

CSGMV NEWSLETTER

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Since - 1996

Special Dedication

By Pam Fahy

This newsletter is dedicated to Eleanor Wallace.

As I sit down to write this issue with my coffee and cinnamon donut, I ponder all the great things she has done in her life. I can only hope to come close to her accomplishments. The greatest of course are her wonderful children - Wendy, Shari, Carol and Scott.

Eleanor dedicated her life to service through nursing and volunteerism. Nursing was her first love and she spent more than 40 years helping people through hospital stays. Nurses are angels and it takes a very special person to be a nurse. She put her time into the school system as her children grew. Then, after being diagnosed with celiac disease later in life she changed her focus. She formed the Celiac Support Group of the Mohawk Valley with Sheila Tucker in January 1996 to help other people struggling like her. I remember finding her name and number on a bulletin board offering help for people with celiac disease in Late December 1995. It was a blessing to have someone out there to help me through my early post-diagnosis adjustment. She has been there for everyone who called her and will be greatly missed.

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Expressions of Sympathy from Members

It was sad news to hear of Eleanor Wallace passing. My prayers are with Eleanor and her family. They are so blessed to have each other and to be her children. The world will be a lesser place without her. She will not be replaced. With prayer and thought,
Eleanore

Oh Pam...How sad...She was indeed a great lady..She made a world of difference for my family when we had to deal with the Celiac diagnosis (especially my son as he was diagnosed first..then my daughter so we knew a lot by then). I may be an RN but no diagnosis means anything till you have to live it. She will be a huge loss to the celiac community. Thanks for sending the note. She has to be in a special place ..probably still teaching people :) Sincerely
Amy

My heart goes out to her family and all those who know her from our celiac group. Eleanor was an incredible woman and so dedicated to helping us get through the trials & tribulations of celiac disease. Her legacy will remain with us forever as we try to stay informed and healthy. She left her mark in this world and we will all miss her dearly. Her death is a great loss. My love and prayers are with you and her family. Always,
Margaret

Pam, I'm sitting here with tears in my eyes like many others, my faith tells me Eleanor is now home safe with our Lord. Eleanor was a true inspiration to me as I started to help others. Peg

CSGMV Basics

CSGMV – a Chapter of the Celiac Disease Foundation

New address, phone number or e-mail??

Please let Pam know
Call, send me an e-mail or snail mail me!!

Don't take a chance on missing out on
newsletters or notice of upcoming events!!

READ LABELS!!!

CALL MANUFACTURERS!!

Repeatedly Asked Questions & Answers

By Beth (Glutenfree.com)

"I wonder if anyone gets frustrated with reading the same questions over and over again? In particular, I'm referring to recurring questions such as whether caramel, modified food starch, alcohol, vinegar, and oats are safe for a gluten-free diet."

"Some patients Cannot tolerate oats - even if they are Gluten-Free."

- **Caramel flavor and caramel color** in the US – always derived from corn and therefore safe for a gluten-free diet.
- **Modified food starch** in the US – always from corn. ***Exceptions*** are specified on the label now that the FALCPA legislation is in effect.
- **Alcohol and vinegar** – all are safe with these ***exceptions***: malt vinegar which is derived from barley, alcohol that is fortified, and some flavored alcohols which must be checked with the manufacturer. Otherwise, the gluten molecules are too large to pass through in the distillation process.
- **Oats** – allowed if they are from uncontaminated sources, tolerated by the patient and approved by the patient's doctor. ***Some patients Cannot tolerate oats even if they are gluten-free, so please check with your physician before adding them to your diet"***

Please Remember – Always ask questions and Advocate for
Your Best Interests!!
Don't Settle for Less than You Deserve!

CSGMV NEWS

Linda Paciello has won a recipe contest for Gluten-Free Stuffing!!
Congratulations Linda and Just in Time for Thanksgiving!!!

We have included her "AWARD WINNING" recipe on page 4 of this newsletter - ENJOY!!

Get your CSGMV Sweatshirt!

They are **Very reasonably priced at \$12.00 each**

Linda Buck is taking orders - So Please see her at our next meeting.

Linda Buck, Linda Lamonica and Pam Fahy attended the first ever **Gluten-Free Cooking Class** held at the **Rome Campus of MVCC!!**

We have unanimously agreed that it was **EXCELLENT -A1** and Must be continued!!!

If you would be interested in attending future Gluten-Free classes **PLEASE** contact the MVCC Continuing Education Office - **Call Andrew Dean @ 792-5410** to ensure they offer it again!

Just to give you the highlights -

We learned how to make GF noodles, a GF pecan pie to die for, how to smoke a turkey breast, some really Great chicken and shrimp dishes and just good cooking techniques!

