

Greetings –

Several of us have just returned from the CSA national conference in Green Bay. Let's congratulate Dean Cling who was recognized for his service as our Region II Director. Our new Region II director is Heather Cline, the current president of the Oklahoma City chapter.

I'm very pleased to announce that our chapter secretary, Cindy Faulknier, was elected Region II Member-at-Large. CSA is very pleased to have someone with Cindy's business acumen in this role. Please congratulate Cindy on her new role.

In our next newsletter, and/or at an upcoming meeting, we'll have more information about all we learned at the conference. Next year's conference will be in Tucson, Arizona, September 28-30.

As those of you who attended the August 27 picnic are aware, it was a great success, and I want to thank Jessica Farris, Rose Farris and their family and friends and all the volunteers and sponsors of this event.

Our next meeting is our Thanksgiving Dinner on November 5. Elsewhere in this newsletter you'll find all the information about the dinner. We will also have elections for chapter Vice President and Treasurer at this meeting. Nominations are open!!

Sincerely,
Judy Bond

NOTICE—Beginning in January 2007, monthly meetings will occur on the **SECOND SUNDAY** of each month. Please mark your calendars accordingly.

UPCOMING EVENTS



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| October 29, 2006
6:30 p.m.-8:30 p.m. | Special presentation by Dr. Kenneth Fine, sponsored by the KC and Topeka Chapters of CSA (<i>see page 2</i>) |
| November 5, 2006 | Thanksgiving Dinner (<i>see page 2</i>)
Elections of new Vice President and Treasurer |
| December 3, 2006 | Holiday Celebration (<i>see page 2</i>) |
| January 14, 2007 | Judy Bond will review the book, "Celiac Disease, the Silent Epidemic" |
| February 11, 2007 | Rusty Macy, General Manager of Hyatt Regency Crown Center (a member of our group) will bring a chef for a gluten-free cooking adventure |
| March 11, 2007 | "Gluten-Free Cooking" with Anna Scharenberg |
| April, 2007 | NO MEETING —Easter Sunday |

All meetings from 2:00 to 4:00 p.m. on the first Sunday of each month (second Sundays in 2007). Unless otherwise noted, meetings are at the St. Joseph Hospital Community Center, I-435 and State Line. Availability of speakers could change schedules.

Special Guest Speaker On Sunday, October 29, 6:30 p.m.



Dr. Kenneth D. Fine, Director of Operations and Director of Medical Research at the Intestinal Health Institute in Dallas, Texas, will present “**Gluten Sensitivity and Other Inflammatory Aspects of Our Modern World: An Introduction to Anti-Inflammatory Living.**” Sponsored jointly by the Kansas City and the Topeka chapters of CSA and open to the public, the free presentation will be from **6:30 p.m. to 8:30 p.m., Sunday, October 29**, in Building D, Community Center, of St. Joseph’s Medical Center, I-435 and State Line. The presentation will focus on the latest science, age-old wisdom, and common sense solutions to combat and remedy the ill effects of gluten and other inflammatory aspects of the modern world we live in: intestinal disorders, chronic inflammatory and autoimmune conditions, asthma, fibromyalgia, chemical sensitivity, chronic fatigue, and depression. You won’t want to miss this special event.

Don’t Miss the GF Thanksgiving Dinner and the Holiday Celebration

Our annual CSA **Thanksgiving Dinner** will be held on Sunday, November 5, at 2:00 p.m. There’s always good food and fellowship. Turkey, Anna’s famous dressing, mashed potatoes, beverages, and dinnerware will be provided. The rest of the meal is delicious potluck items brought by our members. We suggest the following potluck, grouped by the first letters of last names:

- A-H: Salad
- I-P: Dessert
- Q-Z: Vegetable



Note: If possible, please notify Judy Bond (913-236-5659 or jbond@kc.rr.com) regarding the number in your party (including yourself) who will attend. This information is needed by October 27 to determine the number of turkeys to order.

Our annual **Holiday Celebration** will occur on Sunday, December 3, at 2:00 p.m. This is your chance to show off your favorite gluten-free holiday snacks and treats. Beverages and dinnerware will be provided. We’ll have fun playing bingo for fabulous prizes—gluten-free product samples from manufacturers.

We have a great time every year at these events and no one goes away hungry. You’ll be glad you came.

