

Happy New Year!

It's hard to believe that it's already 2009! I want to thank all of you for your continued support as this marks my first year as your KC CSA president. We reflect on 2008 as a year of excellent speakers, programs, parties, shared gluten-free recipes and dishes, and the addition of several new members to our chapter; let's make 2009 another memorable year as we continue to grow in strength and support one another.

Our new chapter vice president for 2009 and 2010 is Debra Filla. Debra writes and publishes a newsletter called "Inside Out" and is based out of Leawood, Kansas. Thanks to Mary Scharff, our past vice president, for all her hard work in planning great programs and speakers these past two years.

Carl Scharenberg, our webmaster, has been doing an excellent job on updating and maintaining our chapter's website: www.csakansascity.org. Please take advantage of our website which includes an events calendar, issues of our quarterly Gluten-Free Advocate newsletter, contact information of our chapter's officers, several resources and links, and the new Member Survey that can be completed online (see page 5 for a paper copy of the survey).

I want to remind you of another useful resource for your gluten-free living: Hy-Vee's list of gluten-free products. Go to www.Hy-VeeHealth.com, and you'll find the link to an extensive list of gluten-free foods found at Hy-Vee as well as numerous gluten-free recipes. Contact me if you would like a printed copy of this list mailed to you.

Please feel free to contact me or talk to me at the monthly meetings with any questions, concerns and/or comments you may have.

Here's to a fabulous, gluten-free and healthy 2009!

Courtney Scherer, RD, LD
Hy-Vee Dietitian
KC Chapter 4 CSA President
Home Email: mkeonin@hotmail.com
Work Email: cscherer@hy-vee.com
Cell: 913-515-8802

UPCOMING EVENTS

- | | |
|--------------|--|
| Feb 8, 2009 | JoAnn Farb, cookbook author, will discuss the GF diet |
| Mar 8, 2009 | Becky Pierson, cookbook author, will explain Montana GF flour and its uses |
| Apr 12, 2009 | <i>No meeting. Easter holiday</i> |
| Apr 26, 2009 | Mary Braun, social worker, will speak on the emotional side of "Coping with Celiac Disease." |
| May 10, 2009 | <i>No meeting. Mother's Day</i> |

Children are welcome, but must be supervised at all times.

All meetings from 2:00 to 4:00 p.m. on the second Sunday of each month.

Unless otherwise noted, meetings are at the St. Joseph Hospital Community Center, I-435 and State Line. Availability of speakers could change schedules.

Combined Meetings for April and May

Because the Easter and the Mother's Day holidays fall on our normal meeting dates, the April and May meetings will be combined into one meeting on April 26. We hope to see you there.

Two Gluten-Free Cooking Classes Available on March 7

1. Here's a great way to spend a fun Saturday! Becky Pierson, cookbook author and leader of the celiac support group in Eureka Springs, AR, will teach 8 celiacs or celiac family members how to make muffins and pizza from gluten-free Montana flour. Montana is a special Indian tallgrass grain grown in Montana. You will also leave the class with everything needed to make a loaf of Montana bread at home. Plan to cook with Becky from 1:00 to 3:00 p.m. at Debra Filla's residence and be sure to bring a plastic container to take goodies home. The cost is \$7 per person. To reserve your spot, mail a check to Debra, **postmarked no later than February 26**, and attach a note stating **your name and telephone number**. **Make checks out to CSA, Chapter 4**. Your check is your reservation and reservations cannot be taken without payment. If the class is full, Debra will notify you and return your check. If participation warrants, a second class at another time may be considered. Mail checks to Debra Filla, 8505 Belinder Road, Leawood, KS 66206.

2. On the same day, the Culinary Center of Kansas City will conduct a class on cooking gluten-free basic bread, cookies, pancakes, and muffins. You will also learn techniques and tips for cooking gluten-free. Open to 28 participants, the class will run from 10:00 a.m. to 1:00 p.m., at the Culinary Center, 7920 Santa Fe, Overland Park, KS. Cost is \$55 per person. To make your reservation, call the Culinary Center at 913-341-4455 or visit the website at www.kcculinary.com

Growing Market for Gluten-Free Products

"Marketers estimate that 15% to 25% of consumers want gluten-free foods — though doctors estimate just 1% have celiac disease, the best-defined and most severe form of gluten intolerance.

