



# Since 1996 - CSGMV NEWSLETTER

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## **NYPD**

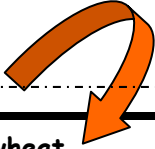
(New York Pizza & Deli)

## **G-F PIZZA**

85 Clinton Rd. (Rte. 12-B), New Hartford, NY  
315-733-6973

Nick Cavalier is desirous of serving the Celiac Community  
with -- check it out --

## **GF Pizza!!**



"My name is Nick and I own N.Y.P.D. I offered whole wheat pizza when I first opened, and I have gotten a lot of requests for gluten free pizza. After 10 months of researching this product, I think I have perfected this process - it really tastes great. I would love to have a support meeting at my restaurant and maybe you folks could try me out. It would be a HONOR and a privilege to cook for your support group.  
Thank You  
Nick 315-733-6973 "

New address,  
phone,  
or email?

Please inform Eleanor at 315-736-6981  
or  
elpar6@yahoo.com  
CSGMV cannot be responsible for re-mailing returned newsletters (or other mailings).  
Thank you for **HELPING US!**

"OK Folks, my mother and I ordered a pizza Saturday night and devoured it. It was simply AWESOME. It is a thin crust pizza, medium size and costs \$18.52. The price at first seemed a bit steep, but I have to say it was love at first bite. It is worth every cent. I recommend it highly.  
Lou Parrotta"

"The G-F Guinea Pig reporting in...I ordered and picked up a G-F pizza (along with a large nasty wheat gluten style pizza) last night @ NYPD. I got it on the way home and boy did it smell great in the car. I am sorry to say that yes - I ate the whole medium size pizza myself. (They only have G-F in a med size pizza). It was very good, kind of a flat crust / pie not much rise to the material. (A med size was a little to much for me to eat but I did) - the best part was that it did not bother me at all. Since I ordered a couple pizza's I do not know what the G-F cost was - the total bill was a little high, but it was well worth it and will order it again. They are on my way home from work and easy for me to get to so that is also a plus.  
Scott Dam"

Raising Awareness since 1994

Celiac Disease Foundation

CSGMV—a Chapter of

**NEW GLUTEN-FREE FLOUR ON THE MARKET?**

If you come across a bag of **jowar** (or jawari or jowar) flour, it is gluten-free. Chances are, you may have already used this flour in your baking and just not realized it. The more common name in America for this flour is sorghum and sorghum flour is fairly familiar to celiacs. Sorghum/jowar flour is more nutritious than many of the alternative flours and excellent to use along with your regular flour mixture when baking breads. This flour is also used for coating foods before frying to give a crispy outer cover. This flour is available at some grocery stores and most health food stores. If you don't mind purchasing products processed abroad, you can usually save money on jowar flour by getting it from an Indian market. The flour will stay fresh for up to 4 months when stored in an airtight jar.

(from Connie Sarros Newsletter)

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[www.gfMeals.com](http://www.gfMeals.com), by **Your Dinner Secret**, is a business that **ships frozen, ready-to-cook gluten-free, casein-free food all over the country**. They have reasonable shipping prices and a wonderful reputation for their food. This food is particularly useful for families concerned with celiac disease, autism, aspergers, ADHD and other food allergies. Their produce is organic, their meat is all-natural and there's nothing artificial in the food.

(from CDF)

\*\*\*\*\*

**Country Life Vitamins** claim to be Gluten Free. For more information on Country Life Vitamins please contact: Jodi Drexler-Billet at [jodibillet@countrylifevitamins.com](mailto:jodibillet@countrylifevitamins.com)  
(from Eileen Kinsella - member)



\*\*\*\*\*

**Please note GIG's office has moved, and has a new mailing address, telephone and fax numbers as noted below.**

**Gluten Intolerance Group of North America (GIG)**  
31214 124th Ave SE  
Auburn , WA 98092-3667  
Telephone: 253-833-6655  
Fax: 253-833-6675  
Website: [www.gluten.net](http://www.gluten.net)

KUDOS -  
TO OUR "UNSUNG" HEROES!!  
**President Pam Fahy - always there for us.**  
**VP Linda Buck - ready and able**  
**at a moments notice to step**  
**up to the plate and have good**  
**ideas.**  
**Margaret Angell & Linda LaMonica -**  
**our "official greeters"!**  
**To all who bring in refreshments -**  
**asked or not!!**

Call Eleanor @ 736-6981 with  
number of people attending  
May 17th meeting at NYPD  
Pizza for reservations by May  
10th!!