For both events, please bring 30 or 40 copies of recipes to share or, at least, a single copy, and if you bring purchased items, please bring the original container (1) so gluten-free status can be verified and (2) so members with allergies to eggs, nuts, soy, dairy, and so on can determine what they’re eating.

Spanish Interpreter Needed at Our Monthly Meetings

If you can serve as a volunteer Spanish interpreter at our monthly meetings, or if you know someone who can, please notify Helen Richards at 913-393-2400. You can provide a valuable service to the Spanish-speaking mother of a four-year-old celiac girl. Please help this family enjoy the advantages and resources of our support group.

Fronzidi's Ristorante

Fronzidi's Ristorante (phone 816-931-3322) serves Italian cuisine just off the Country Club Plaza at 4558 Main Street, overlooking the Plaza and the Nichols Fountain. Most dishes can be altered for celiac or allergy requirements and the staff is trained regarding cross contamination. When you arrive, just tell your server that you must have gluten-free food and, if applicable, mention any allergies that must be accommodated. Fronzidi's also serves gluten-free Bard's Tale Dragon's Gold Beer. Fronzidi's general manager is Toni Bertucci, a celiac and a member of our support group, so you can be assured that her staff has been trained concerning gluten-free dining.

Lee's Summit School District Serves Gluten-Free Lunches to Celiac Kids

After some discussion, the Lee's Summit R-7 School District now provides gluten-free hot lunches to celiac kids and also offers some breakfast options, thanks to the efforts of one of our members, Christy Burgess. The decision came after Christy successfully presented medical and legal information to the school administration who also involved the district lawyer and some Missouri state education representatives. Congratulations, Christy!

If you would like to pursue making a similar change in your child's school district, Christy will be glad to share her information with you. Contact Christy at 816-246-7364 or b.christy@sbcglobal.net

HOTLINE REPORT

by Helen Richards

We continue to see new members every meeting. Thanks to our longer-term members who come regularly and support the group's programs and activities. We're all "Celiacs Helping Celiacs."

Hotline Phone:
913-393-2400

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

by Mary Scharff

Beginning balance as of 12-31-05	\$2,379.54
Income	\$4,716.28
Expenses	<u>\$4,464.01</u>
Ending balance as of 10-6-06	\$2,631.81

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

Local website: www.csakansascity.org

Webmaster: Jason Penrod
jaysun@kc.rr.com

Standing Committees:

Celiac Kids	Jessica Farris
Education	Helen Richards
Greeters	Lea Everist
Picnic	Jessica Farris & Rose Farris
Hospitality	Paula & Ray Melton, Ann & George Smiley

KC Gluten-Free Advocate

Published February, May, August, November
Editor: Ray Melton
816-228-5704
meng2@planetkc.com

CSA of Greater Kansas City—Executive Board for 2006

President Judy Bond
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Former President Anna Scharenberg
913-962-0282; glutenfreeme@everestkc.net

Vice-President Kimberly Slaubaugh

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Chapter Dietitian Karen Breshears
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CSA Director/Region 2 Dean Cling
816-942-6677; dcling007@earthlink.net

Some Employers' Flexible Spending Accounts Cover Gluten-Free Foods

If you participate in a Flexible Spending Account (FSA) through your employer, the program may, but is not required to reimburse you for the difference between the cost of gluten-free foods and their gluten-containing counterparts. You may need to be persistent to find an FSA representative (or their supervisor) who can give you an accurate answer regarding whether the plan does or does not cover these expenses. Because these expenses are covered by IRS rulings that specialty foods which are medically necessary are tax deductible, you may need to refer your FSA provider to Revenue Ruling 55-261; Revenue Ruling 76-80, 67 TC 481; Cohen 38 TC 37; Van Kalb TC MEMO 1978 366; and Flemming TC MEMO 1980 583. If these expenses are reimbursable under your FSA program, your FSA administrator will advise you regarding the documentation required, such as store receipts itemizing gluten-free products purchased and a letter from your physician stating that you are diagnosed with celiac disease and must maintain a gluten-free diet. Hy-Vee in Lee's Summit identifies GF items on store receipts—there may also be other stores that do so. Thanks to our member Karen Valentine for sharing this information with us.

Recipe: Cheesy Chips Snack (Quick, easy, tasty)

Tostitos brand corn chips
Kraft Shredded Sharp Cheese



Arrange whole (not broken) Tostitos chips on a baking sheet so that the chips' sides touch, but do not overlap. Sprinkle generous quantity of shredded cheese on top and broil in oven until cheese melts, but does not burn. Serve immediately.