And after All that fun we got to eat everything we made - **YUM!!!!!!**

Fellow member Judy Bleecker sent the following:

We do indeed have a **gluten-free menu**. All of our sauces are made to be gluten free and can be served over Tinkyada brand brown rice penne. This includes our Alfredo, Carbanara, Tomato Basil and Vodka Sauces. We also are able to make dishes like our Chicken Marsala or Chicken Picatta Gluten Free. Since we make almost everything homemade, it allows us to control the ingredients we use. We usually have a gluten free torte available for desert as well. Unfortunately, we do not have a gluten free bread or pizzas. **Feel Free to stop in and check out our gluten free dinner menu.** We hope to see you soon!

Sincerely, Sarah Roche

Nirchi's Italian Grill

37 Albany Street

Cazenovia, NY 13035

CSGMV KIDS



Reminder - We do support families that have children diagnosed with celiac disease too!!

If you know of a family that has kids with celiac, Please send them our way.



~Recipe~



Linda K. Paciello's "Award Winning" Stuffing Recipe

1 stick butter
 1 cup chopped onion
 1 cup chopped celery
 2 tsp baking powder
 1 tsp sage
 1 tsp poultry seasoning
 ½ tsp salt
 1 egg
 1 cup chicken broth

6 cups bread cut in cubes

Sauté chopped onion and celery in butter until just soft. Do not brown. Put the bread cubes in a 2 quart casserole dish. Put in dry ingredients of baking powder, sage, poultry seasoning, and salt. Mix up so it is evenly distributed. Beat up the egg and add. Mix again. Add the sautéed onion and celery. Mix up so that everything is evenly distributed. Moisten with chicken broth, mixing again. Bake at 350 degrees until top is browned.

Now enjoy!

Other Important Info and Sponsors

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The
Gallery

4780 Commercial Dr.,
 New Hartford, NY
 315-768-7851

NYPD
 (New York Pizza & Deli)
G-F Pizza
 85 Clinton Rd. (Rte. 12-B)
 New Hartford, NY

SYMEON'S
 Greek Restaurant
 4941 Commercial
 Drive
 New Hartford, NY

GLUTEN-FREE MENU
 Available – Just Ask
 315-736-4074

The Vitamin Shoppe
 Commercial Drive, New
 Hartford
 Next to Sangertown
 Square entrance
 315-768-4266

MISSION STATEMENT and GOALS - CDF/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. CSGMV is currently a chapter of the Celiac Disease Foundation – a non-profit public benefit organization dedicated 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::Revised 5/2004

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.

THEY "SPEAK" GLUTEN-FREE

2009 Dues are now being Collected!

Dues are \$12.00 per Calendar year and cover the cost of publishing our Newsletter.

The CSGMV Newsletter is published 4 times a year – seasonally!

Get your Dues in so you won't miss the next issue of the Newsletter.

Make check out to CSGMV/CDF (include your name, address, phone # and e-mail address)

Send to: Pam Fahy
7111 Koenig Road
Rome, NY 13440

Please send the attached Form along with your Dues Payment – Thank You!!

~~~~CUT ALONG THIS LINE TO USE FORM BELOW TO PAY 2009 DUES~~~~

NAME(s): _____

ADDRESS: _____

PHONE # (HOME): _____

(WORK) _____

E-MAIL ADDRESS: _____

AMOUNT ENCLOSED: \$ _____ @ \$12.00 PER YEAR DUES

MAKE CHECK PAYABLE TO:

CSGMV/CDF

MAIL TO:

**PAM FAHY
7111 KOENIG ROAD
ROME, NY 13440**

Pam Fahy, Pres.
Linda Buck, Vice Pres.

E-Mail:
csgmv@yahoo.com

**There Is Life after
diagnosis!**

Visit us on the Web at:
www.csgmv.org

NOVEMBER 15th

---New Meeting Location

DECEMBER 20th

---Cookie Tasting

Meetings & Events

CHANGE IN MEETING LOCATION!!

Join us on the 3rd Saturday of every month at **10 AM sharp** at the **Oriskany Masonic Lodge, River Street, Oriskany** – Parking in rear of building.

Directions to NEW Meeting Location:

Take route 69 to Oriskany.

At the blinking yellow light in Oriskany turn Left if coming from Utica or Right if coming from Rome. That is River Street.

Go to the next traffic signal. The Masonic Lodge is the light blue building on the corner. Go through the light and park behind the blue building. Enter the building from the rear parking lot.

See You There!!

Pam Fahy, CSGMV
7111 Koenig Road
Rome, NY 13440

NOTE: NEW MEETING LOCATION!!



TO: