

Roundtable expands to welcome more Celiacs

Have you been out to a Roundtable Forum lately? If not, you might be surprised to learn that Roundtables are being very well-attended. Some of them have been nearly standing-room-only.

The next meeting is at 1 p.m. Wednesday, May 26, at the Columbus Library, East 22nd Street at South Columbus Boulevard, Tucson.

The high attendance could mean that

Chapter 15 Notes

Buckwheat, teff, mesquite meal, amaranth, montina and millet are gluten free, provided they are not contaminated.

Vanilla extract, the pure and real thing, has been deemed gluten free. Proceed with caution.

Got gluten in your meds? Contact Poison Control to find out.

Distilled white vinegar is believed to be gluten-free. Distillation destroys the gliadin. Proceed with caution.

Depression is an early and typical symptom of Celiac Disease.

Wheat-free does *NOT* mean gluten-free. Examine label carefully or call.

GF bakers use one-teaspoon xanthan gum to one cup GF flour mix to get that wheat-like gluey factor. Another gluten substitute is pectin water from boiled apple peels or commercial pectin.

Caramel coloring can be made from barley. Caution is advised. *Most* in the US is made from corn.

Wild Oats is offering Celiacs the store's new gluten-free foods pamphlet.

Walgreen's stores will print out a list of gluten-free products on request.

CSA/USA: 877-272-4272, 8 a.m. to 3 p.m. Central time. www.csaceliacs.org.

Change of address/phone number: Change of email: Notify us via the link at SouthernArizonaCeliacSupport.org.

Subscription discounts are available if at least 10 new readers sign up for *Living Without* magazine. Contact Mary Louise Catura via this website.

more doctors are sending the newly diagnosed to us, or there is more word of mouth, or newspaper are listings us, or there is more clicking on www.SouthernArizonaCeliacSupport.org, or it's the unusual GF products offered for sale.

Maybe it's the way we all share problems, CD news, advice, recipes and treats in an informal environment that resembles a family picnic.

Maybe it's Mary Louise Catura, a past SACS president who is Roundtable Forum chairperson. What ever the at-

traction is, you can't lose by attending. Everyone learns something, gains courage and goes home equipped to cope better with their CD.

The Roundtable Forum continues through the summer meeting at 1 p.m. every fourth Wednesday in Columbus Library.



GF shoppers win and lose

By Georgina Rubal

A step forward: Philly Swirl, a Florida-based ice cream company, has teamed up with the University of Maryland's Center for Celiac Research to help raise money for research. Currently Philly Swirl is re-labeling their popsicles as gluten-free. Save the boxes from Philly Swirl Popsicles and send to the Center for Celiac Research to raise money for Celiac Disease or bring them to one of our support group meetings and they will be sent to the Center.

Philly Swirl is donating 50 cents to the Center for Celiac Research for each UPC code and \$1.00 if products are from Costco. In Tucson, Philly Swirl Popsicles are only available at Costco or at Wal-Mart Super Centers. This is a great step forward in food labeling, but it is an expensive process for Philly Swirl. In order to continue with the labeling of their gluten-free products, they need to know that there are many Celiacs out there.

Feel free to send an e-mail to Alex

Plotkin and let him know your appreciation at alex@phillyswirl.com. Philly Swirl Popsicles were available to sample at the Celiac Walk and if you did not have a chance to try them, they will also be available at the May 22 meeting.

UPC bar codes can be mailed to: Center for Celiac Research, CFCR – Philly Swirl, 22 St. Greene St., Box 104, Baltimore, MD 21201.

A step back: Kroger is discontinuing some of their gluten-free products in order to make room for new gluten containing "low-carb" products. Kroger labels their chocolate and tapioca puddings as "gluten-free" and it can be found at Fry's or Albertson's. While these puddings may not be affected, other gluten-free products will be.

Let Kroger know that there are Celiacs out there who appreciate them labeling and providing gluten-free products. Call Kroger at 1-866-221-4141 or e-mail investors @kroger.com.

CD Walk

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Excitement was generated by the quality of raffle and auction items donated by a host of contributors. According to a list issued by Colleen K. Beaman, Walk chairperson, items included a Beanie Babies set and a walking stick; and numerous restaurant gift certificates.

Also, GF treats for kids, "Sopranos" and

"Sex in the City" T-shirts, glassware from Ireland, a kids' guitar music collection, work on your last will & testament by an attorney, and magic tricks videos.

Also, a painting and a print, a quilt, a soup tureen, a sweater, sports apparel, food market gift certificates, a fondue set, and a choice of a horseback-riding lesson or a two-hour horseback ride.

In addition there was a one-year subscription to *Gluten-Free Living* magazine and a genetic testing gift.