

# Gluten-free diners rate restaurants

When the Gluten-Free Dining Club meets at 6:30 p.m. Wednesday, Jan. 21, at *PF Chang's Chinese Bistro*, 1805 E. River Road, SACS members will be marking score cards thanks to Karen Keating, GF Dining Club chairperson. She has initiated a five-star restaurant review system that rates venues on four points critical to persons with Celiac Disease, and one general quality point.

*PF Chang's Chinese Bistro* offers patrons a special menu of GF selections, which may result in a new rating category. Please note that all members are welcome and may bring dinner compan-

ions, Celiac or not. Reservations with Karen (520-885-4828) are required, however, by the Friday before each dining club experience. The club usually meets at 6:30 p.m. on the third Wednesday of the month.

Karen's five-star scoring system focuses on: (1) menu selection/substitutions; (2) meeting special requests; (3) venue's knowledge of gluten ingredients and gluten contamination factors; (4) staff understanding of the GF diet; and (5) overall quality of the dining experience.

Two restaurants already visited by the

GF Dining Club, the *Kingfisher Grill* in September and the *Adobe Wine Deli* in



October, received four and five stars, respectively and retroactively, from Karen. She says both restaurants provide positive experiences for Celiac diners.

GF diners will visit *Elle*, a wine country restaurant, at 3048 E. Broadway Blvd., on Feb. 18. On

March 17, the GF diners plan to meet at *Jonathan's Cork*, 6320 E. Tanque Verde Road.

## How Southern Arizona Celiac Support came to be — and Pat Ewing's part in its development

By EVELYN COHEN

We exist today as the Southern Arizona Celiac Support Group, Chapter 15, Region Six, CSA/USA, because Pat Ewing got diagnosed 22 years ago and took on the responsibility of being, not only our first president, but our liaison with the national Celiac scene. She networked us into the latest research long before there was a SouthernArizonaCeliacSupport.org.

In 1982, after years of being incorrectly diagnosed, Pat, at last, was faced with the cure -- a restricted diet for the rest of her life. Pat told her doctor "I'll try it for a month." Weakened, coming off IV's, and still hospitalized after testing, Pat gave it

her all. She started researching the Celiac diet and making national Celiac contacts from her hospital bed.

Pat was motivated by a barley tea bag that arrived on the tray with her first "gluten free" meal. The dietician who



came to apologize for the glutinous incident admitted scant knowledge of the diet, but made it up to Pat by finding information on Celiac disease in a used book store. One of the books listed the address of CSA/USA then located in Des Moines, Iowa.

"I sat in the hospital and wrote and they answered right away," Pat recalled. She received information and recipes. In addition, CSA/USA contacted another Tucson woman, the late Mary JoAnn Hurley, who was self-diagnosed, and put Mary JoAnn in contact with Pat. Mary JoAnn knew four other Tucsonans with Celiac disease and facilitated the first Celiac

support meeting. Mary JoAnn did not want to be president, leaving Pat to step up to the plate.

Crediting her late husband, Randy, for his support, Pat relates that the two of them went to conferences in Des Moines and Oklahoma City. They met Pat Garst who founded CSA/USA in the late 1970s. Randy, who passed away about 10 years ago, served two years as a Region 6 board member.

CSA/USA is the largest (10,000 members) and most conservative national Celiac organization, according to Pat. She notes that the Celiac groups started about the same time in different places due to limitations on communication across vast distances. She says that it was more productive to work regionally.

Other American Celiac groups that are working toward the same goals, according to Pat, include the American Celiac Society based in the East, the Gluten Intolerance Group (GIG) based in Seattle, and the Celiac Disease Foundation, Studio City, CA.

Pat, who received a CSA/USA National Service Award in 2003, was a member at large until last fall. She reminds us that the Celiac organizations' development story is told in the book, *Against the Grain* by Jax Peters Lowell.

### NOTES

**CSA/USA:** 877-272-4272, 8 a.m. to 3 p.m. Central Time, [www.csaceliacs.org](http://www.csaceliacs.org).  
**Change of Address/Phone number:** Notify Jill Rouw, membership chairperson.

**Change of Email:** Notify us via the link at [SouthernArizonaCeliacSupport.org](http://SouthernArizonaCeliacSupport.org); email Shirley Curtis or Jill Rouw -