

**THE CRAWLEY GLUTEN FREE GROUP**  
**NEWSLETTER 32** **November 2009**

1. The Master Fryer have changed their times, they are now stopping at 3.00 pm, they did not notify us in advance, so sorry to those who turned up later than 3.00 pm, you missed a good treat and our presentation to the Manager of a wall plaque, saying "Thanks". Pics on the web site. This event will be continuing well into the future, on the first Saturday of each month.

2. Meeting held on the 17<sup>th</sup> October 2009, with an excellent cookery demonstration by JUELA, our thanks go to Jackie, who did the main demo and Dawn, who supplied all the samples and did the cooking supported by Angela, who helped in the kitchen. There were so many cooking tips, carrot cakes, scones, chocolate cake, pasta, we then had to eat it all up, this was achieved and everyone left clutching bags of samples. Dodie did the raffle, assisted by Mike, AJ ran the door and helped Angie, so all in all a very successful meeting. Pictures are on the web site under this newsletter.

3 Still we have more new countries looking at our web site, now up to 124.

4. Xmas lunch update, we now have 26 people attending, deposit paid, so see you there at the Europa Gatwick Hotel for sherry at 12.00 noon, lunch at 12.30. If you wish to join us there is still time, just call to book.

5. Article about a link discovered between Coeliac Disease and Osteoporosis, by researchers at the University of Edinburgh, lead by Professor Stuart Ralston, say they have found a new link between the autoimmune disorder and the development of Osteoporosis.

They studied a protein called osteoprotegerin, which is critical for maintaining bone health. They found that 20% of the people they tested, produced antibodies that attacked the osteoprotegerin, resulting in a rapid destruction of bones. This condition can be treated with drugs, such as bisphosphonates. Source BBC News 8/10/2009.

6. Received an email from one of our members, so contacted Mac Donalds who have confirmed that, their Hash Brown and their French Fries are both gluten free.

7. In October 2009, we were contacted by the BBC, regarding their possible production of a Restaurant Programme, which will feature 2 Chefs producing special challenge meals. They are still in the process of considering, whether to produce a Gluten-Free meal programme, we will keep you informed.

8. Flax Farm of Sedgwick, Horsham [www.flaxfarm.co.uk](http://www.flaxfarm.co.uk) contacted us to offer to chat at a future meeting, they specialise in Linseed Oil/Flour, their speciality being Flapjacks®, unfortunately they all work on Saturdays, but we may manage to get someone to come along in 2010.

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