Product Information from Kraft

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.

In a letter from Kraft: “We understand how important it is for people who have been medically diagnosed with gluten sensitivity to have accurate information about foods to help plan their meals and diets. Therefore, it has been a long standing policy for all Kraft and Nabisco products to list ingredients that contain gluten on the ingredient statement. These items will be listed using commonly known terms such as Wheat, Barley, Oats or Rye. For other ingredients that contain gluten, the grain source will be declared in parenthesis after the ingredient name. For example, if the ingredient "natural flavor" contains a gluten source, the label would read: natural flavor (contains rye). Other ingredients that contain gluten are: Triticale, Spelt, Kamut, Mir or Farina (also known as Far or Farro).

“For Kraft-branded products that contain vinegar, information from our vinegar suppliers assures us that the vinegar we use in our products is gluten free. All vinegar is distilled and through the distilling process protein gluten is removed.

“If you would like additional information or to view our Gluten Fact Sheet please visit our website, www.kraftfoods.com and type “gluten” in the "Search Kraft" box.”

Here is a list of some, but not all gluten-free Kraft brands: Country Time, Crystal Light, Kool-Aid, Tang, Capri Sun, Oscar Mayer, Philadelphia Cream Cheese, Velveeta, Baker's chocolate and coconut, Calumet, Cool Whip, Jello, Knox Gelatin, Minute Rice, Miracle Whip, A-1 Steak Sauce, Planter's nuts, Corn Nuts, Jet-Puffed Marshmallows, and Kraft labels (i.e., salad dressings, barbecue sauces, cheese spreads, etc.). **At every purchase, read labels on these items to verify gluten-free status, especially for the salad dressings, barbecue sauces, Oscar Mayer meats, etc. All flavors may not be gluten-free. Also, over time, product formulations may change and items once declared gluten-free may not always be gluten-free.**

Sign Up Now for Kids' Cooking Class



Kids (second grade and up) will have an exciting day cooking with Anna Scharenberg from 10:00 a.m. to 1:00 p.m. on Saturday, November 11. For only \$15 per person, kids will cook meatloaf rings, friendly dog salad, banana boats, one-bowl brownies, and some surprises. Make checks payable to "CSA of Greater Kansas City" and mail, postmarked no later than November 4, to Anna's address at 12404 W. 68th Terrace, Shawnee, KS 66216. Your check is your reservation (no reservations taken without payment) and should include a note with your child's name and telephone number (with area code). Anna's phone number is 913-962-0282.

More Dining Cards and Updated Restaurant Guide from Triumph Dining

You recall past information in this newsletter regarding The Essential Gluten-Free Restaurant Guide and six dining cards for use in explaining gluten-free requirements to servers and chefs at restaurants serving American, Mexican, Chinese, Japanese, Thai, and Indian cuisines.

Triumph Dining, the publisher, has now added four new dining cards for French, Greek, Italian, and Vietnamese cuisines and has updated the Restaurant Guide to include many more restaurants as well as more information about each restaurant's type of food, prices, and level of accommodation for celiacs.

Our support group is eligible for discounted prices (and no shipping cost) if we have at least ten orders (any combination of ten of the following):

The four new dining cards: \$ 6 (regularly \$7.95 plus \$1.75 shipping)

Set of all ten dining cards: \$16 (regularly \$18.95 plus \$1.75 shipping)

New edition of the book: \$18 (regularly \$20.95 plus \$3.50 shipping) (to be shipped in late December)

If you wish to take advantage of the discounts, place your order with Ray Melton at the November 5 meeting or call Ray at 816-228-5704. Payment by cash or check will be required when you place your order. The last day to order at discounted prices will be Tuesday, November 7. After that, you may order at the regular prices (plus shipping) from the website at www.triumphdining.com. Phone orders are not available. (*Note: If we have fewer than ten orders, Ray will refund your money and you can order independently at full price.*)

Coming Events for Cel-Kids

Jessica Farris is planning activities for celiac children, Cel-Kids, in November and December. Dates and times are not yet final. If you have provided Jessica your email address, she will send information once it is available. If you want notification and you have not provided her your contact information, please call Jessica at 816-353-7560 or send her an email at jfpchef2001@yahoo.com.



