise Bed and Breakfast, San

Recently my husband and I travelled to San Antonio, Texas for the Big 12 Championship game. We stayed at the Chicken Paradise Bed and Breakfast in San Antonio, a place I remembered seeing online and reading good reviews. Our expectations were greatly exceeded!

Joe and Anne Barfield, owners, were waiting at the door when we arrived. They welcomed us with open arms and showed us around their 1.5 acre home. It was a beautiful wooded area, complete with chickens, peacocks and Chutney, the wonder dog. Our suite was decorated in Victorian style and immaculately clean. Our breakfast was served on the patio near the pool and we were pampered like royalty. We enjoyed the best gluten free food, including homemade pecan waffles, fresh fruit, farm fresh egg

omelet with goat cheese, coffee and orange juice. It was amazing.

We left early the following morning and were provided with an "express breakfast" for the road. Coffee was ready with a click of a button. We had fresh fruit, homemade muffins and rolls, yogurt.

If you want a great weekend get-away or will be in San Antonio, check out [www.ChickenParadise.com](http://www.ChickenParadise.com).

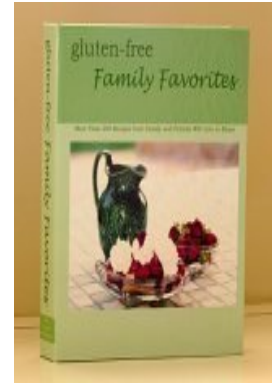
## Great Gluten Free Cookbooks

The Complete Book of Gluten Free Cooking contains over 300 recipes in 22 categories. It has a lot of good basic information, including alternative grains, kitchen tips, photographs,

gluten free flour mixes, and a helpful index. The author, Jennifer Cinquepalmi, is a mother of a Celiac and determined to provide her family with delicious and varied gluten free foods. This

cookbook is available at <http://www.aidantbooks.com>.

The recipes in this cookbook are easy and can be made with ingredients you already have.



## 2008 Meeting Dates

Support Group:

Jan 15—  
Auditorium

Mar 11—Conference  
Rooms JKL

May 13 -Conference  
Rooms JKL

Jul 8—Conference

Rooms JKL

Sep 9—Conference  
Rooms JKL

Nov 11—Annual  
Holiday Dinner

Business Meetings:

Feb 12—Conference  
Room J

Apr 8—Conference  
Room J

Jun 10 —  
Conference Room J

Aug 12 —  
Conference Room J

Oct 14 —Conference  
Room J

Meetings are centrally located at Integris Baptist Hospital.

## CSA Gluten Free Product Listing Available

The 12th edition of The CSA Gluten-Free Product

Listing is available for purchase, now in two formats- three ring binder or CD. Each is \$30

plus \$7.99 shipping and handling.

This is a wonderful publication, especially for the newly diagnosed who are struggling

to determine what products are gluten free.

To order, call:

877-CSA-4CSA or visit [www.csaceliacs.org](http://www.csaceliacs.org)



## Making Gluten Free Living Easy

Oklahoma Celiac Support Group  
CSA #5

4045 NW 64th Street  
Suite 220

E-mail:  
HMcline@aol.com

[www.OKceliac.com](http://www.OKceliac.com)

The mission of the Oklahoma Celiac Support Group is to make a positive difference in the lives of those living with Celiac Disease by providing support, education and opportunities to interact with fellow celiacs, as well as encourage the strict adherence to a gluten-free diet to promote a healthy and happy life.

For more information about our organization, please call Pat Sharp at 405.722.9986 or e-mail at Ptttt1019@aol.com.

### Oklahoma Celiac Support Group 411

The Oklahoma City Celiac Support Group meets on the second Tuesday of the month, unless otherwise noted on our website. General Support Group Meetings are held on the second Tuesday of odd numbered months. Business Meetings are held on the second Tuesday of even

numbered months.

All meetings are held at Integris Baptist Hospital, except for the Annual Holiday Dinner in November. General support group meetings consist of education, speakers and information on Celiac Disease and the gluten free diet. Gluten free refreshments and

drinks are served.



The Oklahoma Celiac Support Group is a subsidiary of the Celiac Sprue Association, USA, Inc.