

Dear CSA Members and Friends:

Thanksgiving is just around the corner! Time to start thinking about our Thanksgiving Feast at our November meeting as well as our Holiday Celebration at our December meeting. Check for more details on page 2 of this newsletter. Don't miss out on our fun, informative and gluten-free holiday events! And please consider volunteering to help with these events! YOU contribute to our group's success; without YOUR help, our group will not grow and thrive.

We will be having elections for President and Secretary in January. I would like to see a full slate of candidates. Contact me to nominate someone or yourself; don't be shy!

In order to ensure safety in an organized manner, we are enforcing a new procedure for checking in at every KC CSA meeting. Once you arrive and sign in at the Welcome Table, you may drop off your gluten-free dish to our Hospitality Committee and then IMMEDIATELY take a seat. You will be dismissed by table to go through the food line after brief introductions and before the announcements and program. This will give our Hospitality Committee time to verify gluten-free status of every dish/product and cut/plate/prepare the dishes. Please avoid browsing the food tables and eating until after the brief introductions. Once you have finished going through the food line, please take a seat and try to keep the noise level down during announcements.

Also, I ask that you please be respectful of the speaker and anyone at the microphone at the meetings. It is hard for some members to hear when others are talking. Please keep the noise level down if you get up to go through the food table or if you are at the back of the room. Thanks for all your cooperation and understanding!

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 an outstanding year so far and an exciting year to the end!

Courtney Scherer, RD, LD, Hy-Vee Dietitian & Wellness Coach
KC Chapter 4 Celiac Sprue Association President
Home Email: mkeonin@hotmail.com; Work Email: 1383dietitian@hy-vee.com
Cell: 913-515-8802

UPCOMING EVENTS

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|--------------|--|
| Nov 8, 2009 | GF Thanksgiving Feast and vote to revise by-laws regarding election of officers. See page 2 for more information. |
| Dec 13, 2009 | Holiday party and cookie exchange. <u>Food theme</u> : Sugarland. We encourage members to bring at least 3 dozen gluten-free cookies to exchange one-for-one along with recipes. See page 2 for more information. |
| Jan 10, 2010 | Pete and Clela Roberts, owners of AgVantage Naturals, will discuss sorghum flour, baking mixes, and pasta they produce in Kansas. Election of President and Secretary. <u>Food theme</u> : Gluten-free pasta dishes. |
| Feb 14, 2010 | Judy Bond will provide an overview of autoimmune diseases associated with celiac sprue and what they share in common. <u>Food theme</u> : Heart healthy gluten-free soups and breads. |

*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.*

Holiday Celebrations

Here are two great ways to ensure gluten-free holiday celebrations. Come to our November Thanksgiving Feast and to the December Holiday Party and Cookie Exchange.

Our annual CSA **Thanksgiving Feast** will be held on Sunday, November 8, 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: Dessert
I-P: Vegetable
Q-Z: Salad



To help offset the cost of turkeys, we are asking for a donation of **\$2 for each adult attending**. Your donation can be made at the door when you arrive for the dinner.

We need volunteers to help with the setup, serving, and/or cleanup at the event! We are all in this together, and if we want to have a successful and enjoyable Thanksgiving Feast then it is going to take more than just a few of us to insure that success. Contact Courtney Scherer, 913-515-8802 or mkeonin@hotmail.com, if you can help with setup, serving, or cleanup at the event.

Also notify Courtney Scherer, 913-515-8802 or mkeonin@hotmail.com, regarding the number in your party (including yourself) who will attend. This information is needed by November 1 to determine the number of turkeys that will be provided.

Our annual **Holiday Celebration and cookie exchange** will occur on Sunday, December 13, at 2:00 p.m. This is your chance to show off your favorite gluten-free holiday cookies. We encourage members to bring at least 3 dozen gluten-free cookies to exchange one-for-one along with 30-40 copies of the recipes (or at least a single copy for members to read). Beverages and dinnerware will be provided.

There will be games and prizes for children. We have a great time every year at these events and no one goes away hungry. You'll be glad you came. Your help in carrying out these events will be welcome.

