

**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: Gluten Free Picnic

Saturday, July 21, 2007

4:30 pm

Nancy Spencer's House

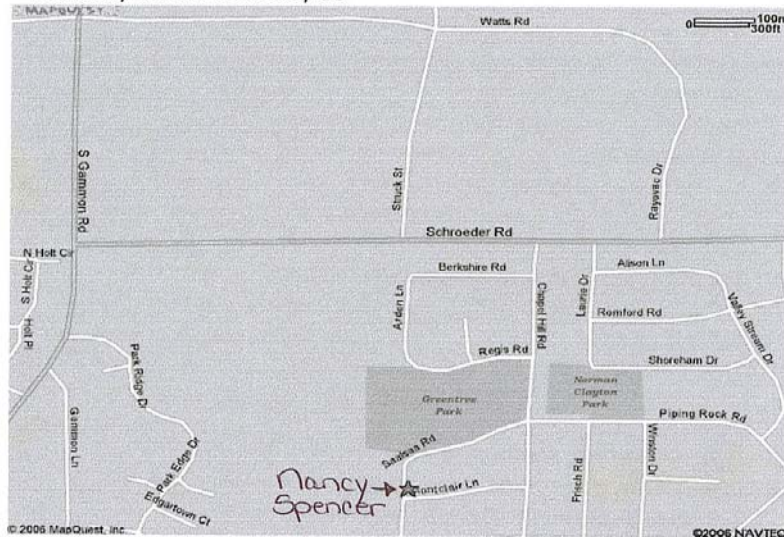
1110 Saalsaa Rd.

Madison

274-7121

Please bring a dish to share (recipe too!)

★ **1110 Saalsaa Rd**
Madison, WI 53711-3155, US



MAGIC Meeting Minutes

June 9, 2007

Attendance: Leigh Barczy, Kathy Beringer, Kathy Borner, Teresa Brausen, Bob & Penny Coffin, Jane Evans, Sue Farrey, Judy Haight, Trica Kalscheur, Jill Kessler, Mike Klahr, Tammy Moodie, Ralph Musin, Bev Nelson, Alex Pierschalla, Jane Ross, Darlene Schulenberg, Frank and Margret Siedschlag, Nancy Spencer, Kathleen Schowalter, Walt & Karen Thieszen, Judy Vinge, Marge Westergard

Reports:

Secretary:

There were no corrections to previous minutes.

Treasurer:

Bob Coffin gave the Treasurer's Report as follows:

- ❖ Bank balance as of Friday, June 8, is \$ 3,392.00
- ❖ Net expense for MAGIC's May banquet was \$735
 - Net Expense.....\$1,701
 - Receipts..... \$966.00
- ❖ Currently have 111 members paid up for 2006 – 2007. At this time last year--109.

Membership Dues (\$20 renewals) for the fiscal year 2007-2008 are due now. Payable to M.A.G.I.C.—send to Bob Coffin, 3827 Monona Dr. #45, Monona 53714. Fourteen people have paid for the next year.

Librarian:

Marge Westergard reports she is missing quite a few books. She will be sending out notices. She also will be looking at a new gluten free vegetarian cookbook per request of one of our members.

New Members:

Kathy Borner introduced new member Kathleen Showalter from Beloit.

Speaker:

Our speaker this month was Dave Baumgarten, proprietor of Outback Steakhouse at 279 Junction Road in Madison. Per Dave,

- Outback just bought itself back so is once again privately owned.
- Regarding the gluten free menus, there are some regional differences in menus, but all the Outback restaurants have the same core menu. Also, the menu is listed on the web site www.outback.com (check Junction Rd. site)
- Outbacks are a partnership but not a franchise, so operators have some say over what they serve, however the parent company provides the recipe cards that they all follow.
- Some seasoning blends contain wheat flour. Managers do not know what is in the seasoning blends.
- The gluten free menu recently changed.
- Some of the soups may be gluten free – ask when you go in. Cream soups are probably not gluten free as they normally start with a roux.
- Everything is made from scratch—not preseasoned
- Outback stocks Gluten Free beer.