If you want more than 1 slice  
- you must let us know ahead  
of time, and pay for what you  
want extra!

**Great News!**  
CDF is pleased to announce that  
**General Mills Rice Chex®** is now a  
Proud Sponsor of the Celiac Disease  
Foundation. This great tasting cereal  
has been reformulated and is now  
**GLUTEN-FREE!**  
Look for the new Rice Chex® with the  
red gluten-free check mark on the front  
of the box. Thank you to General Mills  
Rice Chex® whose partnership with  
CDF will bring a greater awareness of  
Celiac Disease to the mainstream  
marketplace.

**DID YOU KNOW??**

**Glue on envelopes and stamps is reported to NOT contain gluten!!**

\*\*\*\*\*

**New Celiac-Safe™ Baking Mixes meet European Food Safety Standards-- Helping those with Gluten Intolerance Enjoy Meals Again!**

**CEDAR RAPIDS (January 15, 2008):** The new website [tasteslikerealfood.com](http://tasteslikerealfood.com) is taking orders for its new Toro™ brand Celiac-Safe™ baking mixes. Imported from Norway, they provide exceptional taste and texture for those with celiac disease or gluten-intolerance.

“People who are gluten sensitive or who suffer from celiac disease share a similar story,” said Jenny Bosking, President of Aarlsberg Foods LLC. “We are tired of paying good money for baking products that don’t taste good, and we are searching for products that will help us enjoy our meals again.”

Toro™ brand baking mixes are manufactured according to the Codex Alimentarius, the food safety standard of the European Union. The Codex Alimentarius allows a trace amount of gluten (20 parts per million) to be used in products defined as gluten-free. These products have been enjoyed safely by celiacs in Europe for nearly 30 years.

In 2007, the United States FDA began consideration to establish a definition of gluten-free. One of the options being evaluated is to adopt the European standard of 20 parts per million.

Baking mixes that are manufactured according to the EU standard taste much better and have better texture and consistency.

“While the FDA has not yet established a measure for how much gluten is actually considered safe for sufferers, the EU has been dealing with the problem for decades,” said Bosking, a diagnosed celiac herself. “These delicious products are proven safe, and they taste great!”

Bosking was diagnosed with celiac disease in 1993, and discovered the products on a family trip to Norway several years later. Dismayed that she could not get the same quality of products in the United States, and convinced there was a huge demand, she decided to bring the Toro™ brand products to the U.S., for herself and other sufferers.

[Tasteslikerealfood.com](http://Tasteslikerealfood.com) is now offering four mixes: white bread, whole meal bread, waffle and pancake, and sponge cake. Products will be available beginning in March for the U.S. and Canada, and interested consumers can visit the site now and sign up to receive coupons for their first order.

“These products aren’t just good enough for celiac sufferers,” said Bosking. “These are good enough for the whole family. It’s now possible to follow a celiac-safe diet and enjoy what you’re eating. These products really do taste like real food!”

Aarlsberg Foods LLC owns the website [Tasteslikerealfood.com](http://Tasteslikerealfood.com) and is the exclusive North American distributor of Toro™ brand Celiac-Safe™ baking mixes, manufactured at a state-of-the-art facility in Bergen, Norway.

Headquartered in Cedar Rapids, Iowa, their mission is to help people living with celiac disease and gluten-sensitivity enjoy meals again.  
[www.tasteslikerealfood.com](http://www.tasteslikerealfood.com) MEDIA CONTACT  
 Suzy Ginsburg  
 713-721-4774  
[suzy@gcomworks.com](mailto:suzy@gcomworks.com)

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*"Life is not measured by the number of breaths we take, but by the moments that take our breath away."*



**Do you have (or know of)  
a Celiac child?  
Contact  
CSGMV  
Eleanor  
At  
315-736-6981  
We can help you adjust to a  
New, healthier lifestyle for  
YOUR CHILD!!**