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. Please DO NOT bring items containing PEANUTS or PEANUT PRODUCTS (for example, read labels to be sure purchased items were not cooked in peanut oil). Items with tree nuts will be placed on a separate table.

Please do not just place your dish on the hospitality table. Check it in with one of Hospitality Committee members so they can verify gluten-free status and proper handling of items containing nuts. A copy of the recipe or the original container for purchased items is required for this verification process. **After checking in your item at either event, please take a seat at a table until an announcement is made that food is being served.**

Election of Officers Is Rescheduled

The Executive Board of CSA Chapter 4 (our KC support group) recommends changing the date for the election of officers. The current practice is to hold elections in November for two-year terms of office, beginning in January. Because the November Thanksgiving Feast is such a busy time with people in various stages of activity (visiting, standing in the food line, eating, moving about), the atmosphere does not lend itself to an orderly and efficient conduct of business. Consequently, the Board recommends an amendment to our chapter by-laws as follows: (1) each year in the November issue of the newsletter, announce an election to be conducted in January and invite nominations for open positions, (2) hold the election in January, and (3) place new officers in their positions effective February 1. It is recommended that the current practice of staggered elections be continued: (1) elect the President and Secretary one year and (2) elect the Vice President and Treasurer the next, all four positions for two-year terms of office. Upon member approval of the change in by-laws at our November 2009 meeting, the current slate of officers will remain unchanged until new officers are in place effective February 1, 2010.

Online Resource for Gluten-Free Products and Updates

For \$4.95 per month, subscribe to Zeer Select at www.zeer.com for listings of over 30,000 products and their status as “labeled as gluten-free,” “appears to be gluten-free,” “may contain gluten,” and “contains gluten.” It is a good reference site for celiacs. The gluten-related status of products is updated regularly and the list is growing every day. Information about each product includes ingredient data, gluten-free safety status, gluten-free alternative products, problem ingredients highlighted, problem manufacturer’s statement with allergen warnings highlighted, detail pages for problem ingredients, manufacturer contact information, product data confirmation date for every product, gluten-free status changes when ingredients change, and new product feed with gluten-free products highlighted. For each Celiac Sprue Association member who joins, Zeer Select will donate the first month’s subscription fee to CSA (and the first month’s fee of each subsequent year). Enter the Zeer Select reference code CSAZEER at the subscription site to ensure your donation to the CSA.

Eating Oats

For a long time, celiacs have been warned to avoid oats because of possible exposure to gluten, generally from cross contamination occurring through trucks, grain elevators, common fields, and other sources. There are now oats on the market that claim to be safe for celiacs. If you decide to consume these oats, the Celiac Sprue Association recommends that you avoid oats for the first two years after diagnosis. When you begin consuming oats, introduce them into your diet in small quantities for a while so you can watch for any adverse reaction. Also keep in mind that some celiacs have an allergy to oats that is unrelated to celiac disease, so it is possible you may have a different type of reaction.

HOTLINE REPORT

by Helen Richards

Thanks to all who refer new members to our support group. Most referrals come from YOU, but also from doctors, nurses, dietitians, health food stores, and others. If our group has been helpful, please pass the word. Between monthly meetings the hotline can connect you with helpful and knowledgeable members.

Hotline Phone:
913-393-2400

\$\$\$ Treasurer’s Report \$\$\$

by George Smiley

Beginning balance as of 6-14-09	\$4,859.42
Income	\$ 158.15
Expenses	<u>\$ 265.45</u>
Ending balance as of 8-11-09	\$4,752.12

Thanks to member 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; jaldrichdavis@kc.surewest.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

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

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
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Annual subscription: \$8 nonrefundable

Celiac Disease Is More Common Today Than 50 Years Ago

A Minnesota study using frozen blood samples taken from Air Force recruits 50 years ago has found that intolerance of wheat gluten, a debilitating digestive condition, is four times more common today than it was in the 1950s.

The findings contradict the prevailing belief that a sharp increase in diagnoses of wheat gluten intolerance has come about because of greater awareness and detection, and raises questions about whether dramatic changes in the American diet have played a role.

