

April 24th CD Walk seeks volunteers

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U of A senior who will graduate this year with a degree in nutritional sciences. Georgina is providing us with campus maps for walkers. She also is in charge of the walk-day raffle and has recruited members of the

U of A Nutrition Club to help us with the walk. Nutrition Club members, students, and others will be issued SACS's

Produce expert demonstrates technique

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-ages the business. The company, which is located in Arizona, California and Florida, supplies fresh fruits and vegetables nationwide and year-round (**Directions:** Enter TMC at traffic light, East Grant Road & North Beverly Avenue, heading north. Turn left at first stop sign on TMC campus. Follow curve, then go straight to end. Park in either lot, then walk to lower level of Alamo Building for Rincon Room. Map is online under Calendar tab.)

SACS Leadership Contacts

Officers: President, Jeannine Faidley, vice president, Jill Rouw, secretary, Hetty Pardee, treasurer, Sue Beveridge,

Chairpersons: Membership, Jill Rouw, Roundtable Forum, past president, Mary Louise Catura, Phone Tree, Esther Hopkins, member-at-large, Georgina Rubal, Raising Our Celiac Kids (ROCK), Liz Attanasio, GF Dining Club, Karen Keating, 2004 Walk,

Colleen Beaman, Celiac Digest Editors: Co-members at large, Evelyn Cohen, and Shirley Curtis,

Web Mistress: Shirley Curtis, developer of www.SouthernArizonaCeliacSupport.org/

certificates recognizing their hours of community service.

Mary Louise Catura, Roundtable chairperson and past president, and Georgina, are soliciting food manufacturers and suppliers for the gluten-free buffet.

Jeanette L. Sather, a SACS member, and members of the U of A Nutrition Club, will be helping Mary Louise and Georgina to get the GF products prepared and placed on the buffet tables.

Viola and Ted Rubal, Georgina's parents, will be on hand early April 24 to help with set-up. **Diane and Jim Perrine** will update the banner and hang it. Diane was walk chairperson last year.

Jill Rouw, membership chairperson, is making a quilt for the raffle. **Hetty Pardee**, secretary, is working registration, and treasurer, **Sue Beveridge**, is busy writing thank you notes to sponsors and contributors.

Karen Keating, our GF Dining Club chairperson, is helping Colleen with publicity.

Colleen, Karen and Georgina are **waiting to hear from you.**

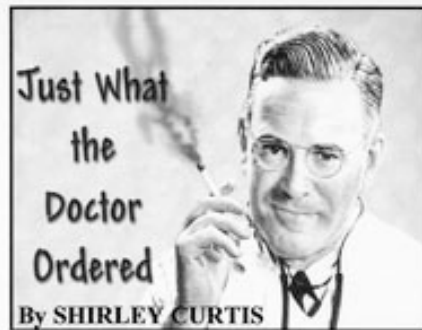
Roundtable laden with GF products

By MARY LOUISE CATURA

Gluten-free cake mixes and GF granola will be on sale when the Roundtable Forum meets at 1 p.m., Jan. 28, at the Columbus Library, South East corner of East 22nd Street and South Columbus Boulevard, Tucson.

Chocolate, lemon and dark vanilla GF cake mixes will be available for \$4.50 each. These GF cake mixes are the best I've ever tasted. They taste like real cake! If you're a cake lover, you'll love these cakes.

Now that the holidays are over, we are resuming our regular fourth Wednesday Roundtable Forum meetings. If you can make it, you will find lively conversation, advice and wonderful GF products. Hope to see you around the Roundtable. (Mary Louise Catura is the Roundtable Forum chairperson and a past president.)



Since the average time of diagnosis from onset of symptoms for Celiacs in the US is over 10 years, most of us have 'stories' concerning clueless physicians and their questionable judgments

After a diagnosis of Celiac Disease in 1997, the internist told Jeanette Sather, "**Just don't eat bread.**" (He never bothered to explain it was the *gluten* causing the problem.)

A neurologist told me in 1975 that "**You can't handle stress. Quit your job and marry an insurance salesman.**" (I was a single mom supporting two children. Encephalitis was causing the head pain)

Tell us what was *The Worst Advice A Doctor Ever Gave Me*. It does not have to be Celiac related.



Board member resigns

I sent my resignation from our Board to Jeannine Faidley, Pres. On Oct. 16, 2003 because of an accident that resulted in fractures to my pelvis. I needed to undergo extensive physical therapy, including pool therapy, both at Devon Gables, and later at Health South.

We have a great local group, and I am grateful to the members who helped me. They brought GF food to Devon Gables, and they volunteered to take me to doctor and therapy appointments.

I certainly can't forget those of you who prayed for my quick recovery. I began to count on it as I experienced what I call "leaps" to the next level of healing.

The original fractures have healed, but I will be continuing both pool therapy and strength training for a while.

Thanks to all of you and your encouragement. I hope to see you at the Jan. 28th meeting.

Gratefully, Julia Kelly