(from ACDA release)  
"There are well accepted criteria for the detection and diagnosis of celiac disease. The tests used to fulfill these criteria have been subjected to scientific scrutiny and validation. To our knowledge tests of antibodies in stool or saliva have not been validated as a robust test for the diagnosis of celiac disease. Many insurance companies base their decision to cover the costs of testing on the scientific evidence that supports the testing of that individual (indication) and the actual test used (validation)."  
Our organization relies on the expertise of its physician members, as well as the recommendations of the: **American College of Gastroenterology; North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN); NIH Consensus Panel on Celiac Disease; and Childrens Digestive Health and Nutrition Foundation** for the most current scientifically proven information on the diagnosis of celiac disease.

**From a study done in Europe -**

Contrary to early beliefs, celiac disease (CD) is relatively common; however, it still remains underdiagnosed since most cases are atypical, with few or no gastrointestinal symptoms and predominance of extra intestinal manifestations. As a consequence, the diagnosis of the disorder often requires a multidisciplinary approach. Also some oral ailments have been described in celiac patients. In this study, we review the papers that have reported oral manifestations in subjects with CD.

**RESULTS:** Dental enamel defects are the oral lesions most closely related to CD. There are conflicting data on the association between CD and recurrent aphthous stomatitis. A correlation of CD with atrophic glossitis has been reported, although robust evidence in support of it is lacking. Patients with CD have caries indexes seemingly lower than healthy individuals, but they may experience delay in tooth eruption. Occurrence of other oral mucosal lesions in CD subjects is likely occasional.

**CONCLUSIONS:** Patients with systematic dental enamel defects should be screened for CD even in the absence of gastrointestinal symptoms. CD screening tests for patients with oral aphthae or idiopathic atrophic glossitis should be selectively considered during a medical evaluation that focuses on all aspects of the patient's status.

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*There are some companies that use barley in their natural flavoring and only list it as 'flavor' or 'natural flavor' so you should not ignore this.*

\*\*\*\*\*

**Baby Bites: Registry Seeks to Link Celiac Disease to Birth Defects**

According to the **University of Chicago Celiac Disease Center, there are more than 300 symptoms related to celiac disease.** To better understand how celiac disease affects the body and **how it may relate to birth defects**, the National Foundation for Celiac Awareness and Birth Defect Research for Children are asking that parents who are diagnosed with celiac disease to register their children in the National Birth Defect Registry if their children have been diagnosed with a structural or functional defect. The registry will help determine if celiac disease plays a role in children developing birth defects.

(from Celiac Central Newsletter)

# CELIAC NEWS

Occasionally the 'glycerides' are mixed with a miniscule amount of an additive. But the FDA has ruled that **if that additive is one of the 8 most common food allergens (eggs, wheat, fish, milk, peanuts, tree nuts, or shellfish), then the additive must be listed on the label.**

There still seems to be some concern over the safety of **mono- and diglycerides**. There needn't be. These are merely fats made from oil (usually soybean, sunflower, cottonseed, or palm oil) and glycerin. They are added to products to prevent the separation of ingredients, to help stabilize the consistency of processed food products, and to help baked goods stay fresher longer.

If you do not see "wheat" listed on the label of a food product made in the United States, then the mono- or diglyceride is gluten-free.  
(from Connie Sarros newsletter)

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*Q - I have noticed a few times lately that **corn gluten** is listed as an ingredient in some wheat free products. I did not know that corn contained gluten. Is this safe for celiacs? Susan*

A- Dear Susan, I'm glad you raised that question. The gluten in wheat, rye, and barley contains the offending protein that is not safe for celiacs. In addition, **corn and rice contain gluten, but this kind of** gluten is not harmful to people with celiac disease. Beth  
(glutenfree.com)

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Check out the site below for **recipes - [Nubella.com](http://Nubella.com)**  
**Nubella Newsletter**  
[mailto:support@mail.nubellanews.com]

\*\*\*\*\*

*Q - I've been gluten-free for 25 years and continue to gain weight. Is **frozen yogurt** still off limits? Thank you*