"It's become much more common," said Dr. Joseph Murray, the Mayo Clinic gastroenterologist who led the study. No one knows why, he said, but one reason might be rapid changes in eating habits and food processing over the last half century.

"Fifty years is way too fast for human genetics to have changed," Murray said. "Which tells us it has to be a pervasive environmental influence."

Researchers at the Mayo Clinic and the University of Minnesota who conducted the study also found that the recruits who had the undiagnosed digestive disorder, called celiac disease, also had a four-fold increase in the risk of death. (Source: startribune.com)

New Gluten-Free Cookbook

Gluten Free by Design is a collection of easy recipes anyone can make. Five experienced cookbook authors have combined their talents to write this user-friendly guide. One author worked many years as a chef and baker in California and as a contributing food writer for *Living Without* magazine. One is a long-time Celiac who has cooked gluten free for years.

With over 225 recipes to choose from, including Mandarin Chicken with Black Beans and Chocolate Merlot Truffles, a celiac can enjoy a delicious meal at home or give the book as a gift. Available at www.amazon.com for \$19.95 plus shipping.

French Meadow Bakery Products at August Meeting

Thanks to French Meadow Bakery for samples displayed at our August meeting. French Meadow offers a number of gluten-free products: breads, cookies, brownies, pizza crusts, and tortillas. Product characteristics may include one or more of the following: organic, yeast-free, gluten-free, vegan, and kosher parve. French Meadow Bakery products are available at many Price Choppers at the in-store bakery area, Wild Oats, Whole Foods, Ball's Hen House, Consentino's Sun Fresh Markets, and a few Hy-Vee stores. Selections vary per store. For more information, visit the website at www.frenchmeadow.com.



Ball's Hen House Markets Offer Special Prices

Hen House Markets offer 15% off the price of more than 245 selected gluten-free items during the third week of each month. For a listing of the sale items, visit www.henhouse.com. Locations include Tremont Hen House (Parkville), Leawood Hen House, Olathe Hen House, Deer Creek Hen House, and Lenexa Hen House. Coming soon to the Lee's Summit Hen House and College Hen House (near JCCC). The stores also offer seven gluten-free varieties of Tippins soups hot on the salad bar or in the deli cooler case. For more information, contact Jennifer Egeland, Dietitian, at 913-573-1273 or www.henhouse.com.

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 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. There may also be other GF brands.)*

Honeysuckle White: (from website on 8-17-09—www.honeysucklewhite.com)

The following Honeysuckle White turkeys are listed in the website as gluten-free:

Fresh Whole Turkey
Frozen Whole Turkey
Fresh Bone-In Turkey Breast
Frozen Bone-In Turkey Breast
All Natural Whole Turkey



Sweet Honey Roasted Whole Turkey
Hickory Smoked Bone-In Turkey Breast
Oven Roasted Whole Turkey
Hickory Smoked Whole Turkey

The labels on gluten-free Honeysuckle White turkeys state “This product does not contain gluten.”

Hy-Vee: (from website on 8-18-09—www.hy-vee.com)

“To the best of our knowledge the following Hy-Vee Private Label items are gluten-free. While thought to be correct as of November 4, 2008, this list should not be considered a substitute for independent examination and confirmation of the ingredients used in any identified product, which ingredients vary from time to time and Hy-Vee, Inc., makes no representations or warranties whatsoever regarding this list, its accuracy, or the fitness of any product for any particular purpose.”

Hy-Vee Moisture Enhanced Frozen Turkey
Hy-Vee Moisture Enhanced Fresh Turkey
Hy-Vee All Natural Frozen Turkey
Hy-Vee All Natural Fresh Turkey

Hy-Vee Butter Basted Frozen Turkey
Hy-Vee Butter Basted Fresh Turkey

Jennie-O: (from website on 8-18-09— <http://www.jennieo.com/howto/TurkeyGuide/TurkeyFAQ.aspx>)

“We are providing the following list of products as a general guideline for those presently produced and distributed in the United States with formulas that do not contain gluten in the form of wheat, rye, oats, and barley. Although our products are labeled in compliance with government regulations, it is always necessary to read the labels on the products to determine if the food product meets your required needs. Parents and individuals with food allergies and/or food intolerances are responsible for reading the label of all products that they intend to use regardless of how the product is represented on this site. If you have any questions, please call our Consumer Response representatives at 1-800-621-3505.