Dave also brought gluten free thunder brownies for treats—delicious!

Announcements and Sharing:

C's Specialties is closing at the end of June when her lease is up. She is liquidating merchandise and store equipment and will be moving to California. Char's daughter Angie is trying to start a buying club. Angie is hoping to get wholesale prices and then add just enough to cover the cost of storage space.

Main Street Grill on Main Street in Sun Prairie – Mary Lou had reported they have an excellent menu.

Foodfight Inc.'s Market Street Diner in Sun Prairie has a printed gluten free menu. This menu is also on their web site.

The east side Woodman's has a gluten free section near their meat section which is stocked by a private contractor.

PF Chang's has a gluten free menu.

Chin's (Old Sauk Rd, & State St.) has a card listing gluten/gluten free ingredients

Sun Prairie has a new Celiac support group called Silly Yaks, which was started by three people in the Remick family who have Celiac Disease. There was an article in the newspaper regarding it.

People Magazine recently had a two-page article on Dana Korn and her son.

The son of Robert Atkins of Atkins Diet fame has Celiac Disease. He reports he has trouble getting appropriate food when traveling by air.

Next Meeting – Picnic!

Available dates for the picnic were Sunday, July 15 at 4:30 or Saturday, July 21 at 4:30. More people preferred Saturday July 21. Nancy Spencer is hosting the picnic at her house, 1110 Saalsaa Road in Madison. Bring a chair, and a dish to pass along with the recipe.

Newsletter – Include Doctors in Mailing List?

Following discussion it was decided that sending our newsletter to doctors is a good idea, but we need to know how to get the newsletter to them. Is it better to send e-mail or by post office? Please ask your own doctors what they would prefer and provide that information to Leigh Barczi along with the e-mail or mailing address. Send to barczi@chorus.net or 409 Holly Ave, Madison 53711.

Officer Updates

Someone needs to work with Tammy to take over as Vice Chair. Barb Hennings will continue as Chair, but needs someone to work with her as Co-Chair to take over next year. Please let Barb Hennings know if you'd like to volunteer.

Member Activity

Judy Haight passed out printed copies of the information on the group's web site. We broke up into groups to work together on providing comments and updates for the web site.

Upcoming Meetings:

August – Officers meeting

News from Clan Thompson

CELIACS MAY BE AT INCREASED RISK OF VITAMIN B-12 DEFICIENCY: ARE YOU GETTING ENOUGH?

Newswise — Folate, or its synthetic form, folic acid, is good for brain health. But there's concern that this brain booster could mask deficiencies in vitamin B-12, which can result in mental decline and other nerve problems. The July issue of Mayo Clinic Health Letter covers why it's important to have enough of both.

Numerous studies have determined that high levels of folate intake, up to 800 micrograms (mcg) a day, may help ward off cognitive decline, possibly lower the risk of Alzheimer's disease, and even improve mental sharpness in areas such as memory and mental processing speed.

Folate is also important during pregnancy for the developing fetus, which is why the Food and Drug Administration in 1998 mandated folic acid fortification of grain products sold in the United States.

Vitamin B-12 plays an essential role in red blood cell formation, cell metabolism and nerve function. Where there's a deficiency, symptoms include persistent tingling in the hands and feet, confusion and forgetfulness.

An estimated 15 percent of older adults are deficient in vitamin B-12. This deficiency can be caused by age-related changes in the digestive tract, which blunt the body's ability to digest and absorb vitamin B-12 from food. Vegetarians who avoid all animal products and people who have digestive diseases such as celiac disease or Crohn's disease may also be at increased risk of vitamin B-12 deficiency.

While folic acid offers benefits, there are concerns about how it chemically reacts with vitamin B-12 within the body. It's suspected that high folic acid intake can correct the anemia — but not the nerve and cognitive deterioration — that would normally occur with vitamin B-12 deficiency. Without the indication of anemia, vitamin B-12 deficiency may not be suspected and neurological deterioration may continue unabated.

