

**MADISON AREA GLUTEN INTOLERANCE CHAPTER
M.A.G.I.C.**

<http://www.madison.com/communities/gluten-free/>

CSA/USA, INC. – Madison Area Chapter #41 – Affiliated 1993

**Next Gathering: Saturday, December 9, 2006
10a.m. – 12 p.m.**

Prairie Park Apartments—6530 Schroeder Rd., Madison

****Gluten Free Potluck Brunch and Cookie Exchange**
Please bring a dish to share and cookies to exchange
Recipes appreciated**

**Magic Meeting Minutes
November 11, 2006**

Attendance: Karen Anderson, Aaron and Charlene Avery, Kathy Borner, Teresa Brausen, Bob and Penny Coffin, Jim Dorr, MD (guest), Nancy Dott, Nancy Duerst, Ellen Fitzsimmons, Judy Haight, Barb Hennings, Mike Klahr, Heidi Klahr, Rita Macintire, Pat Pelletier, Claire, Poppe, Lynette Reinfeldt, Betty Roberts, Sarah Rose, Sharon Schrank, Darlene Schulenberg, Ralph and Linda Stauffacher, Walter and Karen Thiezen, Ann Vincent, Marjorie Westergard, Julie Winding

Treats Provided By:

- Darlene Schulenberg – Butterscotch Brownies
- Barb Hennings – Cereal Bars
- Aaron and Charlene Avery – Raspberry Cheesecake Bars
- Lynette Reinfeldt brought a pot of calico beans.

Thank you!

Announcements

Chair Barb Hennings welcomed everyone. She asked for volunteers for the Secretary position that is still vacant. After the meeting Judy Haight and Claire Poppe volunteered to share the duties. Aaron noted that the minutes should be changed because he and Charlene didn't provide the report about food at the October meeting. Barb distributed a Celiac Disease brochure published by the National Institutes of Health. The brochure will be included in new member packets. If you didn't receive one, Kathy will bring a few along to the December meeting.

Kathy Borner reported that she had received a gluten-free gift box from Market Day but it included a Beef Pot Roast that had malt listed as an ingredient. After many contacts with the company, they said that the malt was from barley and the product has 160 ppm gluten. Kathy told them that the proposed level of gluten to meet the new definition of "gluten free" is 20 to 50 ppm so the level of barley malt was too high to be included in a gluten free package. The lesson is that you must always read the ingredient list and double-check with the company if you have doubts about labeling.

- Members noted that they had enjoyed gluten free meals at Biaggis (new GF menu), Firefly, and Oceans.
- Trader Joes has sourdough rolls which disappear quickly from the shelves.
- In other news, Dr. Peter Green has a new book out (title unknown)
- www.celiacchicks.com is a new web site
- Danna Korn has written the new Living Gluten Free for Dummies book
- CNN is showing a segment about celiac disease on Monday 11/13 at 11:30.

Reports:

Treasurer

Bob Coffin reported that we currently have 73 members compared with 80 last year. He reminded everyone that dues are due. Note that non-members will no longer receive the newsletter.

- ❖ Bank balance as of Friday, 10 November, is \$ 4,069.49. Adjustments against that are:
 - \$100 of new members' dues not yet deposited.
 - \$ 210 (est.) for monthly expenses: newsletter & new members for end-of-November net of approx. \$ \$3,960.
- ❖ Currently have 73 members renewed for 2006 – 2007. At the time of last year's November meeting, 80 had renewed.
- ❖ Purchased 20 additional product guides from the Denver chapter. Kathy Borner has charge of these.
- ❖ Dues are payable for next year ~ July 1 to June 30, 2007.

New Members

Kathy Borner, new member coordinator, reported that she has had several inquiries this month. She introduced Ann Vincent and Rita Macintire.

Librarian

Marge Westergard provided the Librarians report. She would like to remind members to return the books they've checked out, some of which have been out for months.

Other News:

-This is a short list on reading new food labels:

ALWAYS CONTAINS GLUTEN – Hydrolyzed Wheat Protein, Malt, Malt Flavoring, Malt Syrup, Malt Vinegar, & Wheat Starch.

GLUTEN-FREE INGREDIENTS UNDER ALLERGEN LABELING LAWS Annatto, Caramel Color (in US made products), Canola oil, Corn gluten, Ethyl alcohol, Enriched rice, Hydrolyzed soy protein, Lecithin, Maltodextrin, Modified food starch (gluten-free unless identified as from "wheat"), Mono & Di-glycerides, Spices, Vanilla extract & Distilled vinegars (malt vinegar is not gluten-free).