Jennie-O Turkey Store Refrigerated/Frozen Items Not Containing Gluten:

Jennie-O Turkey Store prime young turkey and turkey breasts: fresh or frozen (the gravy packet does contain gluten)

Jennie-O Turkey Store oven ready turkey: Home style, Garlic & Herb

Jennie-O Turkey Store oven ready turkey breast (the gravy packet does contain gluten)

Jennie-O Turkey Store frozen turkey breast (the gravy packet does contain gluten)”

Vendor Samples at September Meeting

Thanks to Katz Gluten-Free Bake Shoppe of Monroe, NY, for donating samples for display at our September meeting. Katz makes breads, cookies, cupcakes, and more that are free of gluten, nuts, and dairy and certified Kosher. Some products are also free of corn, egg, soy, and sugar. Contact Katz at 845-782-5302 or info@katzglutenfree.com

Recipe: Gluten-Free Turkey Gravy

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.

15-16 turkey necks, browned in skillet
2 large onions, quartered
2 ribs celery cut into 1-inch lengths
2 full-size carrots, quartered and cut into 1-inch lengths
3 garlic cloves, quartered
2 bay leaves (McCormick)
2 teaspoons dried thyme leaves (McCormick)
12 whole peppercorns (McCormick)



After turkey necks are browned, put all ingredients in stock pot and cover with water (about 8 to 10 cups). Bring to boil, then reduce heat to simmer. Simmer for 3 to 4 hours. Strain through sieve and discard solids. Cool turkey stock and refrigerate, if preparing in advance (up to 3 days).

To make gravy, blend 3 or more tablespoons (use judgment) corn starch into ¼ cup cold water; then blend into total volume of stock. May add drippings from roasted turkey, if available. Cook to desired thickness. If more thickening is needed, blend more corn starch (use judgment to determine amount) into cold water and add to stock, continuing to cook until desired thickness is achieved.

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 treats that were gluten-free when last investigated. **Because product formulations can change, read labels on all these candy products before they are consumed—do not depend solely on this list:** Almond Joy, Andes Mints, Baby Ruth, Bit-O-Honey, 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 all miniatures are gluten-free), Hershey Kisses, Jelly Belly, Jolly Rancher hard candy and lollipops, Junior Mints, Lay's potato chips (regular, wavy, and ruffles—but NOT KC Masterpiece BBQ flavored), Life Savers, M&Ms plain and peanut (but NOT crispy), Mars bars, Milk Duds, 3 Musketeers, Mounds, Nerds, Oh Henry!, 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 are not sure about. **NOT GLUTEN-FREE:** Milky Way, 100 Grand Bar, Kit-Kat, Krackle Bar, Crunch Bar, all Brach's, most licorice (and others too numerous to list here).

Please Respect Speakers at the Podium

When a speaker is at the podium, whether an officer or a guest, please show respect by refraining from conversation anywhere else in the meeting room. Private conversations, even in low voices or whispers, are distracting to people nearby and sometimes make it impossible to hear what the speaker is saying. Noise from the vicinity of the food table and the back of the room is especially noticeable.

You can follow us on Twitter as @csakc !

Just go to our Twitter page at <http://twitter.com/csakc> (or the csakansascity.org webpage) to follow us. We will send announcements, KC-area celiac news, and meeting reminders. You can also do topic-searches on Twitter; Try searching for #celiac on twitter.com for the latest world-wide news and discussion. @csakc page: <http://twitter.com/csakc>

Gluten-Free Hams

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 Cook's website as of 8-18-09: All **Cook's** products are intended to be gluten-free. A disclaimer states that suppliers are required to provide gluten-free ingredients, but that 100% gluten-free status cannot be guaranteed because supplied ingredients could be altered without Cook's knowledge.

By telephone on 8-18-09, **Hormel** advises that all Hormel hams are gluten-free.

