



a "connection" of the
Celiac Disease Foundation
 csgmv-news ISSUE III- 1
 March-April 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.
- No liability is implied by -- or assumed for – the use of information contained herein.

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

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
 April 19th
May 17th - 18th
2nd Annual WALK for CD!
 June 21st
 July 19th
 August 16th
 September 20th
 October 18th
 November 15th
 December 20th

CDF Fall 2002 Newsletter:
 excerpted from presentation by -
Shelley Case, B.Sc., RD
 - speaker at Annual Meeting

- **Malto-Dextrin** is used in a variety of foods – can **ONLY** come from Potato, corn or rice – **NOT A PROBLEM!**
- **Quinoa** – classified as a fruit and in the same family as spinach; comes in seeds, flakes, flour, or pasta.
- **Amaranth** – high in protein, dietary fiber, magnesium, phosphorous and zinc – common source of calcium & B vitamins.
- **PURE spices** are Gluten-Free – the problem occurs when pure spices are MIXED with other ingredients to make a "seasoning mixture".
- **Vinegar** – all vinegar is distilled, and therefore G-F.
- **Corn Gluten & Soy Gluten** – are G-F.
- **PURE Buckwheat** – is G-F. However, manufacturers **sometimes mix it with wheat flour** – **BEWARE!**

I am deeply concerned about products made by commercial bakeries & health food stores. They could be using the same scoop, the same sifter, same cutting machine/knife with rice flour AS WELL AS with wheat flour, for example. **SO DO RELY ON G-F MANUFACTURERS FOR YOUR PRODUCTS!**

~from Peg Curtacci, RD, AND Celiac List-serv~
*The researchers and experts clearly uphold the knowledge that **spelt** is closely related to wheat in its protein make up and **should not be consumed by persons with CD.** Health food stores sometimes advertise "Spelt" bread as wheat free.*

REMEMBER – "wheat-free" is NOT necessarily gluten-free!!!

~WORDS FROM OUR PRESIDENT~

Spring is in the Air – FINALLY!!! It makes you want to get outside and enjoy the season. Spring Fever? I'll Say! With that thought, let's get out and take a walk to raise \$\$ for Celiac Disease Research again this year. The Floyd Fire Department and Auxiliary has granted our request to rent their hall for our walk on Sunday May 18th from 10:00 am to 1:00 pm. They have a great facility with a hiking path and covered pavilions. The Floyd Fire Department is located on Route 365 in Floyd. We are getting our committees together to work on this event. If you can help out in any way please contact me in the evening at 865-4247. Many hands make light work – and it's Fun!

Pam

CNY Celiac Support Group is holding their walk on Sat., May 17, 2003 at 9 AM – at Onondaga Lake Park, Salt Museum, Liverpool, NY.

*Just because something is published on the Internet does NOT make it true!!
Check labels, sources, dates A L W A Y S!!*

A nd – call manufacturers....

~PLEASE TAKE NOTE~

CSGMV will participate in the 2nd Annual Walk for Celiac Disease Research on **SUNDAY, MAY 18th 2003** from 10AM to 1PM at the **Floyd Fire Department Field** on Rte. 365, Floyd, NY (Registration is at 10:00 AM) ~ Plan on securing your pledges and join us for a fun-filled time!! ~