"Gluten-free diets are catching on at colleges. There is a fad aspect. What can possibly be behind a fad that has college kids giving up pizza and bagels? One answer is that true gluten intolerance, once thought rare, is getting overdue attention. In 2003, just 40,000 Americans had been diagnosed with celiac disease; today, it's 110,000 — and, if everyone with the disease were diagnosed, it would be 3 million, says Alessio Fasano, medical director of the University of Maryland Center for Celiac Research in Baltimore. Another good thing: The trend has produced more gluten-free versions of foods the truly intolerant would otherwise have to give up." (Source: *usatoday.com*)



Recipe: GF Onion Rings (or Mushrooms, Zucchini, Cauliflower)

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

½ cup cornstarch (Hodgson Mill, Argo) (corn flour works better)
½ cup potato starch
½ teaspoon salt
½ teaspoon GF baking powder (Clabber Girl)

Scant ½ teaspoon xanthan gum
Pinch of GF ground red pepper (optional)
¾ cup milk
For frying, use 2 cups oil

Cut large, peeled onion into thick slices and separate into individual rings. Set aside. In small bowl, combine all other ingredients and mix well to form a smooth batter. Allow batter to sit for a few minutes. It will thicken a little and adhere better to the onion rings.

Heat oil in saucepan to 375° F or use deep fryer (such as Fry Baby).

Dip onion slices (or mushrooms, zucchini, cauliflower) into batter and place in hot oil. Do not crowd. Cook until lightly browned. Drain on paper towels. Sprinkle with salt, as desired.

Keep Track of Donations for Tax Purposes

Tax law requires that donations claimed as tax deductions, such as those to the local chapter or the national Celiac Sprue Association, must be documented by bank records such as cancelled checks or bank statements. This applies to all cash donations, including those under \$250. Cash donations are reported on Schedule A, “Itemized Deductions.” *(This is not tax advice. You should verify this information with your tax advisor to ensure accuracy as it applies to your situation.)*



Because of the record keeping required, our local CSA chapter cannot feasibly provide receipts or annual statements for single donations smaller than \$250. Consequently, we request that members make contributions by check when they wish to itemize their donations for tax purposes. Make checks payable to “CSA, Chapter 4” and hand them to George Smiley, our treasurer, at monthly meetings or mail them to George at 5119 Lowell Avenue, Overland Park, KS.

HOTLINE REPORT

by Helen Richards

More medical professionals are referring their newly-diagnosed patients to our support group. Thank you!! We do our best to provide the correct information and encouragement to get and keep celiacs healthy and happy. And we like to eat, as evidenced by the quantity of gluten-free products and homemade treats at each meeting. Thanks to Ann and George Smiley, Sheri Garner, and Rose Farris for checking and arranging our GF treats.

If you haven't been to a meeting, come and see what we have to offer! In the meantime, our hotline is available to help you stay gluten-free and healthy.

Hotline Phone:
913-393-2400

\$\$\$ Treasurer's Report \$\$\$

by George Smiley

Beginning balance as of 3-4-08	\$7,788.44
Income	\$ 938.23
Expenses	\$ 755.05
Ending balance as of 6-3-08	\$7,971.62*

*February, 2009, data unavailable at time of publication.

Thanks to your generous donations, our Chapter has operated for over 20 years without requiring membership dues. An accomplishment to be proud of!

CSA of Greater Kansas City—Executive Board for 2009

President Courtney Scherer
913-515-8802; mkeonin@hotmail.com

Past President Judy Bond
913-236-5659; JBond@kc.rr.com

Vice-President Debra Filla
913-381-8489; insideout@attglobal.net

Secretary Julie Davis
913-888-1919; jdavis76@everestkc.net

CSA Member-at-Large/Region 2 Cindy Faulknier
913-384-2276; cfaulknier@msn.com

Treasurer George Smiley
913-831-0031; georges@everestkc.net

Chapter Dietitian Karen Breshears
660-543-8737; kbreshears@ucmo.edu

Chairpersons of Standing Committees:

Cel-Kids	Jessica Farris <i>Tweens and Older</i>
	Diadra Harnden <i>Up to Tweens Age</i>
Hospitality	Rose Farris Sheri Garner Ann & George Smiley
Newsletter Distribution	Mike & Jennifer Robert

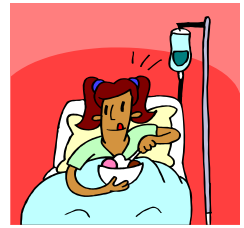
KC Gluten-Free Advocate

Published February, May, August, November
Editor: Ray Melton
816-228-5704
meltonrp@sbcglobal.net

Local website: www.csakansascity.org
Webmaster: Carl Scharenberg
carlscharenberg@yahoo.com

A Celiac's Unfortunate Hospital Experience

A member of the St. Louis online discussion group had a hospital stay that, hopefully, is not typical. After surgery, she received toasted gluten-free bread, but it arrived on a plate, unwrapped, with no information confirming that it was gluten-free or that it was free of contamination from a toaster or contact with other foods. She was also served crackers (clearly labeled containing wheat), Rice Krispies (containing malt flavoring), chicken broth that was not gluten-free, and meat loaf with gravy. In one instance, it was evident that mashed potatoes and gravy had been scraped from her plate and replaced with corn. When the patient inquired about the hospital's awareness of the gluten-free diet, the hospital kitchen representative stated that they were very familiar with it. After several complaints by the patient, the hospital finally asked a dietitian to call the patient's mother to read product labels to her and to check all foods that would be served.



Not all hospitals are so unprepared to handle a gluten-free diet. Nevertheless, when you know in advance that you will be in a hospital long enough to be served meals, ask to speak with the registered dietitian to explain your dietary requirements (including the issue of cross contamination) and request that your needs be communicated to all parties within the hospital who are involved with your food preparation and service. Ask that all relevant hospital records be updated to include your gluten-intolerance information. If advance notice is not possible or if you are unable to do it yourself, have a family member speak with the dietitian before food is served to you. You should also ask that the pharmacy provide only gluten-free medications and, if they seem unclear about how to do that, ask that they call the drug manufacturers.

“Gluten-Free” Safety Labels

Are your refrigerator and cabinets stocked with peanut butter, jelly, mayo, food containers, and other items that family members might contaminate? Would you like a way to keep your foods separate and safe in the refrigerators and cabinets of family and friends whom you visit? If so, consider these nifty bright red safety labels that warn: “Gluten-Free! Do Not Contaminate.”



Order from Cecilia's Marketplace at www.ceciliamarketplace.com (no phone listed). Cost is 5 for \$1.00 or 25 for \$4 and shipping is free.

What Meeting Topics Interest You?

Are there particular topics or programs that you would like to see at our monthly meetings? Now is your chance to vote for your favorites and to suggest others. All you need to do is complete the questionnaire on page 5 and mail it in by February 14 or bring it to the February 8 meeting. You can also complete the questionnaire at our website at www.csakansascity.org. The topics with the most votes will be covered in future meetings. *(Note: Your suggestions for topics or programs are always welcome, so please don't feel limited to this one opportunity. Share your ideas with our President and Vice President at any time.)*

Celiac Sprue Association, Chapter 4, Kansas City

Survey of Member Suggestions *

How many times per year do you attend monthly meetings? _____

What speakers or programs have you liked...

the most? _____

the least? _____

What information or programs would you like in the future? (Check as many as you wish)