QUESTIONABLE (Avoid until you can verify it is from a gluten-free source) – Artificial and Natural Flavor could still contain barley malt extract or flavoring & they do not have to list it. Dextrin is an ingredient on a food label may or may not be gluten-free depending on how it is prepared.

Product information:

The following is a list of U.S. Wrigley products that are gluten-free:

Wrigley spearmint gum, Freedent gum, Doublemint gum, Extra gum, Big Red gum, Eclipse gum & Flash Breath Strips, Juicy Fruit gum, Winterfresh gum & Thin Ice Breath Strips, Orbit gum, the Hubba Bubba family, Double Tape, Life Savers, Cream Savers and the entire Altoid family.

Sara Lee - deli meats are gluten-free but always check the label. The Sara Lee products will always list wheat, barley, oats and rye.

Cadbury Schweppes – Trident, Dentyne, Bubblicious, Clorets, Certs, & Halls products are g.f.

Consumer Services - Nature's Path Foods (9/26/06)...

Thank you for contacting us about our gluten free products. Nature's Path Foods has many products that are made without wheat, rye, barley or oats.

We do make other cereals that contain gluten. However, our strict production schedules and quality assurance methods ensure that the least allergenic foods are produced first. The products that contain gluten, soy and finally nuts are made and then the entire line is cleaned and the process re-starts. The equipment is periodically inspected & tested for gluten contamination.

We are confident that our gluten free products are acceptable for those following a gluten free diet. These products are also milk (dairy) casein free - EXCEPT for the Chocolate Crispy Rice bar. The products are:

- Mesa Sunrise Flakes - Nature's Path
- Fruit Juice Cornflakes - Nature's Path
- Crispy Rice - Nature's Path
- Honey'd Cornflakes - Nature's Path
- Envirokidz Amazon Frosted Flakes
- Envirokidz Peanut Butter Panda Puffs
- Envirokidz Gorilla Munch
- Envirokidz Koala Crisp
- Lifestream Mesa Sunrise waffles
- Lifestream Buckwheat Wildberry waffles
- Envirokidz Vanilla Animal Cookies
- Envirokidz Crispy Rice bars - berry, peanut butter, chocolate (not dairy free)

Nature's Path puffed bagged cereals - puffed rice, puffed millet, puffed corn & puffed kamut - are NOT gluten free due to the chance of cross contamination in the separate factory where they are produced.

WHILE WE TAKE EVERY MEASURE TO ENHANCE THE HEALTH OF CONSUMERS, WE RECOMMEND YOU ERR ON THE SIDE OF HEALTH & SAFETY. Highly gluten sensitive people should consult their healthcare provider to determine if Nature's Path gluten-free foods meet their particular dietary needs. More information on each of these products is on our website at <http://www.naturespath.com/products/> including store locations near you and a special section at http://www.naturespath.com/health_diet/celiac_diets

Program:

Bob Coffin and his friend of 60 years, Dr. Jim Dorr, presented the program "Celiac Quackery". Bob googled "celiac miracle natural cure" and got 480 hits, most of which were ads for vitamins but there were some references to the gluten free diet. Bob provided a list of buzzwords, both positive and negative, used by "cons". He noted that quackery does look outlandish because it doesn't want to raise suspicion and is designed to impress the victim. With a nod to the Quack Watch list, Bob provided the following symptoms of quackery:

- uses incorrect/bad nutritional information
- relies on anecdotes and testimony
- uses great swings in complexity and vocabulary (i.e. 3rd grade to college level)
- uses pseudo-medical jargon
- elicits paranoia – provides a "secret" formula
- uses the words herbal or natural to make something sound better
- appeals to the victims vanity – a "smart" choice
- provides claims made to the media but not professional peer-reviewed journals
- sold through radio and television ads/infomercials
- references deep time – such as "traditional" Chinese medicine
- uses poor grammar and spelling
- provides the toll-free number many, many times

"A fool and his/her money are soon parted, and sometimes their health too."

Buzzwords

- Natural
- Holistic
- Herbal
- Traditional
- Alternative
- Time-tested
- Used for centuries
- Miracle
- Breakthrough
- Additive
- Chemical
- Processed
- Scientific studies
- Side effects
- Orthodox
- Cleansing
- Detoxify
- Supplement

Internet Search Results

- "celiac" + "miracle"
~ 600 hits ~
- "celiac" + "miracle" + "cure"
~ 580 hits ~
- "celiac" + "natural" + "cure"
~ 480 hits ~

Some Lulus

- Water "with enhanced oxygen"
- Handhold allergy detector
- pH adjustment for "body harmony"
- Magnets
- Colon cleansing

Always remember...Quackery seldom LOOKS outlandish

Designed to not NOT provoke suspicion

"Now, follow my logic."