A - Most frozen yogurt is gluten-free, but **you'll need to check the ingredients of the specific brand.** It's also a good choice if you are trying not to gain weight.  
Beth (glutenfree.com)

*Q - I was noticing a relapse in Celiac symptoms and found to my displeasure that **Taco Bell and Del Taco** add wheat to their basic taco beef which is in their nachos and crispy tacos **Taco Johns** also have hidden wheat. Are others aware of this problem?*

A - You've encountered one of the big challenges for celiacs – **finding hidden ingredients**. Thank you for warning us. Beth

\*\*\*\*\*

*Q - I have had Celiac Disease for four years and really miss **veggi burgers**, but they all contain malt. Do you have a name of one that is gluten free?*

A - I'm so glad that you find our newsletter helpful. **Several of our readers have submitted brands of veggie burgers that are safe. They include:**

- Sunshine Burgers are gluten free  
[www.sunshineburger.com](http://www.sunshineburger.com)
- Veggie Bistro Burger from Amy foods.
- Gardenburger has three GF veggie products

Enjoy. Beth

**(check with manufacturers for yourself)**

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*(excerpt from "thank you" for **Pam's** participation in Herkimer):*  
/Thanks so much for your presentation on "Food Sensitivities and Your Quality of Life" at our March Nutrition Forum last week. We had 25 in attendance with information shared with others who could not attend. Those attending represented Sitrin Home, Herkimer County BOCES LPN program and Culinary Arts program, Simply Special Early Learning Center, CNY DSO along with Cornell Cooperative Extension nutrition staff from Herkimer County with the rest general consumers.

**why participants felt that the Forum was of benefit:**

"This was very beneficial for me as a special teacher. I work with children with Autism and their families and this forum will give me the information to share with these families"; "It was very informative"; "Gained a better understanding of celiac disease and the problems individuals with it have"; "Info on how to diagnose disease learned today"; "very educating and learned something new"; "very educating"; "explained topic thoroughly"; "the quality was wonderful"; "need to know more about diets and celiac disease. I know more today than I ever knew about C.D."; "it was opened my eyes to a new health problems and how to learn about it"; "learned much more about celiac disease and resources available"; "excellent program"; "great job". Your handouts were also very helpful. I think you blended your information very well to provide real insight into these topics. ]

## More celiac news

I know that there has been discussion at group meetings about **Rice Dream rice milk**. In the past it had barley in it. I mentioned at one meeting how they were now stating it was gluten free. I read the label today and there is no longer any barley and it is labeled gluten free.

Such a nice surprise! Linda P. (member)

\*\*\*\*\*  
(from [glutenfree.com](http://glutenfree.com))

*Q.*-I was noticing a **relapse in Celiac symptoms** and found to my displeasure that **Taco Bell and Del Taco add wheat** to their **basic taco beef** which is in their nachos and crispy tacos Taco Johns also have hidden wheat. Are others aware of this problem?

*A.*-You've encountered **one of the big challenges** for celiacs - finding **hidden ingredients**. Thank you for that!

Beth

\*\*\*\*\*  
GF veggie-burgers??

(per [Glutenfree.com](http://Glutenfree.com) - Beth Hillson)

Herb Ox brand **bouillon** is gluten-free.

\*\*\*\*\*

"For those who anxiously wait each year for the **Cadbury Cream Eggs** to hit the market each spring, Hershey's confirmed to me today that they did indeed change the formulation for the eggs produced for 2008. The glucose syrup is now a wheat based product (it is labeled on the product). The glucose syrup has always been corn based prior to this year. I indicated to the customer service rep at Hershey's that they really should consider changing it back as they just lost a large consumer base.

Sorry to be the bearer of this disappointing news to the group, but wanted to alert anyone who may not have been aware of this product change.

Sue" (from Celiac Listserv)

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\*

"Hi Everyone! Happy (almost!) Spring. I've been busy working on my blog, and recently gathered all my GF/CF recipes into an index. I have something like, 150 GF/CF recipes now. At:

<http://karinasrecipes.blogspot.com/2007/09/gcf-goodness.html>

**And for those of you simply gluten-free, there are an additional 100 or more recipes on my blog.**

Stop by and say Hello!"