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*New test findings show that more than 1.5 million Americans have Celiac Disease (research from the University of Maryland, the University of Chicago, and other institutions) – MORE than previously thought!*  
~~~~~

Schwan's will be at our April 19th meeting – come see what is available & gluten free!



~Mohawk Valley R.O.C.K. NEWS~

On March 1st, the R.O.C.K. Group met at Becky & Joe Madeira's home. Jim & Diane Clute (representatives of Schwan's Frozen Food Products) provided a meal (Gluten Free) for those in attendance. Jim expressed interest in doing a similar "sampling" for CSGMV in the near future. The meal was VERY delicious and enjoyable, according to Tanya & Becky! **The next meeting of R.O.C.K. will be held at 2:00 PM, April 12th, at Becky Madeira's home.**

Here are just a few of the Gluten-Free food products available from Schwan's

- Alaskan Halibut Fillets #558*
 - Garlic Herb Shrimp #567*
 - Unbreaded Chicken breast filets #502*
 - Diced chicken breast meat #514*
 - Center Cut Pork loin chops#410*
 - Skinless Franks #439*
 - BBQ Boneless Pork loin back ribs #402*
 - Country Sausage Patties #441*
 - Polish Sausage #447*
 - Sirloin Ball Tip Steaks #431*
 - Baked Potato topped w/Ham & Cheese #754*
 - " " " w/Broccoli & Cheese #791*
 - Stir Fry Vegetables #786*
 - Fully Cooked Beef Pot Roast w/gravy #424*
 - Herb Garlic Potato & Vegetable Blend #780*
- And many other items!!

\Up-coming /

- GIG Annual Education Conference in Denver, Colorado – June 6-8, 2003 call 206-246-6652 or go to: www.gluten.com
- CDF Annual Meeting Nov. 2, 2003 in L.A., California

If you're planning to be in either area, check it out on the GIG and/or CDF website...

- May 15th - Hannaford (on Commercial Drive, New Hartford, will "open" their Health Food Section – including a number of GF products...
- Camp Celiac in N. Scituate, RI is sponsored by the MA & RI support groups – check it out at

www.members.cox.net/nowheat/index/html or call Tannis Collard 508-399-6229

~ Bob & Ruth's GF Dining & Travel Club ~
(membership is \$40)

>R.O.C.K. Western Caribbean Family Cruise June 28-July 5, 2003

>Grand Orient GF Getaway Japan, China & Hong Kong July 18 – Aug.5, 2003

For more information – contact:

Bob & Ruth's 22 Breton Hill Rd., Ste. 1B
Baltimore MD 21208

**Life is not measured by the breaths we take
– but by the moments that take our breath
away!!**

Chicken Tenders (or Nuggets)

(makes 48)

from the CDF newsletter

- 8 boneless skinless (single) chicken breasts, cut into nugget-size pieces (6 pieces per breast)
- 1 C cornmeal
- 2 C gluten-free cornflake crumbs
- 1 tsp. each garlic salt, onion powder, & ground pepper (or other seasoning)
- 1 C plain yogurt OR enough olive oil to coat chicken

Preheat oven to 375 and lightly grease a sheet pan.

Put cornmeal, cornflakes & spices in a Ziploc bag.

Coat the chicken pieces with yogurt OR olive oil.

Place coated chicken in cornmeal mixture. Seal the bag & shake to completely cover all of the pieces with crumbs.

Place "breaded" chicken on pan & bake until cooked through, about 15-25 minutes depending on the size of the pieces.

Serve with dipping sauces such as honey, barbecue sauce, or mustard...

**Tell the people you love that you LOVE
them – at EVERY opportunity!!**

Crepes – from Melody Ernst

(use in place of lasagna noodles)

1 ½ C. cornstarch

¾ C. tapioca flour

pinch of salt

3 eggs

2 ½ - 3 C. milk (enough for thin batter)

Beat eggs & milk into dry ingredients to make a smooth batter.

Spray 7- inch frying pan and heat to HOT. Add ¼ C. batter & tip pan to cover entire bottom. Cook 1-2 minutes until bottom is cooked. Turn over crepe & cook VERY SHORTLY on other side. Repeat till all batter is used.

These can be used for **savory** or **sweet** recipes.

- **Savory** – lasagna, manicotti, ham & cheese mixture.
- **Sweet** – dust with Confectioner's sugar, fill with pie filling and roll to close; heat & serve warm with vanilla ice cream...

Cherish your health:

if it is good, preserve it.

If it is unstable, improve it.

If it is beyond what

you can improve, GET
HELP!!