



Celiac Digest

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

online at WWW.SouthernArizonaCeliacSupport.org November 2010

Vol 9, Issue 2

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.



November 13 Gen. Meeting Headlined by Gastro Doc Dr Charles Sanner

Longtime Tucson pioneering gastroenterologist, **Charles Sanner MD**, is scheduled to speak at the Saturday, **Nov. 13** General Meeting at Pima CC College District Campus, 4905 E Broadway (located behind TGI Fridays near Swan), at 9am.

Dr Sanner can be called a pioneer since he was the first gastro in Tucson to use the PILLCAM (capsule endoscopy) back in 2003—the same year that Alessio Fasano MD did his famous study that pushed CD to the forefront here in the USA.

Popular, soft-spoken and full of bedside manner (call me “Chuck”), Dr Sanner will be updating us on **“Trends in Gluten Intolerance.”** Speaking from his perspective as a community physician he will report trends he is seeing in his own practice. More CD or more gluten sensitivity? Younger age? Expanding complications from undiagnosed gluten intolerance, i.e., associated diseases and symptoms, etc.

A graduate of the University of Michigan medical school, Dr Sanner completed the majority of his internships and his fellowship here at the UA with diplomats in both Internal Medicine (1973)

and Gastroenterology (1977). He was both an instructor and assistant professor at the UA School of Medicine until 1980, a member of several review boards at local hospitals and has been on the Gastroenterology Committee at TMC since 1978. Other notable associations include four years on the Pima Co Medical Society Board of Directors and two years in the Army Medical Detachment.

Dr Sanner endeavors to keep astride of all the research surrounding the gluten intolerant community and can sometimes be found surfing the web in doing so. He recently moved his practice to a new office with Mesquite Gastroenterology on Tanque Verde where many of our SACS members are patients.

Make plans NOW to attend the **November 13** meeting and have your questions ready for the Q & A session.

Don't forget that if you bring a snack to share, please include the recipe or an ingredient list for those of our group who have multiple food intolerances. We look forward to seeing you there!



The Psychological Impact of Celiac Disease

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www.celiac.com



HANA WOWS ATTENDEES AT SACS SEPT 23 GENERAL MEETING

By Cheryl Wilson

A small, but enthusiastic crowd attended the SACS Sept 23 general meeting at Pima College. Most of them quickly became engrossed as new MAB member, Hana Feeney RD, quizzed everyone on “Myth or Reality” using statements such as, CD is a rare childhood disease, you can outgrow CD, people with CD are always thin, etc. People started calling out the answers and soon realized that they know more than they thought they did.

Hana subtitled her lecture, “Food Matters” which had four points: 1) Understand, respect, honor and continually learn about the GF diet; 2) Prevent nutrient deficiencies and excesses; 3) Prevent and manage complications of CD and other AI conditions with an anti-inflammatory diet; 4) Practice food consciousness.

Hana had some great charts with lists of foods that can help us overcome nutritional deficiencies and some on how to reduce inflammation. She spent a large portion of her time on foods which can either cause or reduce inflammation, which was probably new to many in the audience. It was similar to what we have heard in the past from Dr Ken Fine, but the slides by Hana were updated and easier to read.

She also had great photos of some of the newer, less-known grains and some in our audience were quick to jump in and suggest how they use some of these grains. It seems that both Hana and the audience enjoyed how this turned into an interactive presentation.

Hana definitely has a gift for presentation and I can see how she is going to impact both our support group as well as our community. Thanks for such a great presentation, Hana!



LEFT:
Susan Fulton of *Gourmet Girls Goes Gluten-Free* offers snacks to SACS Members at the general meeting on Saturday, Sept 25



RIGHT:
Hana Feeney RD, speaks with long-time SACS member, Jack Cohen-Joppa, after her lecture on nutritious GF eating at the Sept meeting



ABOVE: SACS GF Lunch Bunch Coord, Colleen Kelly-Beaman, holds up a newspaper article she found about the GF diet

WANTED:
Creative Desktop Publisher

Need an outlet for your creativity?

Consider joining our team as **Newsletter Editor** of **The Celiac Digest**. Requirements include having a working knowledge of MS Publisher and being willing to attend meetings occasionally. Please contact Cheryl Wilson at 520-298-5551 or via Email at so.az.celiacsupport@gmail.com.