(from Celiac Listserv)

"I just talked with someone at Wyeth and they have changed the formulation of the **Centrum Products**. They no longer say they are gluten free. Ingredients now include 'modified food starch' and they can't guarantee where it comes from. Maybe if they receive enough calls they might reconsider their formula. **1-800-236-8786**. Karen"

(from CeliacListServ)

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FYI...[www.gfMeals.com](http://www.gfMeals.com), by **Your Dinner Secret**, is a business **that ships frozen, ready-to-cook gluten-free, casein-free food all over the country.**

They have **reasonable shipping prices and a wonderful reputation for their food.** This food is particularly useful for families concerned with celiac disease, autism, aspergers, ADHD and other food allergies. Their produce is organic, their meat is all-natural and there's nothing artificial in the food.

(from CDF)

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*"Q.*-My daughter, who is a doctor and I both are gluten intolerant. We both react to **shampoo** with any form of wheat in it. We were comparing notes and found that we both get nauseated in the shower if we use this type of shampoo. We now use a non allergic type. We both appreciate your column. It has helped both of us over many bumps. PS. We do not have the skin version of CD. Thank you, Lois Jaggard

*A.*- Dear Lois, Thanks for your comments. That's really **interesting**. I wonder if you are ingesting the shampoo in some way. While the medical community is pretty clear that these products should not be harmful to a celiac, our **readers seem mixed** on whether they can tolerate wheat in shampoo. Beth"

(from Glutenfree.com)

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*Q.*-What is the information you have for **Flourless Bread? How about The Original 100% Flourless Sprouted Grain Bread, like EZEKIAL 4:9 brand or other brands out there? I was told that sprouted grains are gluten-free. Would you recommend this type of bread as safe for consumption for us with celiac.** Rose

*A.*- Dear Rose, I may be intercepting a message directed to someone else (i.e. Laura) However, here's my two cents on this subject. I am sorry to say that I **do not recommend Ezekial and flourless sprouted grain breads for people with celiac disease.**

(cont. next pg./col.)

## More celiac news!!

(cont. from previous pg./col.) I believe there are forms of gluten in all of these breads. Despite the fact that sprouted grains are reputed to be gluten-free in the natural food arena, I have not seen any scientific evidence that they are safe for us to eat. Beth

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Just thought that I would drop you a line with an **interesting update**. [MenuPages.com](http://MenuPages.com) is a great site to check out restaurants before you go to them and they have options for a lot of different cities. If you choose your city (i.e. Boston) - and then choose a neighborhood (i.e. Cambridge), you will be taken to a page with all of the restaurants in Cambridge.

At the top of this page, there is a drop-down menu that is labeled "Feature." On that menu is an option called "Gluten Free Items"! I just noticed this and thought that I would pass it along since MenuPages is available in a bunch of different cities. I used Boston as an example above, but the process I just described also worked when I tried it in New York - Enjoy!

(Stephen Blaker - member)

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### Celiac Disease, Diabetes Have Genetic Link

London researchers studying celiac disease have found that **four of the nine celiac gene regions** now know are predisposing factors for Type 1 Diabetes.

(from Celiac Central Newsletter)

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Gluten tends to pop up in the most unexpected places, another example being **Play-Dough**. Everyone knows that for some inexplicable reason, nearly every child feels the need to taste Play-Dough at least once. For children with celiac, this poses an obvious problem, but beyond actually eating the colorful dough, gluten in Play-Dough is an easy way for kids to cross-contaminate their own gluten-free food (or their parent's food). Home-made play dough recipes are available online, made with gluten-free flour and food coloring. However, **a company called Aroma Dough has created a line of gluten-free play dough that is safe and smells good** ([www.aroma-dough.com](http://www.aroma-dough.com)). One less hidden source of gluten to worry about.