- ___ Day in the life of a Celiac (a typical day in the life of other members)
- ___ How to cook gluten-free (recipes, tips, converting conventional recipes, etc.)
- ___ Information on how to dine out gluten-free (questions to ask, safe restaurants, etc.)
- ___ Arranging for our group to dine at local restaurants offering gluten-free menu items
- ___ Meetings focusing on recipe sharing and tasting for a specific theme
 - Circle theme preferences: breads, cookies, muffins, cakes, pies, desserts, pastas, breakfasts. Other suggestions: _____
- ___ How to improve chances of a gluten-free hospital stay
- ___ Updates on new gluten-free food products available
- ___ Information regarding gluten-free prescription and over-the-counter medications
- ___ How to improve my health as it relates to gluten intolerance.
- ___ Information on other autoimmune diseases associated with celiac sprue
- ___ The latest in celiac research
- ___ Presentations by doctors and other health care professionals
- ___ Reviews of books pertaining to celiac sprue (e.g. "Celiac Disease: the Hidden Epidemic")
- ___ New member orientation to the gluten-free lifestyle
- ___ Meetings devoted to question and answer sessions
- ___ Continue Thanksgiving Dinner? Yes ___ No ___
- ___ Continue December holiday party? Yes ___ No ___

Other ideas/suggestions. Please include information for possible speakers, *including topic ideas and/or contact information for speakers.* _____

Would you be willing to help plan, coordinate, and/or lead any of these meetings? Specify preferences: _____

Optional:

Name: _____

Address: _____

Email: _____ Phone: (____) _____

*** Note: This questionnaire can also be filled out online at our local website: www.csakansascity.org**

Please fold page in half so address on page 6 appears on outside surface. Tape shut with small strip of cellophane tape. Add First Class postage and place in mailbox by February 14. Or hand in questionnaire at the February 8 meeting.

Debra Filla
Vice President, Celiac Support Group
8505 Belinder Road
Leawood, KS 66206

Good News from Godfather's Pizza

Coming soon! Godfather's Pizza is going to offer gluten-free pizzas at some stores in 2009. Tests are being conducted at two locations, one in Omaha and one in Ankeny, Iowa. The following is taken from an email from Godfather's R&D Field Project Manager on December 16, 2008:



“Currently we are testing the gluten free pizza at these two locations to ensure all safety precautions are met to prevent cross contamination operationally within the store. With the success of our test we will look for more corporate and franchise stores to sign aboard and join in the successful venture of offering the option of a gluten free pizza.

“The Training and Research & Development Departments have received GREAT training from the National Foundation for Celiac Awareness and we will be training all of the stores that carry the gluten free pizza about cross contamination.

“Both Corporate and Franchise locations will be responsible for agreeing to and meeting the guidelines that have been set by the Godfather's Pizza National Headquarters in association with the National Foundation for Celiac Awareness.

“Our goal is to have everyone eating Godfather's Pizza sometime in '09.”

An On-Going Problem for Celiacs

Here's a problem for celiacs that is not likely ever to go away: **when you become accustomed to a product's being gluten-free, the manufacturer changes the formulation and the food is no longer safe.** For example, Old El Paso Cheesy Mexican Rice and Old El Paso Spanish Rice recently lost their gluten-free status because of the addition of wheat.

The changes in these products emphasize the need always to read product labels every time you make a purchase. It's a real pain to stand in the grocery aisle and read labels, but it may prevent one of those dreaded reactions we're all so familiar with.

Here's one good way to keep up-to-date on many products that lose their gluten-free status. Frequently visit www.ceciliasmarketplace.com The website posts notices of status changes as soon as the changes are discovered. Click on “Product Alerts” at the bottom of the page.

Remember, however, that the best way to keep up-to-date is to read labels when you buy. You can find a 30-page glossary of terms to watch for in *The CSA Gluten-Free Product Listing* available for \$30 from the Celiac Sprue Association at www.csaceliacs.org or at 1-877-272-4272.

Thanks for Product Samples

Thanks to two gluten-free suppliers for providing product samples at our meetings:

January: Bakery on Main, Jennifer Kopp. Contact her at koppj@bakeryonmain.com

February: Foods Alive, Matt. Contact the company at info@foodsalive.com

Please take a minute to contact these companies to tell them we appreciate their sharing their samples. They would also like feedback on what you think of their products.

Whole Foods and Hy-Vee Pull Gluten-Free Products from Shelves

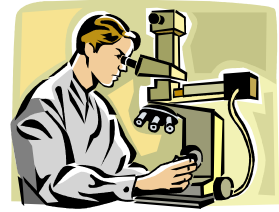
Whole Foods and Hy-Vee pulled three gluten-free Wellshire Farms children's products from the shelves, saying the items actually contain gluten. An investigation by the Chicago Tribune unveiled that the dinosaur-shaped chicken bites, chicken corn dogs and beef corn dogs included gluten.

