

Regional CSA head promotes national affiliation

Cites "strength in numbers" for legislation, research funding

Bill Eyl, Celiac Sprue Association/USA, Inc., Region VI director, made a compelling case March 14 when he told about 50 people at SACS' annual "Pot Luck" meeting, that they should join CSA/USA, Inc. Membership in national CSA/USA is set at \$33 for the first year with renewals at \$25.

Growth in CSA/USA membership, he explained, improves Celiac lifestyles by adding weight to the already hefty national group when it comes to providing information, getting funding for research and pressuring for legislation.

Mr. Eyl (as in *aisle*) and his wife, Lorraine, spent a few days enjoying Tucson prior to joining Chapter 15 SACS members for the Pot Luck buffet at Reid Park. Mr. and Mrs. Eyl came from Berthoud, CO, bear-

ing manufacturers' gluten-free samples and brochures, which they shared with SACS members.

SACS members, on the other hand, shared their favorite foods with the Eyls and each other. Some of the

it easier for Celiacs to avoid gluten,

Mr. Eyl noted that CSA/USA's updated website, www.csaceliacs.org, provides a link to the legislation. He urged SACS members to remind their Senators how much we need the bill to pass. Mr. Eyl also said CSA/USA executives planned to go to Ireland to help with work for international gluten labeling standards. Ireland is home to many Celiacs.

Mr. Eyl pointed out that CSA/USA also provides an information lifeline to Celiacs isolated in communities without local support groups.

Noticing several children attending the event, Mr. Eyl said both Camp Celiac for 7 through 16-year-olds and Cel-Kids Network are growing. Phone 732-679-6566 for Cel-Kids, and 508-399-6227 for Camp Celiac.

Mr. Eyl knows about being a Celiac kid. Born in 1941, he was a "banana baby"--an infant kept alive on bananas, pot cheese and rice. He was diagnosed again in 1964 and survived for years on foods recommended in an old Canadian recipe book. He continues to work as a volunteer for a better, gluten-free tomorrow. All *we* have to do is *join*.



Bill Eyl, Region VI Director, CSA/USA, Inc.

dishes included a Mexican-style casserole, a lasagna, a cold shrimp and beans dish, a sesame seed bundt cake, brownies, and lots of other GF goodies.

Mr. Eyl took to the podium after dinner and noted that Celiac Sprue Association/USA is the largest national Celiac support organization with 9,000 members.

"There is strength in numbers," he said, adding that the food-labeling bill is before the U.S. Senate, having already passed in the U.S. House. Passage of the bill in the Senate would require food labels that make

NOTES

Round Table Forum: 1 p.m. April 28, Columbus Library, E. 22nd St. at South Columbus Blvd.

CSA/USA: 877-CSA-4CSA, 8 a.m. to 3 p.m. Central time. www.csaceliacs.org.

Change of Address/Phone number: Notify Jill Rouw, membership chairperson

Change of email: Notify us via the link, at SouthernArizonaCeliacSupport.org.

Frito Lay snacks: Visit <http://www.fritolay.com/nutrition/glutefree.shtml> for gluten status. Their GF offerings sometimes have MSG and are packaged on shared lines.

Wendy's: Avoid chicken at Wendy's. The new recipe includes a glutenous soy sauce! You can check Wendy's website and download the new GF menu.

Millet: Millet, like rice and corn, has been deemed safe for Celiacs.



'World's Longest GF Buffet' tradition begins at first SACS Walk in 2002. Third CD Walk buffet, April 24, 2004, promises to top previous pig-outs. ©