(from Celiac Central Newsletter)

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*Q. Dear Beth, Are there any **chewing gums** that are gluten-free? Thanks, Julie*

A. Hi Julie, I believe most chewing gum is gluten-free. My personal brands are Orbit, Trident, and sometimes Wrigley. Beth

(from Glutenfree.com)

*Q. My question regards buttermilk. I have found a wonderful **cornbread recipe** that contains no gluten but it does call for buttermilk. I have noticed that I have some problem each time I eat the bread and wonder if buttermilk could contain some hidden form of gluten. Thanks so much for your help. Janie*

A. My vote goes to the **cornmeal** you are using. I think buttermilk is always gluten-free. Even those products listing modified food starch are fine as the starch is from corn. However, you might want to check the source of the cornmeal. It may be milled on the same line as flour or other gluten-containing grains. Beth

*A. One thing I was wondering is you have talked about **dermatitis herpetiformis**. What is this? How can I know if I have it?*

A. Dermatitis Herpetiformis is the **skin form of celiac disease**. It produces large hive-like blisters usually behind the elbows and the knees. It is usually bilateral meaning both knees and/or elbows will be affected. If you have these symptoms, you should check with a dermatologist. \*\*\*\*\*

### Advice for foreign travel -

The foods of **India** are largely gluten-free and the official language in India is English. The combination of those two factors should make life fairly easy for her. Breads are all off limits, but graham flour (chickpea) is often used in pakora and pappadams. Most spice blends that are used are also gluten-free. She will need to make friends with a couple of restaurants and find out the local style of cooking and any dishes or ingredients to watch out for. She might want to bring energy bars with her to help while she locates safe, reliable places and foods to eat.

\*\*\*\*\*

*My sister, and I were adamant that we were going to take our chances on **Sammi's bread**. We were passionate and thought we'd found a slice of heaven. She called the company and was told that although there are no gluten ingredients, the facility made 'regular' bread all except one day a week.. They wash everything down the night before they have their 'gluten-free' day. But...sadly to say, we have finally given in to the fact that we believe this is where our contamination is coming into play. Reluctantly we finally admitted to each other that we were occasionally having symptoms after eating this bread, not always, but enough that we concluded that it wasn't, after all, worth the risk to our health. ( cont. on pg. 8)*

# RECIPES

**GRANDMA'S CHICKEN SOUP**  
(from Margaret Angell)

6 . Chicken broth  
 1 C. cooked chicken - chopped  
 1 medium onion - chopped  
 1 stalk celery - sliced  
 1 large carrot - sliced  
 2 C. rice - uncooked  
 1 T. fresh parsley OR 1 t. dried parsley  
 ½ t. poultry seasoning

Salt to taste  
 Place all ingredients in large pan.  
 Simmer for 30 minutes.  
 Serves 6 - 8 people.

**CHILI**  
(Margaret Angell)

1 lb. \*Ground Turkey }  
 1 lg. Onion } Cook together and  
 1 green pepper } add rest of ingredients.

1 jar pasta sauce  
 1 - 19 oz. kidney beans  
 2 - 3 T. chili powder  
 ¼ - ½ t. garlic powder

May garnish with cheese.  
 \*May use ground beef instead of turkey.

\*\*\*\*\*  
**Check out these web sites for recipes:**  
[GlutenFreeSuccess.com](http://GlutenFreeSuccess.com)    [GlutenFreeGrains.com](http://GlutenFreeGrains.com)  
 \*\*\*\*\*

It is our great pleasure to announce that the **13<sup>th</sup> International Coeliac Disease Symposium** will be held in **Amsterdam, the Netherlands, from April 6 – 8, 2009**. The symposium will feature a scientific programme that will address contemporary issues and the latest scientific developments in coeliac disease. Distinguished speakers and experts will be invited to present topics of both global and regional interest, and delegates will be able to exchange their experiences and opinions. The Amsterdam symposium will certainly provide you with an opportunity to acquire information on cutting-edge scientific developments, to make new friends, and to renew old acquaintances.

*(cont. from pg.7) Then we read in your newsletter that some others are having problems with it as well. Maybe someday they will get certified and become 'clean'*

*(from Glutenfree.com)*

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**At the moment, the only US guidelines for putting “gluten-free” on a product are that the product must contain gluten-free ingredients.** The pitfalls in the current “system” will be addressed in the FDA guidelines when they come out in August 2008. At that time, companies will be required to prove that their products contain less than a certain parts-per-million threshold if they wish to say “gluten-free” on the label. I suspect the guidelines will list a threshold of 20 ppm, but that has not been finalized as yet. Until then, consumers will unfortunately need to follow the same process you just described.