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Chapter 15 Notes

Membership changes?

Notify us via the website or call 219-7076 (Kim Pebley).

CSA/USA: 877-272-4272

9 a.m. to 4 p.m. Central Time.
Go to www.csaCeliacs.org.

SACS GF Mentor Program

You can sign up online if you would like a mentor to help you navigate the sometimes confusing world of CD/DH or the GF lifestyle. We will try to match you with someone that lives on your side of town. You can also sign up to BE a mentor (diagnosed 1+yr). Go to our website and click on "Gluten-Free Mentor Program".

SACS Volunteer Needs How Can YOU help?

In addition to the Newsletter Editor mentioned on Page 2, we are also in need of the following:

► *Cel-Kids Coordinator*. This person would assist us in the planning /execution of events for GF children, as well as answer questions that come to us via the web or phone calls. On-the-job training is provided!

► *Silent Auction Coordinator* for the 2011 GFFF. Again, on-the-job training will be provided by the 2010 Coordinator, who will also assist in coordinating the 2011 event (which will be held at the Holiday Inn Palo Verde on April 23, 2011).

► On going needs include clean up and/or set up for SACS general meetings or special



events, as well as people to help assemble and mail the newsletter. You can volunteer to help for a specific date or any number of events. If you would like to know more or want to sign up right now, please contact our Volunteer Coordinator, **Celeste Harvey**, at 7216-6767 or lily_celeste@yahoo.com.

SACS IN THE COMMUNITY

By Patricia Hirsch
SACS Publicity Coordinator

Methods to make educating the general public more “palatable” were discussed in this new column in the previous issue of **Celiac Digest**. Here’s a follow up on experiences at the 37th Annual **Tucson Meet Yourself (TMY 2010)** October 8 – 10:

Over 80,000 (conservatively) attended the 3-day festival. SACS was there *with a booth we can all be proud of*. Thanks to **Kim Pebley, Dr. Lindsey Pearson, Hetty Pardee, Kathe Kubish** and others, history was made by bringing CD/GF facts and figures to the masses in fun ways. They devised a guessing game where kids and adults could sort GF foods into one basket and non-GF foods into another. It worked! Learning is better done when it’s fun, that’s for sure. SACS President, Cheryl Wilson, was also there taking photographs and talking with other booths (such as the Diabetes Association) about celiac correlations.

I thank **TMY’s** executive director, **Mia Hansen** and the Board of Directors who overwhelmingly embraced SACS’ at the first ever **TMY Traditions**

of **Health and Wellness** which was sponsored, in part by **Tucson Medical Center, Susan G. Komen Foundation, Activate Tucson** and others. As a volunteer staff member for **TMY** I brought GF pizza from **Boston’s The Gourmet Pizza** to a staff/board meeting because it’s tastier to swallow than our blue SACS info brochure. They liked it so much they asked me to bring it again to the post-event de-briefing meeting!

Traditions of Health and Wellness may become a regular part of **TMY** in years to come—SACS will be there. Special thanks to SACS’ **Virginia Morgan** for her help at the **TMY** volunteer center itself. There were over 425 **TMY** volunteers. I was in charge of half of them and Virginia’s assistance to me was invaluable!

Other community efforts where SACS is involved include a presentation by MAB member, **Hana Feeney, RD**, on September 14 to the restaurant association, **Tucson Originals**. The talk was made possible by **Jerry Heintze**, SACS dining out coordinator.

There must have been 35 high-end chefs who listened, mesmerized, while Hana told why GF menu items are good for them and the dining public in just 15 minutes. The talk was designed to be informational but turned out to be much more than that! SACS thanks Tucson Originals’ executive director, **Colette Landeen**, (who first

invited SACS through Jerry) for also inviting us to planning meetings for the new healthy restaurants initiative which is part of a federal stimulus grant awarded to the **Pima County Health Department**. SACS’ advisory role will be an integral part of the new voluntary restaurant program: **Smart Choices for Healthy Dining**.

We are in on the “ground floor” on this million-dollar program administered by the **UA** and have been invited to all of the planning meetings. Watch this column for exciting developments!

Kim and I fly to Kansas City tomorrow morning to bring all this news to the annual national CSA conference.