From the **Hy-Vee** website as of 8-18-09:

Hy-Vee Brown Sugar Spiral Sliced Ham

Hy-Vee Honey & Spice Spiral Sliced Ham

(See the Hy-Vee disclaimer above under "Gluten-Free Turkeys")



You Can Participate in a Survey for Research Purposes

As we all know, people don't understand celiac disease or other chronic diseases we have. Here's an opportunity to participate in a research survey that is intended to broaden and improve their understanding and their responses.

Conducted jointly by the Center for Managing Chronic Disease, University of Michigan, and a group called Advocacy for Patients with Chronic Illness, the purpose of the study is to identify common experiences of patients related to day-to-day management of their conditions and people's perspectives about how research, programs, and communications could reach and assist them more fully. This online survey contains a combination of multiple choice questions and open-ended, fill in the box types of questions. Questions include how you have used health care, your experiences with health care providers, how you manage your diseases on a day-to-day basis, the support you receive from family and friends, and how you seek information about the chronic condition, the challenges you face in managing the disease, and what helps or would help you manage better. The study researchers state that the privacy of the information you provide will be protected.

To access the survey, Google "chronic disease survey" and click on the link entitled "Welcome to the Chronic Disease Survey." *The website will not permit copying the link to post on this page.* The survey will close in March 2010 and a final report is expected in the fall of 2010. You can elect to receive a summary of the report and a summary will be published in this newsletter, if permitted.

If you prefer to participate in the study by answering the questions in a telephone interview, please call Advocacy for Patients with Chronic Illness at (860) 674-1370 to arrange for a scheduled phone interview.

Kneaded Specialties Gluten-Free Bakery Has CSA Seal of Recognition

Kneaded Specialties Gluten-Free Bakery in Lee's Summit has earned the Celiac Sprue Association's Seal of Recognition which certifies it a risk-free source of gluten-free products. The bakery offers breads, dinner rolls, hotdog and hamburger buns, brownies, cookies, cupcakes, muffins, and scones, which were displayed at our August and September meetings. The products are free of gluten, peanuts, tree nuts, soy, and dairy/casein. Products are available at many Hy-Vee Health Food Markets, Nature's Pantry, Royal's Stadium, and Fortune Wok and will be available at other locations soon. Open 8:00 a.m. to 5:00 p.m. at 301 NW Central Street, Unit 301-H, Lee's Summit, MO 64063. Phone is 816-525-8989 and website is www.kneadedspecialties.com.

Our Bank Account is Diminishing. Please Help.

The bank account of our support group is diminishing because expenses exceed income which depends entirely on donations.

Member donations have dropped off significantly because of a large memorial gift that gave a sudden surge to our bank account. When our friendly Greeter, Lea Everist, passed away on December 31, 2007, her family thoughtfully suggested donations to our celiac support group. Early in 2008, because of the memorial gifts, our account jumped from around \$1000 to over \$7000. When members saw this, their donations subsided.

Now our bank account cannot sustain itself. Our account balance, as of August 11, 2009, was \$4752. Even though our expenditures are monitored, they will deplete the bank account unless member donations increase. For example, annual costs approximate \$2400 for reproducing and mailing the newsletter and \$1100 for rental of the meeting room. Other expenses include Cel-Kids, guest speakers, supplies and beverages for the hospitality table, the Thanksgiving Feast, and various other items. The following shows income compared to expenses in 2009:

	<u>Income</u>	<u>Expenses</u>
Jan. 2009	\$ 564.00	\$ 32.42
Feb. 2009	43.00	830.57
Mar. 2009	79.00	8.59
Apr. 2009	37.00	0
May 2009	0	90.00
Jun 2009	65.00	614.00
Jul. 2009	83.00	200.00
Aug. 2009	29.00	63.05
	<u> </u>	<u>540.00</u> *
	\$ 900.00	\$ 2378.63 **

* \$540 yet to be billed for room rental at St. Joseph's Medical Center

** Bill for reproduction and mailing of August 2009 newsletter not available

To continue providing the programs, services, and support that our members have become accustomed to, we must all join together as Celiacs Helping Celiacs.

Members are encouraged to make a donation at monthly meetings or to mail a check to our treasurer. For more than 25 years, our group has been able to avoid membership fees and we are confident we can continue that tradition through the generosity of our members.