More study is needed to fully explore the relationship between folate and vitamin B-12 and how it may affect brain health. Until then, the safest bet is to ensure intake of adequate amounts of both. Most older adults can do this by taking a multivitamin supplement that contains 100 percent of the recommended daily allowance of both folate and vitamin B-12. For folic acid, that's 400 mcg a day and for vitamin B-12, it's 2.4 mcg a day.

A healthy diet that includes daily servings of fortified breads, grains or cereals and a wide variety of fresh and natural foods such as fruits, vegetables, beans and nuts can boost daily intake of folate or folic acid to the higher levels that may benefit brain health.

New G.F. listings on Clan Thompson's SmartList

Manufacturers of the following products reported them to be GLUTEN FREE in the USA when we called them in June and July, 2007. These products do not yet appear in our food SmartList but will be included in the next update. The current food SmartList contains verified gluten info on almost 6,400 items. For more info, or to download a FREE DEMO, visit our CeliacSite at www.clanthompson.com

Ruffles Sour Cream & Onion Flavored Potato Chips, Cheetos Twisted Cheese Flavored Snacks, Baken-ets Hot 'N Spicy Pork Cracklins, Save-A-Lot Maple Ridge Buttery Syrup, Lucky Leaf Apple Cherry Sauce, Musselman's Spiced Apple Rings, Musselman's Unsweetened Apple Sauce, Lincoln Apple Juice, Lincoln Grape Drink, El Peto Vegetable Soup, El Peto Tomato Soup, Amy's Kitchen Santa Fe Enchilada Bowl, Amy's Kitchen Shepherd's Pie, White Wave Silk Live Smoothies (raspberry - strawberry), Sonny's Bar-B-Q Sauce - Sweet Green & Black's Organic Chocolate - Maya Gold Green & Black's Fair Trade Cocoa Powder, Arizona Tea Diet Peach Green Tea,, Mayacama's Potato Leek Soup Mix, Dippy Chick May the Horse Be With You dip mix, Organic Bistro Wild Salmon, Whole Life Meal Organic Bistro Savoury Turkey Whole Life Meal, Rumford Baking Powder, Hershey's Ice Cream - Muddy Sneakers 1/2 gallon Hershey's Ice Cream - Cappacino Crunch 1/2 gallon

Nestle Aero Mint Bar

Nestle Butterfinger

Haagen-Dazs Vanilla and Dark Chocolate bars Haagen-Dazs Banana Strawberry Frozen Yogourt Bar Liberte Traditional Cottage Cheese

V8 Splash - Fruit Medley

Prego Organic Pasta Sauce

Pace Thick and Chunky Salsa

Habitant Pea with Garden Vegetable Soup

Liberte Mediterranee Yogourt - fieldberries Habitant French Canadian Pea Soup Campbell's Ready To Serve Soup - Fiesta Vegetable Folger's Coffee - Hazelnut Sensational Soy Smoothies - Orange Peach Mango Parmalat 1% Partly Skimmed Milk Nestle Turtles Haagen-Dazs Extraas Rocky Road Ice Cream - 500 ml.

Ore-Ida Golden Crinkles (32 oz.) - UPC 1312000286 Ore-Ida Golden Patties 9 ct. 20.25 oz. - UPC 1312000080 Dole Soft Serve - raspberry Dole Soft Serve - orange La Choy Beef Pepper Oriental Bi-Pack La Choy Chicken Chow Mein Bi-Pack Brown Cow Non Fat Yogurts - all flavors Van Harden Cheese Crust Pizza - sausage Old Wisconsin Summer Sausage - original Buckhead Gourmet Raspberry Asian Sauce Old Wisconsin Natural Casing Wieners Cali Herb Medley Gourmet Seasoning Hormel Fully-Cooked Entree Glazed Ham with maple and brown sugar Starbucks Doubleshot Rich Chocolate Ovaltine McCain Smiles fun shaped potatoes RedRum See's Candies Licorice Medallions McCain French Fries (straight and crinkle cut) Necta Sweet Powerade Mountain Blast