



You have just been diagnosed with Celiac Disease, also called Celiac Sprue or gluten intolerance. Many thoughts may be going through your mind –

Why me?

What am I going to eat?

Where will I shop for my food?

Will I ever eat in a restaurant again?

THERE ARE POSITIVE ANSWERS TO THESE AND OTHER QUESTIONS!

Now that you have been diagnosed with Celiac Disease, the next step is a consultation with a dietitian. Additional information will be provided to you during this consultation about the gluten-free diet.

After you have met with the dietitian you will want to consider joining the Madison Area Gluten Intolerance Chapter (**MAGIC**). This is a resource group organized to provide information, resources and a place to meet others with Celiac Disease.

The group meets monthly except January and August. A group dinner in a restaurant is usually held in May. A typical meeting may include a featured speaker along with sharing of recipes, resource materials and good gluten-free food! Also, gluten-free cookbooks are available for loan from the MAGIC library collection which is available at monthly meetings.

A portion of most meetings is reserved for sharing personal

experiences and discussing special problems. Participation is optional. All information shared is kept within the confines of the group.

Upon becoming a member of the Madison Area Gluten Intolerance Chapter (**MAGIC**), you will receive a packet of information to help you get started living gluten-free. The New Member Packet includes:

- ◆ information about celiac disease,
- ◆ gluten-free recipes,
- ◆ where to shop for gluten-free foods in the Madison area,
- ◆ a Product Guide of brand name gluten-free foods,
- ◆ a list of mail-order companies that sell gluten-free foods,
- ◆ information about national organizations with which MAGIC members may affiliate, and
- ◆ a “Welcome Bag” of gluten-free food products.

For new members, membership is \$25 for the first year which includes the New Member Packet. Thereafter, dues are \$20 per year. Please contact one of the officers listed below regarding membership, questions about Celiac Disease, the gluten-free diet or other concerns you may have.

**We look forward
to meeting you!**

Executive President:

Marilyn Young, Madison 608/233-3835
president@glutenfreemadison.org

Meeting Leader:

Maggie Deal, Madison 269/599-3472
meetingleader@glutenfreemadison.org

Co-Vice President:

Mary Lee Rossmassler 608/233-9496
vicepresident@glutenfreemadison.org

Co-Secretary:

Claire Poppe Clemens, Mdsn 920/284-5501
Judy Haight, Madison 608/233-9059
secretary@glutenfreemadison.org

Newsletter:

Leigh Barczy, Madison 608/233-6762
newsletter@glutenfreemadison.org

Treasurer:

Robert Coffin, Madison 608/216-0352
treasurer@glutenfreemadison.org

Librarian:

Marge Westergard, Verona 608/845-7559

New Member Coordinator:

Kathy Borner, Cottage Grove 608/839-3540
newmembers@glutenfreemadison.org

Other Wisconsin Celiac Support Groups

Antigo: Lynn Jiter

715-623-7254, lifebeyondwheat@yahoo.com

Appleton-CSA: Mike Mailand

mmailand@sbcglobal.net

Bloomer: Alice Zinsmaster

715-568-3311, qazinzy@bloomer.net

Fox Valley-CSA: Helen Morris

920-337-9235, hbmorris1369@sbcglobal.net

Green Bay-CSA: Mary Bosse

platty52@yahoo.com

Kenosha: Christina Barcus

Cbarcus@aol.com

LaCrosse: Mary Lou Balts

608-788-7398, baltskml@centurytel.net

Marshfield: Carol Asher

715-305-0460, carolasher46@gmail.com
www.marshfieldceliac.weebly.com

Milwaukee: Beverly Lieven

414-354-2354, milcs@aol.com

Minocqua: Julianne Karow

715-892-4987, northwoodsceliac@aol.com

Sheboygan: Eleanor Hass

920-565-6041, fehass@tds.net

Stevens Point: Mary Louise Catura

715-346-0174, elmarcat@charter.net

Stitzer: Janet Waldman

608-943-6534

Wausau: Jennifer Knauf

715-298-4060, jknauf@charter.net

www.celiacinwi.org

www.glutenfree.lbri.com

**MADISON AREA
GLUTEN
INTOLERANCE
CHAPTER**

(M.A.G.I.C.)

**A Branch of GIG
(Gluten Intolerance Group
of NA)**

[Visit our web site at
http://www.glutenfreemadison.org](http://www.glutenfreemadison.org)

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