While gifts in any amount are welcome, we suggest at least \$5 per family per month. Compared to dining out, paying for cable TV, going to a movie or a sports event, etc., this seems reasonable when considering the benefit derived.

If you wish to donate by check, please make it payable to **CSA, Chapter 4**, and hand it to our treasurer, George Smiley, at a monthly meeting or mail it to the following address:

George Smiley
5119 Lowell Avenue
Overland Park, KS 66202

These donations will help meet many, but not all of our expenses. For example, a donation applied to the cost of turkeys for the Thanksgiving dinner will be necessary as will be a subscription fee for delivery of the *KC Gluten-Free Advocate* through U.S. Mail (explained on page 9). Delivery of the newsletter by email will be free.

Thank you for your generosity in the past and for your response to this appeal. We are all Celiacs Helping Celiacs.

IMPORTANT: New Policy for Newsletter Mailing

Notify Us if You Wish to Continue Receiving this Newsletter by U.S. Mail

Management of our support group's expenses is being closely monitored. One of our most costly services is reproduction and distribution of the *KC Gluten-Free Advocate*. The current cost is approximately \$2400 per year.

As a result, the Executive Board has decided to encourage members to receive this newsletter free by email, but will continue to deliver through the U.S. Postal Service to members who pay an annual subscription fee.

If you choose to continue receiving the newsletter through the U.S. Postal Service, we must begin charging to cover the costs of reproduction, labeling, and postage. Beginning with the February 2010 issue, the newsletter will be distributed through the U.S. Postal Service only to members who have paid a subscription fee to cover costs. The nonrefundable fee will be \$8 for the 2010 calendar year (four issues: February, May, August, and November 2010). In each succeeding year, members will need to renew their subscriptions to continue receiving the newsletter through the U.S. Postal Service. Please understand that the fee in succeeding years will increase when costs increase.

If you choose to subscribe for 2010, please mail a check in the amount of \$8 payable to CSA, Chapter 4 and include: (1) your PRINTED name, (2) PRINTED mailing address (including zip code), and (3) telephone number (including area code in case we need to call for clarification). To ensure timely delivery of the February issue, postmark your payment no later than December 31, 2009 (sooner is better), and mail to:

Gary Richards
14409 W. 123rd Terrace
Olathe, KS 66062

If you have email service, please consider receiving the newsletter in that free format.

Members who do not have email service can have the newsletter emailed free to the computer of a family member or friend. Another option is to use a computer at your local library and access the newsletter at our website, www.csakansascity.org. For delivery by email at no cost, please send your email address, no later than December 31, 2009, to:

Courtney Scherer
mkeonin@hotmail.com

In the email's subject line, please type: **Requesting Delivery by Email**

If you already receive the newsletter by email, you do not need to do anything. You will continue to receive the newsletter at your email address currently in our file. Please remember to notify us when your email address changes.

Free Online Contact with Medical Professionals

Medpedia is a free information platform that provides an opportunity for dialogues between the patient population and the health community. Explore Medpedia, a long-term, worldwide project to advance health and medical knowledge among professionals and the general public. The Celiac Sprue Association participates in this program and has a group on Medpedia. To create a profile and join, visit <http://www.medpedia.com/sign-up/357>. Take a look at this site to determine how it can help you manage your health.

Caution Regarding McDonald's Angus Beef Patty

McDonald's Angus Beef Patty is gluten-free, but a sauce containing wheat is applied at the prep table where the sandwich is assembled after cooking. If you order the angus beef patty, specify "no sauce." To avoid risk, it might be better to order the 100% beef patty which is gluten-free, according to the ingredient list. (*Note: This information applies only to the gluten-free status of the meat.*)

Because the sauce is applied in an area separate from the grill, one should feel reasonably confident that the grill is not contaminated (*based on information from McDonald's Customer Service Center*). As always, celiacs are advised to exercise caution because eating out is risky. When at McDonald's or anywhere else, ask questions to verify the safety of products and to clarify cross contamination issues.

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 or consumes 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 or implied 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

Last Free Issue by U.S. Mail. See page 9 for subscription information.
Delivery by email will continue to be free.