



Celiac Digest

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

Online at: www.southernarizonaceliacsupport.org



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.

Special Presenters Coming in March and April!

Brandy Wendler - Saturday, March 9th, 9:00 a.m.
'Living Heart Healthy with Celiac Disease'



Brandy is Mrs. Northwest International 2013. You may remember her as Mrs. Alaska 2012. She is an Acute Care Nurse Practitioner at a hospital in Anchorage, Alaska. Before obtaining her Master's Degree from Emory University, she worked in one of the top cardiovascular ICU's in the nation. She was sick and struggled for nearly 10 years but was finally diagnosed with CD just 4 years ago. She is honored to represent her platform "Against the Grain: Raising Awareness for Celiac Disease" for the past 3 years. She created www.livingwithoutgrain.com to support Alaskans on a GF diet and organized the only support group in Alaska to encourage those living a GF lifestyle. She designs GF menus for restaurants and has a personal blog, www.brandywendler.blogspot.com. Brandy was one of the featured speakers at the 35th annual CSA national Conference in Long Island, NY last year.

Sara Vollmer - Saturday, April 6th, 9:00 a.m.
'Humor and a Good Support System are Key to Maintaining a Healthy GF Diet'

Sara was diagnosed at only 11 months of age. Her parents were told she would "outgrow" it so she was back on regular food. Of course she was sick most of her life. As an adult she sought and after 3 years finally found answers when she was diagnosed with Dermatitis Herpetiformis (which confirms the CD diagnosis). She believes that using humor, optimism and nurturing support is an extremely positive approach as we cope with the GF diet. Her diagnosis has empowered her. She co-manages the Gluten Intolerance Group of Fargo/Moorhead, North Dakota. She also co-chairs their bi-annual conference. She believes that even though we often feel as if we are "delicate", being 100% GF isn't the worst thing and with humor and a good support system, it becomes easier every day.



Please join us at **Pima Community College's District Office**, 4905 E. Broadway (near Swan, behind the TGIF restaurant) to give Brandy and Sara a warm Tucson welcome. As usual, on each date we will "eat, meet and greet" with delicious GF treats at 9:30 a.m. The talks will begin around 10:15 and there should be time for a Q&A session after. We'll offer delightful raffle bags full of GF products too!

News from Near and Far:

Gourmet Girls Receives CSA Recognition Seal

Gourmet Girls Gluten Free Bakery/Bistro has recently completed the requirements to qualify for the Celiac Sprue Association's Recognition Seal Program! The use of the CSA five crossed grain seal on packaging and menu items means the manufacturer has agreed to adhere to CSA's standards in representing their product to be free of wheat, barley, rye, oats and their derivatives and crosses in product, processing or packaging. Their packaging and menus will feature the CSA Recognition Seal to indicate the products are appropriate for a medically prescribed celiac diet. Their bakery selection includes pastries, tortillas and



Photograph by Michael P Moriarty



French bread and they serve a full breakfast and lunch menu all day. Their motto is: ***“Indulge Yourself Again!”***. Presently products are only available in the Tucson area from the Bakery/Bistro or the Sunday Farmer's Market. Future plans include products to be available through the Gourmet Girls website www.gourmetgirlsglutenfree.com. ~ Paraphrased excerpt from CSA's press release of January 16th, 2013 ~

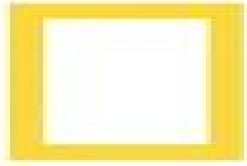
Foreign Exchange Students with CD seek GF Host Homes in Southern Arizona!

Diane Hasty of EF Foundation reached out to us in hopes we might help her find some host homes for teenage students in Casa Grande, Coolidge, Eloy, and/or Tucson. She says that hosting a foreign exchange student is rewarding for both the host family and the student, but often kids with special diets are harder to place. If you would like to host a super kid from another county who needs a home in which they are medically safe from gluten, please contact her by phone at 480-236-9014 or email her at diane.hasty@gmail.com. View EF Foundation's website at: www.effoundation.org to learn more.