Processed Foods Containing Traces of Wheat Starch May be Safe for Many People with Celiac Disease

(Editor's Note: This is a news item, not an endorsement or recommendation. Readers must decide for themselves how to apply this information to their own situations. Caution should be exercised.)

From www.celiac.com: “Processed foods often contain ingredients derived from starch, such as dextrose (glucose) and maltodextrins. In the United States, these starch products are typically made from corn and are safe for people with celiac disease. However, more than 50% of the processed foods from Europe contain ingredients that are made from wheat starch and therefore contain trace amounts of gluten. This can pose a problem when eating imported foods or when traveling because the amount of gluten required to trigger symptoms in people with celiac disease is still under investigation and not yet completely understood. For this reason, researchers in Finland have tested the safety of eating processed foods containing these wheat starch products.”

During a 24-week study with 90 adult celiacs, the researchers had two-thirds of the participants consume daily drinks containing gluten comparable to the amount a person might consume while eating an average amount of processed foods. Another third of the participants were given placebos containing no gluten. Through small intestine biopsies and blood tests for specific antibodies, the researchers found no intestinal damage or increased antibodies as a result of exposure to trace amounts of gluten when compared to tests before the study began and compared to the tests of the individuals taking placebos. Similarly, tests of nutrients in the blood (iron, folic acid, and calcium) before and after the study showed no decrease which indicates that nutrient absorption was not affected by consuming trace amounts of gluten. Additionally, gastrointestinal symptoms, such as diarrhea, indigestion, constipation, abdominal pain, and gastroesophageal reflux, did not increase significantly in any group and none of the patients who suffered from dermatitis herpetiformis developed a rash during the study.



“Results of this study suggest that the trace amounts of gluten in processed foods containing wheat starch products were not harmful for most people with celiac disease. Although additional studies will help clarify the issue, it may be unnecessary for people to avoid these products, making it easier to adhere to a “gluten-free” diet.”

To read the complete article, go to <http://www.celiac.com/articles/21639/1/Processed-Foods-Containing-Wheat-Starch-May-be-Safe-for-Many-People-with-Celiac-Disease/Page1.html>

The studies were conducted by Departments of Gastroenterology and Alimentary Tract Surgery, University of Tampere and Tampere University Hospital, Tampere, Finland.

Editor's Note: The U.S. Food and Drug Administration is developing a definition of “gluten-free” for voluntary use by food manufacturers. It appears that products containing up to 20 ppm (parts per million) will be eligible for “gluten-free” status. The study in Finland may help clarify the likelihood of a reaction from consuming foods with 20 ppm gluten. However, a question remains: How many 20 ppm exposures can one experience in a day without an adverse reaction? Every celiac will have to decide for herself or himself.

Other information: A slice of bread contains 2250 milligrams of gluten. Most celiacs can tolerate up to 10, but some react to one milligram. All celiacs react at 100 milligrams. Fifty milligrams per day cause damage to intestinal villi. (Source: Peter H.R. Green, MD, Columbia University Department of Medicine.)

Recipe: GF Gingerbread-Pear Muffins

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

1¾ cups GF flour mix (or, for more nutrition, 1½ cups GF flour mix and ¼ cup quinoa flour)

⅓ cup granulated sugar (C&H)

2 teaspoons baking powder (Clabber Girl)

¼ teaspoon baking soda (Arm & Hammer)

¼ teaspoon salt

¾ or 1 teaspoon ground ginger (McCormick)

¼ teaspoon ground cinnamon (McCormick)

¼ teaspoon xanthan gum

1½ medium to large ripe pears (about 1½ cups)

½ cup GF sour cream (Daisy)

¼ cup vegetable oil or olive oil

¼ cup light molasses (Brer Rabbit)

1 large egg

Optional: Pam Spray (read label to verify GF status)



