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# Celiac Digest

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

online at [WWW.SouthernArizonaCeliacSupport.org](http://WWW.SouthernArizonaCeliacSupport.org)

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**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.

## More bucks, fewer bodies at 4th annual Celiac Walk

**Congratulations Walk committee and members!** You raised nearly \$10,000 (less expenses) at the Fourth Annual Walk for Celiac Disease. These funds will benefit CD research at the University of Maryland in Baltimore as well as support SACS's continuing local efforts in CD support, education and awareness.

Almost 100 SACS members, friends and relatives participated in the April 23<sup>rd</sup> Walk at the U of A Mall. Although participant numbers were down from last year's Walk, the financial contributions were greater. Marilyn Ringer was again first place in pledges and donations with over \$1,000 raised. Tania Malven and her husband Leo Spesard were second with \$540 and Lois Ann Franklin was in third place with \$525 collected. Also in the top four was Elisa Fankhauser from Chandler, with \$434. Her family spent the night in Tucson just for the Walk.

Other funds were raised by selling raffle tickets for donated prizes as well as holding a silent auction for donated

goods and services. The raffle brought in \$343 while the silent auction raised well over \$1,000!

The honorary chair for this year's Walk was Mindy Stickney, owner and developer of **Miracle Munchies**, a Tucson-based company specializing in GF baking mixes. Author Melissa Diane Smith was also present, selling copies of her latest book, **Going Against the Grain** as well as talking with members about nutrition and dietary issues.

As last year, Colleen Beaman's dance classes, the Pima County College Kelly Dancers and her dance class for mature women, the Sadle Brooke Silver Belles, entertained Walk participants. Norma Itule, a move-

ment therapist at Canyon Ranch, led participants in a rousingly fun warm-up routine. See photos on pages 5 and 6.



**GEORGINA RUBAL**, president, left, and chairperson **COLLEEN BEAMAN**, gear up for the fourth annual *Making Tracks for Celiacs*, Sat., April 23



## Food Fair, election slated for May 21

**Make sure you don't miss the Food Fair and election this May 21<sup>st</sup>, 9 a.m. to noon at the Rincon Room, Alamo Building on Tucson Medical Center's campus North of East Grant Rd. at Beverly Ave., Tucson. (see map on the back of page 5)**

Food Fair goodies are donated by either manufacturers or retailers and prepared by SACS volunteers for our eating pleasure. This is the one meeting of the year where members are **not** urged to bring a treat to share. Non-

members, of course, are always welcome and there is no fee to attend.

Do bring your checkbook and the inserted membership form, though, as it's time to renew. Members not paid up (or granted dues assistance) by September will not be on the 2005-06 Celiac *Digest* mailing list. Your resident immediate family receives membership by your dues, and one need not be a Celiac to be a member. (Please see **Food Fair** page 2)