Discussion on Living Without Gluten During the Holidays

A discussion of the effects of gluten, how to live without it during the holidays, and sharing of recipes will be conducted by Shari Tedford, RN, BAN, at 7:00 p.m., November 9, at the Johnson County Library-Gardner, 137 E. Shawnee Street, Gardner, KS (913-856-7223). Registration by calling the library is requested, but not required. Shari is owner of To Your Health Kansas, a retail store providing gluten-free products.

Gluten-Free Halloween Treats for Celiac Goblins

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.



After celiac goblins make their rounds and come home to sort through their goodies, here are some gluten-free treats they can safely consume:

Almond Joy, Andes Mints, Baby Ruth, Blow Pops, Butterfinger, Charms Pops, Cheetos (puffy and crunchy), Cracker Jack, Dum-Dum Pops (by Spangler), Fritos chips, Goobers, Heath, Hershey plain and almond (full-size and snack-size; not miniatures), Hershey Kisses, Jolly Rancher hard candy and lollipops, Junior Mints, Lay's potato chips (regular, wavy, and ruffles), M&Ms plain and peanut (but NOT crispy), Mars bars, Mounds, Nerds, Pay Day, Raisinets, Reese's Peanut Butter Cups, Rolo, Russell Stover products (EXCEPT cookie products such as S'Mores and Cookies and Cream), Skittles, peanut Snickers (not Snickers Cruncher), Starburst, Starburst Fruit Chews, Starburst Jelly Beans, Sweet Tarts, Tootsie Rolls, Tootsie Pops, York Mint, Wrigley chewing gum. **Avoid products containing crispies**, such as Snickers Cruncher and crispy M&M's. Treats other than those listed here may also be gluten-free, so contact manufacturers regarding the ones you're not sure about. **NOT GLUTEN-FREE**: Hershey's miniatures (as opposed to snack size), Milky Way, 3 Musketeers, 100 Grand Bar, Kit-Kat, Krackle Bar, Crunch Bar, all Brach's, most licorice (and others too numerous to list here).

Gluten-Free Turkeys

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.

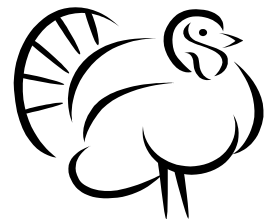
For many of us, turkey is a major part of our Thanksgiving dinner. Here are four brands that have gluten-free turkey breasts and whole turkeys, but they may also have other varieties that are not gluten-free. It's important to read the label and/or call the manufacturer to be sure of gluten-free status and always remove the gravy packet, being careful to verify that the packet has not leaked. (*This is not a complete list of GF products marketed by these manufacturers.*)

Butterball: (by telephone with customer service representative)

Fresh and frozen whole turkeys and turkey breasts are gluten-free, but gravy packets are NOT gluten-free. Butterball advises always to read labels to be certain. The term "modified food starch" refers to corn or potato starches.

HoneySuckle White: (from website on 8-7-06—www.honeysucklewhite.com/faqs)

"Most all of our products are MSG and gluten-free. The only exceptions are our Italian Style Meatballs, Teriyaki Tenderloins, frozen Turkey Burgers, and Cajun Fried Turkey."



Hy-Vee: (in an email from a Hy-Vee representative)

"The Hy-Vee whole turkeys that are either fresh or frozen and labeled as Moisture Enhanced or Natural are gluten free."

Jennie-O: (from website on 8-7-06—www.jennioturkeystore.com/turkey_faqs.asp)

Jennie-O Prime Young Turkey, fresh or frozen (the gravy packet does contain gluten)

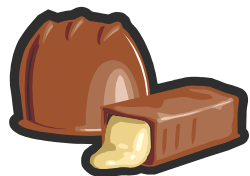
Jennie-O Turkey Store Oven Ready Turkey: Homestyle, Garlic and Herb

Jennie-O Turkey Store Oven Ready Turkey Breast (the gravy packet does contain gluten)

Jennie-O Frozen Turkey Breast (the gravy packet does contain gluten)

Product Information from Russell Stover Candies

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.



From the Russell Stover website (www.russellstover.com): “To the best of our knowledge, our products are gluten-free—with the exception of products containing cookies, such as S’mores and Cookies and Creams. These products contain a small amount of gluten, and ingredient labels indicate clearly that they contain wheat.