Meanwhile, Cheryl Wilson prepares for an important talk to behavioral health professionals who invited her back to tell more about the mental health issues such as autism, ADD, bi-polar disorder, etc., related to gluten ingestion. Jeannine and **Sue Beveridge** will bring our message to **Pima Council on Aging’s** annual health fair.

We work hard to make CD awareness work and it’s paying off. That means an upsurge of demand for support. Please watch this new column and see how your skills, abilities and suggestions can help us to continue to be one of the strongest support groups for healthy, safe GF living in our nation.

BELOW: SACS MAB Chair, Dr Lindsey Pearson, covers the subject of CD diagnosis at Providence Behavioral Health on Sept 23.



ABOVE: SACS member, Kathleen Joy, talks to a mother at the annual health & wellness fair at Tucson Children’s Museum on Sept 25.

BELOW: SACS booth at Tucson Meet Yourself attracted athletes after early morning events in front of Pima County Courthouse Oct 9.





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GF Wild-Rice Stuffing

Ingredients

1 cup wild rice
4 cups water
1 1/2 Tablespoons butter
1/2 cup green onion,
chopped
1/2 cup celery, chopped
1 to 2 cups fresh
mushrooms, sliced
Turkey giblets, cooked,
diced fine
2/3 cup almonds, slivered
2 eggs
1/2 teaspoon sage OR
oregano OR poultry
seasoning

Directions

Wash rice thoroughly.
Combine rice and water in a
heavy saucepan. Bring to a
boil, then cover and simmer
for 45 minutes until tender
but not mushy. Fluff with a
fork, cover and simmer 5
minutes more. Drain in fine-
mesh strainer or colander. In
the same saucepan (rice
removed), melt butter, sauté
vegetables, giblets and
almonds. Season with salt
and pepper. Stir in rice.
Then add eggs and
remaining spice. Adjust
seasoning as desired. Stuff
and cook turkey.



WHAT:

Nov. GF Cooking Class:
Stuffing, cornbread, green
beans, pumpkin & pecan
pie (& turkey made ahead)

WHY:

To learn how to cook easy,
healthy, GF meals

WHEN:

Nov 6 from 10a-12:30p

WHERE:

4662 E. Don Jose Drive
Tucson, AZ 85718
Corene Johnson, Hostess

WHO:

Anyone over age 14
(limit of 10 per class)

COST:

\$20.00 per person

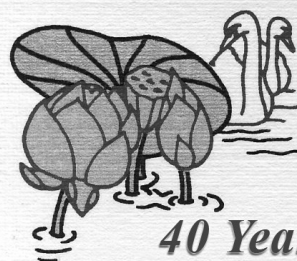
HOW:

Call Corene Johnson
(577-6930) to reserve your
space for the fun!

GF Cooking Class:

Saturday

November 6, 2010
10:00am to 12:30pm



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975-7322, jerry@jerryheintze.com



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Sharing advice for a gluten-free life.

Save the Date!

Saturday
December 4th



Holiday Inn @
Palo Verde
10am — 2pm
SACS Fundraiser

(8)

An event were no volunteers are needed? Could it be?

SACS proudly presents a way for you to show your support and get your last minute Christmas shopping done at the same time!

Our GFFF has become such a vast success that we are hosting a fundraiser to help with the increased expenses including the cost of a larger venue. Come socialize with other group members and check out our new location for the 2011 GFFF.

We will have 14 different vendors (see below) presenting their wares for sale and many will have cash and carry items on hand.

1. Homemade Gourmet
2. Gold Canyon Candles
3. Flip Flops with Flair
4. Beauti Control
5. Tupperware
6. Pampered Chef
7. Party Lite
8. CCW Digital Artistry (Cheryl Wilson)
9. Greeting Cards & Jewelry by Celeste

Mark Your Calendar

2010-2011

- November 6** — Cooking Class
November 12 — Noon Lunch Bunch @ Picazzos (7850 N Oracle Rd)
November 13 — 9am; General Mtg @ Pima College District Campus
January 14 — GFLB (TBA)
January 26 — Roundtable Resumes
January 28 — 4th Friday Dining
February 11 — GFLB (TBA)
February 12 — 11am POTLUCK @ The Journey church, North Swan Rd.

10. Designs by Jaz
11. Taylor Made Designs
12. Kachina Dolls by Karen Komalestawa
13. Bellio Design
14. So Az Women's Chorus

We can't wait to see you there!

