



a "connection" of the
Celiac Disease Foundation
csgmv-news ISSUE III- 1
January-February 2003
WEB SITE -- www.csgmv.org

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DISCLAIMER

- Information and dietary recommendations Are intended for the benefit of our members and other interested parties. Individuals should consult with their physician before following any medical or dietary recommendations.
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MISSION STATEMENT - CSGMV

The CSGMV organized to provide support to the diagnosed person (and family) with Celiac Disease and Dermatitis Herpetiformis in the form of current information, available resources, and dietary management on an initial and continuing basis. Further, to serve as a resource for the general community and medical professionals by providing up-to-date information related to the management of Celiac Disease.

Adopted 1/2000
Revised 5/2002

NEW Natur-Tyme Information:

Natur-Tyme is now located at:
5898 Bridge St., E. Syracuse, NY 13507 –
or check them out on the web at
www.natur-tyme.com/store.asp
Phone: (315)488-6300
Open: M-F 9AM – 8PM
Sa 9AM – 6PM
Su 12N – 5PM

CSGMV is joyfully starting our 8th year of celebrating *living gluten-free!* Join us....
AT 10 AM,
THE 3RD SATURDAY OF EACH MONTH (schedule below – mark your calendars NOW!) AT THE
NEW YORK MILLS LIBRARY, MAIN ST.,
NEW YORK MILLS, NY.....

2003

February 15th
March 15th
April 19th

May 17-18th

2nd Annual WALK for CD

June 21st
July 19th
August 16th
September 20th
October 18th
November 15th
December 20th

2004

January 17th

From the net ---

Gig specific antibody tests for neodymium, gliding and tissue transglutaminase are useful for the identification of IgA deficient CD patients. IgG antibody tests along with tests routinely being used in clinical laboratories can reliably detect all active CD patients. In addition, the levels of these CD-specific IgG antibodies could be used to monitor patient dietary compliance.

Basic Biscuits

Serving Size: 12

1 cup sorghum flour
3/4 cup GF Flour Blend
1/4 cup Sweet Rice Flour
1 teaspoon xanthan gum
2 teaspoons sugar
3 teaspoons baking powder
1/2 teaspoon cream of tartar
1/4 teaspoon salt
1/2 cup shortening -- cubed
1 egg + 1/2 cup milk

Crack egg into large measuring cup. Add milk to make 2/3 cup of liquid. Lightly beat together. Set aside. Sift all dry ingredients. Place in food processor. Pulse in cubed shortening. Add milk/egg mixture. Pulse until dough is formed. I usually wrap dough in plastic wrap and chill 1 hour or overnight, but you could roll or pat it out right away and use a biscuit cutter to cut biscuits. Place on baking sheet and bake at 450 degrees for 10 min. I usually brush melted butter on them the last couple of minutes. This helps them to brown a little bit better.

T h a n k - Y o u - t o
Linda LaMonica for all the work on planning our Jan. 4 "Post-Holiday Fest" at **Hart's Hill Inn**.

Those attending enjoyed a great evening – approximately 37 of us were there.

Melody Ernst brought (and shared) her music & "boom box" – a pleasant background!!

Pam Fahy brought rolls (yummy!) and pies, and **Tanya Clute** brought apple pies. **Margaret Angell** sent in delicious cheesecakes!

A l s o ~ a recipient of our gratitude is **Scott Lichorowic**, owner (and his son who was our "happy server" that evening).

It valiantly proves what wonders can be accomplished when we make our needs known!!



~M o h a w k V a l l e y
R . O . C . K . N E W S -

On Saturday 1/11 Becky Maderia and Tanya and John Clute met, while the children played. The discussion began with the hanging of **ROCK posters**. Although several have been distributed (including Nature Tyme in Syracuse) we have decided that due to weather concerns it may be more sensible to mail posters around the area.

Becky received an email from **Natural Feast**, **manufacturers of gluten free frozen pies and piecrusts. Also free of genetically modified ingredients: hydrogenated oils, artificial additives, refined sugar, eggs, dairy and preservatives. Natural Feast stated in their letter that they are "always interested in participating in programs that support and educate"**. They can be reached at 508-785-3322 or www.naturalfeast.com. We will keep them in mind for future events.

We also briefly **discussed ADD/ADHD and the gluten free diet**. There is some information in Danna Korn's book and we would like to research this further. There is evidence that a **gluten free diet can help children diagnosed with ADD/ADHD (as well as Autism) to the extent that medication may not be needed**. Tanya has been in touch with a friend in Mass. who's 5 year old child was just diagnosed ADD and is looking for more information on the gluten free diet. We hope to help her and her family.

Last, **childcare**. Tanya and John need to find alternate childcare when their regular babysitter is unavailable. The search for reliable, safe, nurturing childcare can be cumbersome. It feels even more so when the child has a special need. Although we are blessed knowing that our Celiac children are healthy on the GF diet, we cannot escape the fact that the diet, the disease, and food are in the forefront of our thoughts when our children are away from us. We not only worry that they will be safe from daily dangers such as falling or getting their feelings hurt, but also the dangers of food. Trust is the number one factor in this childcare equation. Mommy's and Daddy's learning to let go is another.

Let's hope that 2003 will be a prosperous year in Celiac research.

Another note: **Rich Gannon** of the Oakland Raiders has been named **the NFL MVP**. Who cares about football? What does this mean to you? Rich Gannon and his family have been strong supporters in Celiac awareness and research since their **daughter Danielle was diagnosed with CD**. The more people who know who he is, the more people who are aware of CD. Congratulations to Rich!

Our next meeting has been scheduled for Saturday March 1st at 2pm.

tc