“Be aware that products containing wheat are produced on equipment that’s also used to make other products. So we can’t completely rule out the possibility of cross-contamination, despite efforts to prevent it.”

Product Information from Topsy’s Old Fashioned Popcorn

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.

Confirmed by telephone with Topsy’s representative: Three of Topsy’s Old Fashioned Popcorn flavors are gluten-free: cinnamon, buttered, and caramel. The cheddar cheese flavor may NOT be gluten-free. Store locations include Brookside, Crown Center, Independence Center, The Landing, Metcalf South Mall, Metro North Mall, Oak Park Mall, Plaza, and Truman Corners.



Product Information from Blue Diamond Almonds

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.

Confirmed by email from Blue Diamond Growers (www.bluediamond.com): “Blue Diamond almonds are gluten-free - with the exception of the BOLD Wasabi & Soy Sauce which has wheat in the seasonings. This is clearly listed in the ingredients on the label.

“Blue Diamond Almond Breeze - no-dairy almond milk is also gluten-free as well as vegan and kosher.

“Blue Diamond Nut-Thins Rice & Nut crackers are gluten-free in that we do not add any wheat or gluten to the ingredients. You should be aware however, that these crackers are not produced on dedicated lines - they are produced in a facility that also makes wheat products.

“Blue Diamond adheres to very strict Good Manufacturing Practices by thoroughly cleaning the lines between process runs to reduce the risk of any contamination. Blue Diamond also routinely tests its product for levels of wheat/gluten and maintains a level of less than 100 ppm. If the levels exceed that, the product is pulled from production and not sold.”

Blue Diamond has sent our Kansas City celiac support group several discount coupons for almonds, Nut Thins, and Almond Breeze. Be sure to pick some up at the next meeting.

To contact Blue Diamond, call Deborah Sommers, Customer Service Coordinator at 916-325-2839.

Did You Know...?

The market for gluten-free foods and beverages has surged in recent years because U.S. doctors are becoming more skilled in diagnosing celiac disease. It is estimated that 97 percent of celiac sufferers currently remain undiagnosed. The market for gluten-free products is expected to grow 25% per year in the next four years. Major food manufacturers have largely been reluctant to invest in research and product development until the Food and Drug Administration provides a definition of “gluten-free” for voluntary use in food labeling. The new regulation must be final by August, 2008. To read the online article, go to <http://foodnavigator-usa.com/news> and, in the search box, enter “gluten-free market set to boom.”



Some culinary schools are teaching student chefs about cooking for food allergies and gluten-intolerance. Topics covered include substitute ingredients, avoiding cross-contamination, and communicating with customers. Some instructors believe the demand in restaurants for gluten-free foods will grow significantly in two to three years. They see it not as a fad, but as a food movement. Awareness of food allergies and intolerances is spreading widely—at a recent meeting of the National Restaurant Association, which has 60,000 member companies, every attendee had received customer inquiries about allergies and intolerances. Chefs are trying to find ways to meet the needs of guests. *(For the complete article, see [Living Without Magazine](#), Fall 2006) Editor’s note: Every member of our support group, when dining out, can help promote awareness by diplomatically explaining our gluten restrictions and the importance of avoiding cross-contamination.)*

The National Institutes for Health is launching a campaign to increase physician awareness of celiac disease, resulting in earlier diagnosis and better outcomes for celiac patients. For more information, go to www.nih.gov/news/ and, in the “search archive” box, enter “celiac disease awareness campaign.”

New airline security regulations prohibit carry-on gels and liquids. Consequently, the frozen gel packs (such as Blue Ice packs) that celiacs carry for travel food can no longer be used. Here is a good substitute that will pass inspection: **pack bags of frozen peas or corn in your insulated container. It works as well as gel packs**, according to a shipper of frozen lobster from Nova Scotia. Cooling lasts from seven to 24 hours, depending on conditions. *(Source: National Public Radio)*

Hurry: Time’s Running Out to Enter Two Contests Sponsored by CSA

The Celiac Sprue Association is running two contests to celebrate celiac awareness month during October, but we found out too late to announce it in earlier newsletters. If you are in kindergarten through college and a celiac or a member of a celiac family, you may enter a student essay contest on “How I survive and deal with this ‘thing’ called celiac disease.” Essays must be received by the CSA in Omaha no later than November 15.