"It stands to reason"

Designed to impress, not enlighten

Signs of Possible Quackery

1. Most diseases are caused by bad nutrition.
2. Be wary of anecdotes and testimonials.
3. Great swings in complexity.
4. Use of pseudomedical jargon.
5. Paranoia ~ "Secret " cures or "They don't want you to know."
6. Herbals or "natural" products for everything.
7. An appeal to vanity ~"Smart"
8. Claims are made directly to the media.
9. Use of radio or TV infomercials
10. Deep time ~ "for thousands of years"
11. Bad English ~ spelling, usage
12. No. of times toll-free number is given.

"A fool and his money are soon parted."... And sometimes his health as well.

These recipes are from the Fox Valley Celiacs September Newsletter.

Butterscotch Brownies

¼ C butter (melt in pan)
1 C brown sugar (add to melted butter)
Cool slightly.

Beat together and then beat well into butter mixture:

1 egg
1 tsp GF vanilla (McCormick)

Combine and then add to above mixture:

¾ C GF flour
1 tsp GF baking powder
½ tsp salt
½ C walnuts or coconut, optional

Pour into a 9 x 9 inch pan. Bake 20-25 minutes at 350 degrees. Cool before cutting.

Cereal Bars

¼ C butter or margarine
40 large Jet-Puffed marshmallows
3 ½ C Koala Crisp
3 ½ C GF Crisp Rice cereal
1 C Gorilla Munch, optional

(The original recipe called for a 13 oz package of Post Cocoa or Fruity Pebbles cereal.)

Microwave butter in large bowl until melted. Add marshmallows, stirring to coat evenly. Microwave until marshmallows are completely melted, stopping every 1 ½ minutes to stir the mixture. Add cereal. Mix well. Press firmly into buttered 9 x 13 pan. Cool. Cut into squares. Wrap leftovers tightly. Store in a cool dry place.

Raspberry Cheesecake Bars

1 ½ C gluten-free flour mix	½ C GF sour cream
¾ t salt	1 t grated lemon rind
3 ½ T butter, melted	1 T lemon juice
1 C GF packed brown sugar	1 (8 oz) pkg cream cheese
1 ½ t GF vanilla extract, divided	GF cooking spray
3 large eggs	1 pkg frozen raspberries
½ C granulated sugar	

Preheat oven to 350.

Combine flour and salt in a small bowl.

Combine butter, brown sugar, 1 t vanilla, and eggs in a medium bowl, stirring with a whisk until smooth. Add flour mixture to butter mixture; stir just until moist.

Place ½ t vanilla, granulated sugar, sour cream, lemon rind, lemon juice and cream cheese in a large bowl; beat with a mixer at high speed until fluffy.

Coat 9 x 13 pan with cooking spray. Spread ¾ of batter in pan. Pour cream cheese mixture over batter in pan and spread evenly. Sprinkle with raspberries. Drop remaining batter by the tablespoon over raspberries. Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean. Cool on wire rack. Cut into 30 bars.

R.O.C.K. News (Raising Our Celiac Kids)

Amy Caulum a dietician from the UW Children's Hospital was the guest speaker at the last meeting. She discussed oats & other dietary issues. There are 3 companies in North America making non-contaminated oats www.glutenfreeoats.com, www.giftsofnature.com, & www.creamhillestates.com .

Amy also brought some information regarding a Personal Chef Service called Dine In. Her website is www.dinein.us & specializes in gluten-free meals.

-There is a bakery called Mr. Ritt's in Philadelphia, PA that has an extensive list of gluten-free/milk free products that they sell & ship. The website is www.mrritts.com. They make cake layers, cheesecakes, angel food cakes, breads, coffee cake, muffins, etc.

-There was a great article in USA Today on November 2nd regarding celiac disease & this restaurant in IL called Da Luciano's. They have an extensive gluten-free menu with garlic bread, bruschetta, fried calamari, antipasto, lasagna, chicken, seafood & veal pasta dishes, tiramisu, pizza, etc. Here is the website & to the left it lists it gluten-free menu.

<http://www.dalucianos.com/> The background on this restaurant is that most of the owner's family has celiac disease & they have a separate kitchen area to prepare the gluten-free food. If anyone goes please let me know how it is.

- The SillyYak Bakery carries the gluten-free oats (Gifts of Nature) now along with many other products like the lasagna & other entrees from Bunky's Café. We talked about setting up a dinner at Bunky's. I will be calling the owner for details on a group dinner.

This information was received from newsletters of the Milwaukee Celiac-Sprue Crew's & The Celiac Support Group in Boston:

- Play Dough is now packaged with an allergy warning that the product contains wheat.

- FLOAM, a play dough-like product, made by SAS Group, Inc. confirms that the product is gluten-free, nut free & egg free.