

# THE CRAWLEY GLUTEN FREE GROUP

## NEWSLETTER 31

OCTOBER 2009

1. We have re-commenced our monthly meetings, after the long summer break. We had a different sort of meeting on the 19<sup>th</sup> September 2009, where we reviewed our progress, what improvements could we make, all suggestions to be considered. It was a good meeting the following **suggestions** were made about our **web site**.

i Show the flags of the various countries around the country page-being actioned.  
ii Add a travel section-being actioned, so please send me your comments on trips both inside the UK or Europe or anywhere, especially the USA.

**Suggestions** of what we might **purchase**, in order to promote more awareness.

iii Diaries or calendars-these are very expensive, around £1.50 to £2.50 each, unless we order thousands, not proceeding with this.

iv Car window stickers, exploring the prices, will cost around £125 for 250, not sure if these will give much benefit, comments please?.

It was agreed we should present **The Master Fryer** with a wall plaque, saying **THANKS**, so will present in October at 1pm. Talked about an **Introduction to the Internet**, only 2 people felt a need, so will not proceed with this.

**Date and time** of our **meetings**, will continue as is, third Saturday of each month.

**Questions for Dr.Gary Mackenzie**, a number of people expressed there wish to ask questions, so it should prove to be a good meeting in November 2009.

**Xmas Lunch**, great support for our £8.95 3 course lunch, details below in para 3.

2. Another great GF Fry-Up at the Master Fryer on the 5<sup>th</sup> September, next one due on October xx , The Master Fryer gave us 2 x £5 vouchers off shopping in their shop, these were put into the September Raffle and by now will probably have been spent, on GF Fish & Chips.

3. Planning for Christmas, we have decided to re-book the Europa Hotel for Wednesday 16<sup>th</sup> December 2009, the cost is unchanged at £8.95 per person, a full 3 course Xmas Dinner, sherry on arrival, lots of party decorations, hats and crackers, and coffee to finish with, arrive for 12 noon for dinner to commence at 12.30, it should be a great time, please contact me if you wish to come along, we have currently reserved for 25 people.

4. Did you ever wonder what Gluten looked like, well these illegal immigrants found out, when they tried to enter the UK in a truck, full of gluten (see attached picture from the Daily Mail). The truck was bound for a bakery in Wrexham, wonder which one?, will try to find out. Can anybody help?.

5. The St.Paul's Lettings Manager, advises us that the Public Liability Insurance, is going up next year to £50 per annum, to be paid for prior to the start of the year

6. The number of countries who have now opened our web site is now 122.

7. **News from Malta**, A team of Maltese scientists, working in The Maltese DNA Institute of Health Laboratory, have made an important genetic breakthrough, deemed crucial in combating the celiac disease. Dr Scerri explained that they had identified a variant within the CD59 gene and that those with the DQ2 and DQ8 genes and the CD59 gene developed the Coeliac Disease, whilst those that had one or the other did not develop the disease. Two papers have been published. These discoveries could pave the way for drug Companies to develop new drugs to treat the Coeliac disease.

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