All ages can participate in a photo contest for celiac awareness month by capturing fun moments and action demonstrating that celiacs lead normal lives. Winners will be notified after November 15.

For both contests, if you would like contest rules or more information, contact Judy Bond at 913-236-5659 or at jbond@kc.rr.com. Or contact CSA toll-free at 877-CSA-4-CSA or at celiacs@csaceliacs.org.

Now That Was a Picnic!

If you missed the annual picnic on August 27, you missed one of the highlights of the year. We all know that our group has some of the world's best cooks and, as expected, they really did an outstanding job this time. Following the great food, there were lots of games, crafts, cake walk and other fun activities for kids and adults. Face painting and spin art by Glenna Cain was a big hit with the kids. Not only did we have fun, but we got to choose from a huge selection of free take-home samples from manufacturers of gluten-free products and some tasty, fresh-baked treats from Carreen Blankenship, owner of Olivia's Oven, who, with her husband Shawn and mother, Caren Freeman, served their products in person. We were also pleased that Abby Heidari, RD, LD, the Dietitian at Hy-Vee in Leawood, came to share information and products with us. **Picnic photos will be displayed on our website, www.csakansascity.org. If you do not want your photo displayed, please notify Jessica Farris at 816-353-7560.**



We all extend a great big Thank You to Jessica Farris who planned and coordinated the event, with support from her mom and dad, Rose and Dan Farris. Thanks, also, to all the members of our support group and to Peggy Hunter (Jessica's friend) who so generously gave of their time and talent to assist Jessica in making the day such a success. Thanks to the parents who so capably helped with kids' activities. A special thanks: (1) to Margaret Whittlesey who helped Jessica obtain donations from vendors and (2) to Christy Burgess who compiled a list of physicians to invite to the picnic.

We want to recognize and thank the many businesses that donated products and other support for this event: Lundberg Family Farms; Pamela's Products; Annie's Homegrown; Ener-G-Foods; Natural Feast; Tastefully Gluten-Free; Twin Valley Mills; Kinnikinnick Foods; Alti Plano Gold; Bumble Bars; Dietary Specialties; Celiac Specialties; Enjoy Life/Perky's; Cali Fine Foods; Wild Oats Natural Marketplace; Whole Foods Gluten-Free Bakehouse; Hy-Vee Foods (Gladstone, Leawood, Raytown); Walmart Super Center (Lee's Summit and Kansas City, MO); Crown Center, Nature's Pantry; Science City; Paradise Park; Nature's Market; Bed, Bath, and Beyond (Lee's Summit); Family Christian Store (Kansas City, MO); Orgran; Chebe; Mona's Gluten-Free; Breads from Anna (Gluten Evolution); Gillian's Foods; Bob's Red Mill; Authentic Foods; Cherrybrook Kitchen; Gifts of Nature; Raw Indulgence; Cause You're Special; Really Great Food Company; 1.2.3 Gluten-Free; Namaste; Miss Roben's/Allergy Grocer; Gluten Freeda, Inc.; Heartland's Finest; Liberty Richter; Real Foods; Mary's Gone Crackers; Blue Diamond Growers; Edward and Sons; Nu World Foods Amaranth; Nothin' Nutty; YC (Yamate) Chocolatier; and Amy's Kitchen.

Dr. William Buser, Gastroenterologist, Spoke at October Meeting

Thank you to Dr. William Buser, Gastroenterologist, who gave an interesting and informative presentation, including a question and answer session, at the October meeting. We appreciate his and Mrs. Buser's taking time from their busy schedules to join us and share his knowledge and experience with us.

Are You on Our Email Message Distribution List?



Thanks to Judy Bond's efforts, messages can now be distributed quickly and efficiently by email to members of our support group. If you have email access and have not received a message from Judy so far, you may not be on her mailing list. If you want to receive notices, please send your email address to Judy at jbond@kc.rr.com. Your address will be used only by our organization and will not be provided to anyone else outside.

Tax Deductible Contributions to CSA

For individuals who itemize tax deductions, donations to CSA under \$250 require no verification from CSA, according to IRS regulations. This applies to each single donation. In other words, if you were to donate \$249 every month (or a total of \$2988 over a 12-month period), you could itemize the total without needing verification from CSA. *(This is not tax advice. You should verify this information with your tax advisor to ensure accuracy as it applies to your situation.)*

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.

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

Celiacs Helping Celiacs