Preheat oven to 375° F. Spray Pam onto bottom of 12 muffin tins (or for easier cleanup, use 12 paper liners and no spray). Sift flour mix, sugar, baking powder, baking soda, salt, ginger, cinnamon, and xanthan gum into large bowl. Peel pears, remove core, and cut into roughly one-half inch pieces, but not larger. Combine sour cream, oil, molasses, and egg into medium bowl until well blended. Stir pear into sour cream mixture. Pour sour cream/pear mixture into flour mixture and stir just until moistened. Divide batter evenly among 12 muffin cups. Bake 20 minutes or until toothpick inserted into center comes out clean. Remove from pan and cool on rack. Best when served warm from the oven or heated in microwave. To preserve freshness, freeze leftovers on same day the muffins are baked and, to serve, reheat in microwave.

Recipe: Easy GF Chicken Noodle Soup

Verify gluten-free status of products before applying to your situation. Always read labels at the time of purchase because product formulations can change—a once gluten-free item may not always be gluten-free.

Boil chicken breasts until done. Cut into ½-inch chunks and set aside. Break Tinkyada brand Fettucine-Style noodles into 2- or 3-inch lengths and boil in Swanson's Chicken Broth according to instructions on Tinkyada package. Add chicken chunks and, when warm, serve. *Adjust ingredient quantities to the amount of soup desired.*

A Tip for Slow Cooking

America's Test Kitchen advises that cornstarch and other starches do not hold up after hours of slow cooking. Instead of starches, use approximately two tablespoons of instant tapioca powder. It can be added at any time during the cooking process. America's Test Kitchen added it at the beginning of the cooking.

Bob's Red Mill Products Are Made in Dedicated Facility

From the Bob's Red Mill website: "All of our products marked with our gluten free symbol are produced in a dedicated facility and batch tested for gluten content." The symbol is a head of wheat inside a red circle bisected by a diagonal red bar.

Northland Celiac Support Group to Change Location

The Northland group meets from 10:00 to 11:00 a.m. on Saturday. Beginning in February, the group will meet at the Campus Center at Maple Woods College. For more information, contact Diana Penrose, interim facilitator, at 816-454-2967.

Reminder of Cel-Kids and Cel-Teens Pizza Party

For those who RSVPed for the 2nd annual Cel-Kids and Cel-Teens Pizza party--just a reminder that we will be meeting on Saturday, January 31st at 6 pm at the original Waldo's (about 75th and Wornall in KCMO). The cost will be \$3 per person. See you there!

Correction to List of Gluten-Free Halloween Treats

The list of gluten-free Halloween treats published in the November, 2008, issue of *The KC Gluten-Free Advocate* incorrectly identifies Three Musketeers candy bars as being unsafe because they contain gluten. Three Musketeers are currently gluten-free according to the list of ingredients and confirmation by telephone on October 31 by a representative of the manufacturer, Mars Snack Foods U.S. (1-800-627-7852). We apologize for the error and any inconvenience it caused. As always, before consuming any product, it is important to read the ingredient label because manufacturers can change product formulas, making once gluten-free products no longer gluten-free.

Disclaimer

Efforts are made to verify the gluten-free status of products named in this newsletter, but manufacturers can change formulations without notice and once gluten-free products may not always be gluten-free. **It is the responsibility of every person to verify the gluten-free status of products he/she purchases and not to rely solely on the information provided in this newsletter.** Citing brand names is for reader convenience and does not constitute endorsement of products or imply that these are the only suitable gluten-free products available.

The information provided in this newsletter is not intended to be a substitute for individual medical advice in diagnosing or treating a health problem. Please consult your healthcare provider about your health concerns.

All recommendations, information, dietary suggestions, menus, recipes, and related data generated by the Kansas City Chapter of CSA/USA, Inc., are intended for the benefit of our members and other interested parties. The text has NOT been submitted for approval by the CSA/USA, Inc., medical board. No liability is assumed for the use of this information.

KC Gluten-Free Advocate

Celiac Sprue Association of Greater Kansas City

Chapter 4

14409 W. 123rd Terrace

Olathe, KS 66062

Receive this newsletter by email and help your support group save reproduction and mailing costs. To be placed on the email distribution list, contact Courtney Scherer. See page 3 for contact information.

Celiacs Helping Celiacs