*(from Beth - glutenfree.com)*

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*‘Please be advised that the whiskey used in **Baileys** is manufactured by fermenting grain, which contains gluten. Due to the **presence of gluten in the whiskey components** before distillation we **cannot absolutely guarantee that there are no effects to coeliacs.** As we are not qualified to give medical advice persons requiring a gluten-free diet must consult their medical adviser before consuming Baileys.’*

*Carol M., Needham, MA*

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*Is **bouillon** acceptable for use in cooking for a person with Celiac disease?*

Concerning your question about bouillon, some products are gluten-free and others are not safe. You just need to check with the individual manufacturer. I do know that **Herb Ox brand** bouillon is gluten-free as are the products **on our web site: Glutino Beef Soup Base #105008; Glutino Chicken Soup Base #105010; and Gluten-Free Pantry Chicken Flavored Broth Powder #126095.** Hope this helps. Beth

*(glutenfree.com)*



# Who We Are - Meetings & Events

## **OFFICERS:**

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## **ADVISORY BOARD:**

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*SUNY Health Science Center*

**(toll-free) 877-464-5540**

**Sarah Kimpton, BS, MS, RD**

*Consultant Dietitian*

**315-761-9246**

**Norman R. Neslin, MD**

*Gastroenterologist - Digestive Disease*

*Medicine of Central New York*

**315-624-7000**

Join us on the **3<sup>rd</sup> Saturday** of every month at **10 AM, sharp** at the **Buck Apartment Building**, 10 Clinton St., **Whitesboro** - parking in the "visitor's" area or the lot next to the rail fence, or on Main St. - across from the American Legion!  
(Call Eleanor [315-736-6981] for directions - if needed!)

**APRIL 12TH - HEALTH FAIR AT**  
**VITAMIN SHOPPE, COMMERCIAL DR.**  
**10 - 3 (SATURDAY)**

**APRIL 19TH - REGULAR MEETING**  
**PEG CURTACCI, RD - SPEAKER**  
**ON "HEART HEALTH FOR CELIACS"**

**MAY 17TH - PIZZA MEETING @ NYPD**  
**NEED RESERVATIONS -**  
**\*\* CALL 736-6981 WITH NUMBER**  
**ATTENDING BY MAY 10TH \*\***

**JUNE 21ST - STRAWBERRY SHORTCAKE**  
**"SOCIAL"**

**JULY 19TH - PICNIC**

## **PUBLISHING SCHEDULE**

We hope you have enjoyed our newsletter - we enjoy sharing it with you. We publish 4 issues a year - seasonally - to which you can subscribe for the low price of \$12/year. If that amount is too much (or too little) for your budget, a donation will be accepted in lieu of the \$12. Please drop me a line to discuss your specific situation if even a donation seems too much. We want everyone to be able to be informed.

**CSGMV Newsletter published 4 times a year - seasonally!**

Please notify Eleanor - if you desire to continue to have the Newsletter mailed - **along with sending in one of the following** (315) 736-6981 **OR** email at: **elpar6@yahoo.com** )

**DUES (\$12/year - pro-rated - Calendar year)**

**DONATION (whatever you can afford )**

**SPECIFIC REQUEST (if you truly cannot afford to contribute)**

**EVERY DOLLAR HELPS!**

**Make check out to CSGMV/CDF** (including name, address, phone #, and email address)

and send to:

**Pam Fahy**

**7111 Koenig Rd.**

**Rome, NY 13440**

Eleanor P. Wallace, Secy.  
CSGMV  
10 Clinton St. Apt. 715  
Whitesboro, NY 13492



TO:

Empty rectangular box for recipient information.

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**Gallery**  
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New Hartford, NY  
315.768.7851



**G-F Menu available**  
at *Café-ucopia!!*

Check it out  
~~~~

**NYPD G-F PIZZA**

85 Clinton Rd. (Rte. 12-B)  
New Hartford, NY  
**315-733-6973**

Ask for their **GF MENU**  
before you are seated at  
**SYMEON'S**  
**RESTAURANT --**  
this is most helpful to your  
host/hostess, and your server!!



**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.