News from Near and Far:

~~~Continued from Page 2~~~



# NATIONAL GEOGRAPHIC

*What lives in your gut? National Geographic wants to know!* CSA has asked us to share this news from Dr. David Sands who is a CSA member, plant researcher and frequent presenter at annual CSA national (and many other) conferences, this exciting study. He writes:

“Dear CSA members;

There is something called a microbiome. Humans know it as a group of a billion billion microbes in their gastro-intestinal tract. Only in the last few years has there been a great advance in the understanding of these gut microbes and how they effect our immune systems, our metabolic efficiency and potentially gosh knows what else.

The latest venture into the microbiome survey is that National Geographic Group that did the DNA testing of thousands of people to inform them of their ancestral origins (Y chromosomes for the father's ancestors and mitochondrial DNA for the mother's ancestors). Attached is the National Geographic e-mail flier that I received yesterday, soliciting interested people to have their microbiome tested for \$99.

**As a member of CSA and a person with real gluten problems, I am interested in getting myself tested and yet the data would be a lot more significant to researchers if fifty CSA members were tested. Such a volunteer team effort might result in enough data to really nail down the cause of some of our problems.** As a plant science researcher who develops new gluten-free grains (Timtana, Proatina, Montina) the idea that "we are what we (and our microbiomes) eat" will take on a different meaning. This is a chance for CSA members to make sure that our special niches (including our microbiomes) are represented.

Sincerely,  
David C Sands  
Professor  
Plant Science and Plant Pathology  
Montana State University”



Dr. Sands

Editor’s Note: To learn more about how to participate in the study please visit:

<http://news.nationalgeographic.com/news/2013/01/120104-human-gut-microbes-bacteria-health-diet/>

## Cel-Kids Korner

By Elizabeth Sheppard M.S., CHES, CIC

Hi kids, I am pleased to share this great news from Elizabeth!

~ *Chef Basil K.*

### Wow, Gluten-Free Chuck E. Cheese!

Gluten-free items are now available at our local Chuck E. Cheese! The new gluten-free menu additions started as a successful pilot program in Minnesota and now are being promoted nationwide. These goodies are made in a certified gluten-free facility in New Jersey. To reduce the chances of gluten contamination, these foods are prepackaged at the gluten-free facility before being sent to Chuck E. Cheese restaurants across the country. The gluten-free items now available at the Tucson Chuck E. Cheese includes pizza and cupcakes. The gluten-free cheese pizza slice comes prepackaged with its own individual cutter and costs approximately \$5.99. The cupcake comes in one flavor, chocolate with chocolate frosting, and costs approximately \$3.99. Tucson's Chuck E. Cheese is located at 6130 E. Speedway Blvd., phone (520) 519-1113



### Adorable Allergy Wrist Band for Kids



Bracelet Photo researched by Nancy Bingham

How comforting to send your child to daycare, school or a sleepover, knowing that their health concern is visible at all times! Allermates alert wristbands are a colorful, stylish and reassuring way to protect your child by reminding others of their food allergy or health concern. These adorable and latex-free wristbands include such cartoon characters as “Professor Wheatly” for children avoiding wheat/glutens, “Pint” for those with dairy issues and “Nutso” for tree nut allergy. In all,

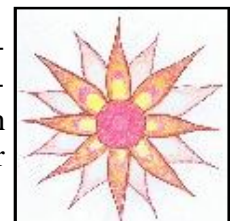
there are sixteen different characters representing various health concerns e.g. diabetes, soy, shellfish and cat allergies. For children with multiple allergies/intolerance, these characters can all be added on to one bracelet. These wristbands fit most children ages 2 and up. You can find them at [Allermates.com](http://Allermates.com) and they have been spotted at CVS drugstores.

### Families...Mark your Calendars!! Cel-Kids Support Group Open House

We will meet on Saturday March 16<sup>th</sup> 10:30-12:00 pm. Come to this informal “Meet and Greet” with other families and children who also live a gluten-free life. Make friends and get helpful information!! Please call Elizabeth at 468-8873 for details. This is open to everyone, including current SACS members and potential new members. We will have lots of fun!

If you can't attend this support group but are interested in Cel-Kids, please call Elizabeth at 468-8873 or [elizabeth@sunlightwellness.net](mailto:elizabeth@sunlightwellness.net). I am interested in finding the best time to schedule the meetings to meet everyone's needs.

Elizabeth Sheppard, M.S., CHES, CIC owns Sunlight Wellness, LLC, providing nutritional coaching and dietary education in gluten free and specialty diets. You may contact her at [elizabeth@sunlightwellness.net](mailto:elizabeth@sunlightwellness.net) for information on Spring 2013 classes such as “The ABC’s of Gluten-Free”, “GF Flour Power” and “Got Milk Alternative?” for which she is offering discounts for SACS members!



## *Cel-Kids Korner*

~~~Continued from Page 4~~~

Fun for Teens

This recipe was created by a gluten-free teen, Brydan Spencer of Indiana, Pennsylvania and she won first place in the 94th Annual Pennsylvania State Fair, competing against non-gluten free cookies. Try this great cookie recipe this weekend to share with your friends and family. They are so yummy, they'll never know that they are gluten-free!

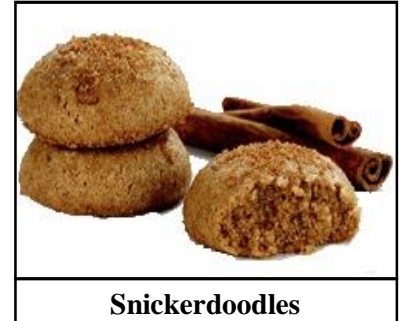
Gluten-Free, Dairy-Free Snickerdoodles (Makes 48 Cookies)

Ingredients:

1 cup shortening or dairy-free margarine
1 ½ cups sugar
2 eggs
2 ¾ cups gluten-free all-purpose flour blend
1 ½ tsp. xanthan gum
2 tsp. cream of tartar
1 tsp. baking soda
½ tsp. salt

For Topping:

2 tbsp. sugar
2 tsp. cinnamon



In a large bowl, beat together shortening, sugar and eggs until creamy.

In a separate bowl, sift flour blend, xanthan gum, cream of tartar, baking soda and salt. Add this to the creamed mixture and mix thoroughly. Chill dough briefly (10-15 minutes).

Preheat oven to 400 degrees. Mix together the 2 tablespoons of sugar and 2 teaspoons of cinnamon in a small dish.

Roll dough into walnut-size balls and place on waxed paper. Sprinkle tops with sugar mix.

Place balls on an ungreased baking sheet about 2 inches apart (If using Spectrum shortening, let the dough rest for 5 minutes at room temperature before baking.)

Bake in preheated oven for about 8-10 minutes until the cookies are light brown but still soft. Cookies brown quickly, so watch carefully.

Each cookie contains: 99 calories, 5 g fat, 13 g carbohydrate, 2 g protein, 43 mg cholesterol, 105 mg sodium

TIDBITS

GFree Connect is offering their free online newsletter to all who want to receive it. To learn more about their programs and GF sample packs and to sign up for their online newsletter, visit www.gfreeconnect.com. Thanks to Alan at GFree Connect for donating a care pack for our March 9th raffle!

If you have friends in the Phoenix area, please let them know about this:

Gluten Free Calendar is bringing home (to the Phoenix area) it's nationwide Celebrate Celiac™ events on March 9th complete with a GF pancake dinner and a beauty queen living with celiac disease! For more info visit:

http://www.glutenfreecalendar.com/?ai1ec_event=celiac-awareness-night-with-the-phoenix-suns&instance_id=13117

Meet Our New President

Hello SACS members!

My name is Rita De Luca and I have filled the President position on the SACS Board. I am thankful for the warm welcome that I have received and I am excited for the future of our group. As many of you know, the faces of the SACS leadership team have recently changed. It is with great enthusiasm that I have joined this great group of volunteers who are committed to serving our community. It is our hope that we will take the momentum of this expanding group and push it even further into the future.



