



Celiac Digest

A publication of the Southern Arizona Celiac Support Group (SACS)

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DISCLAIMER: This publication is intended as a general information resource for gluten-intolerant individuals. It is NOT intended for use in diagnosis, treatment, or any other medical application. Please consult your physician for professional medical advice and treatment.

Prepare for Pot Luck on March 14

Pot Luck is upon us. It will start promptly at 1 p.m., Sunday, March 14, in Reid Park Building 2, the Performing Arts facility on South Alvernon Way, south of East Broadway Boulevard.

Set-up will run from 1 to 1:30 p.m. when we will begin to sample an array of home-made and store bought GF goodies ranging from main courses to snacks and desserts.

After we have filled our plates once or twice we will be addressed by Bill Eyl, southwestern director for CSA/USA, Inc.

Since Pot Luck is scheduled to run

until 4 p.m. there also will be plenty of time for visiting.

For the newcomers and some of us who have forgotten, this is how it is done: Bring a family-sized serving of your favorite gluten-free dish. We also need you to bring along some serving spoons and a jug of water (for coffee, tea, and drinking.).



Bring the wrapper if you purchased the completed dish, or make a careful list of ingredients if the dish is home made. **Set the ingredient's list next to the dish.**

We need to display ingredients because SACS members come with a mind-boggling variety of food sensitivities, not just gluten. Your thoughtfulness will help members decide if they should sample the dish you brought.

SACS will supply disposable plates, napkins, cups, and flatware, as well as coffee and tea with sugar/sweeteners, creamer, and juice.

In this Issue

Notes	3
Gluten-free dining	2
Cancer and CD.....	3
Leadership contacts.....	2
March Meeting	1
Recipe.....	4
Officer Slate.....	3
GF Dining	2

CSA/USA leader to speak post Pot Luck

The question, *What can CSA do for me, and why should I join?*, will be asked and answered by a regional CSA/USA leader during the general meeting portion of the Pot Luck event slated for 1 p.m. at Reid Park.

Bill Eyl, who is ending a second two-year-term as CSA/USA Southwest Region IV director, has been a member for more than 12 years after serving as a regional resource per-

son for a number of years.

He counsels newly diagnosed Celiacs referred to the CSA/USA website.

On the GF diet for 40 years, Mr. Eyl first was diagnosed in 1941 and became a "banana baby," an infant Celiac placed on the banana diet and expected to outgrow CD. Some Celiacs were diagnosed as early as 1920, notes, Mr. Eyl, who is writing an article on the "banana babies."



VEGGIES ADVICE: Al Bernardi, produce guru, gives advice at Jan. 24 general meeting. (Story Page 2)

SACS calls for Walk donation canvassers

We need SACS members to contact one or more potential supporters for the Celiac Walk April 24. The assignment consists of making a phone call or two, then following up by picking up donations which can include gift certificates, G-F products or items for raffle prizes.

"People love to help the walk so it's easy! And it helps us spread the word about Celiac Disease in the community," says Karen Keating, walk chairperson.

To help, please get in touch with Colleen Beaman, walk chairperson, at 743-7979, ckbeaman@hotmail.com.