Here are just a few exciting things that SACS has planned for you in 2013:

- Two free speaking engagements on living Gluten Free/Gluten Zero by dynamic speakers. There are more details in this newsletter and on our website.
- A newly revived Cel-Kids group to support those caring for children with Celiac Disease and Non-Celiac Gluten Sensitivity. Our hope is that the children will also be able to meet one another at events specifically designed with kids in mind.
- Dining out groups for both lunch and dinner one time per month. We look forward to meeting you and talking with you over a Gluten Free meal at one of the many Tucson restaurants who are able to provide us with tasty and safe dining options. Please see the calendar posted on our website for more information. *
- A quarterly newsletter to keep you informed of what is happening with SACS and in the Celiac and Gluten Free communities. We will also pass along information from our parent organization, Celiac Sprue Association.
- A newly revived Medical Advisory Board to provide us with updated nutritional and medical research information as well as to assist SACS in revising our educational materials.
- An enthusiastic leadership team ready to respond to our community's needs. Please contact us for your suggestions and requests. We look forward to serving you.

I had the opportunity to meet some of our members at the Holiday Potluck in December of 2012 and I look forward to meeting many more of you in the future. I am excited for our organization and I am committed to fulfilling this SACS Presidential term as an energetic, positive and responsive leader.

Thank you for this opportunity to serve you and also our community.

Sincerely,

Rita M. De Luca

President, SACS
CSA Chapter #15

*See page 7 for important dining out changes



Attention: Chapter 15 News Flashes

Monthly GF Round Table Needs Co-Leader:

Toni Sacconi has stepped down after 2 years of exceptional leadership. It is impossible to estimate how much good she has done for so many people. *Thank you, Toni!* Good luck to you. We will miss you and your gentle and effective leadership style but hope to see you at future SACS events! Thanks for attracting a new co-leader, Virginia Morgan, to take over part time. Let's warmly welcome Virginia who is a dedicated long-time SACS volunteer, *Celiac Digest* contributor and Round Table regular. Virginia will need a co-leader (due to her sometimes demanding work schedule).

Co-leadership is fun and takes just 2 hours on the 4th Wednesday each month (except November and December when it is suspended for the Holidays) at Ward 6 City Hall near the corner of Speedway and Country Club. Please contact Virginia by phone at 888-5905 or email vmorgan777@cox.net to coordinate with her as co-leader. Round Table is SACS' most crucial regularly scheduled support group so this is an urgent request for you to come forward and serve others as you have been served. GF Lunch Bunch moves from Fridays to Wednesdays and there's a

Important Dining Out Changes

new RSVP phone number for GF Lunches and Dining Outs: 722-9490. After the recorded greeting just leave a message telling us how many will be attending. Please RSVP for each event separately to avoid confusion. You may always RSVP via email at: Kathy@yourglutenfreekitchen.com. If you don't have email, please see the calendar below:

GF Lunch Bunches:

Wed. March 13th, 11 a.m. at Gourmet Girls, 5845 N. Oracle.
 Wed. April 10th, 11 a.m. at Jason's Deli, 6061 E. Broadway
 Wed. May 8th, 11 a.m. at Gourmet Girls
 Wed. June 12th, 11 a.m. Bushfire BBQ, 7080 E. 22nd. St.

GF Dining Outs:

Tues. March 26th, 6 p.m. at PF Chang's, 1805 E. River
 Tues. April 23rd, 6 p.m. at Lotus Garden, 5975 E. Speedway
 Tues. May 28th, 6 p.m. at El Charro, 7725 N. Oracle
 Tues. June 25, 6 p.m. at Outback Steakhouse, 4871 E. Grant



Remember to pass along your paper copy of this newsletter to someone else by placing it in a public place such as your barber or beauty shop instead of throwing it away. Thanks!

Southern Arizona Celiac Support
Chapter 15, CSA/USA
P.O. Box 0905
Cortaro, AZ 85652-0905



Sharing advice for a gluten-free life.

We're on the Web

www.southernarizonaceliacsupport.org

Inside:

| | |
|---------------------------------|-----|
| March & April Featured Speakers | 1 |
| News from Near and Far | 2&3 |
| Cel-Kids Korner | 4&5 |
| Tidbits | 5 |
| Meet Our President | 6 |
| Chapter 15 News Flashes | 7 |
| Contacts | 7 |

