

Happy Christmas & A Prosperous New Year to you all

1. Great gluten-free fish & chips on Saturday 7th November, lots of members there buying their fish & chips, the shop report it is good for business, so I did ask if we could perhaps have 2 Saturdays each month, would you support that?.
2. At the meeting on the 21st November, we had an excellent talk by Dr.Gary Mackenzie, Consultant Physician and Gastroenterologist, at the East Surrey NHS Hospital, see pictures under this newsletter. He explained the technicalities of how the auto-immune system gets attacked by gliadin/gluten, it was completely understandable. He then answered all the questions which were put to him, in an honest manner, it was a really excellent talk/slide presentation. We then had a good raffle, lots of GENIUS loaves, compliments of Paddy Cronin, LIVWELL/UCB, then tea/coffee and cookies provided by Rainbow Cookies, thanks to Pippa. Thanks also to Dodie, Angie, Mike & Douglas and to Gordon for helping with the loading/unloading.
3. We have been contacted by Pippa Rushton Wines, who bakes gluten-free cookies and sells them on her web site www.rainbowcookies.co.uk. She has only recently commenced and has offered, in the future, to come to one of our meetings. We sampled some of her cookies at the above meeting.
4. Have heard that Dominos Pizzas, in Australia, have recently introduced 13 different varieties of Pizzas, that are Gluten-Free, trying to find out if the UK will follow suit. Dominos UK tell us that they will soon be discussing the menu for 2010.
- 5 Next we have the Christmas lunch on Wednesday 16th December 2009, at the Europa Hotel, 12noon for Sherry, then a 3 course gluten-free lunch served at 12.30, followed by coffee, with crackers, poppers, hats and decorations all included.
6. Because we have already set our Meeting dates for 2010, being on the third Saturday of each Term Month, we have not tried to obtain a different meeting place, or a different date, we were discussing the second Saturday of each month, to avoid the clash we currently experience with other users. So meetings in the New Year, first being the 16th January 2010, will continue to be at St.Paul's Church Hall, so sorry about the parking, problems with many cars from other groups, this being outside of our control, still willing to consider **another venue, any suggestions???**.
7. Also able to inform you (after much hard work) that we have just received a Public Liability Insurance Quote for £52.30, so this has been accepted, from 1st January 2010, this Insurance covers our CGFG, whether we stay or move from St.Paul's.
8. We are still awaiting confirmation of a visit by Lifestyle to our first meeting of the new year 2010, so we have decided to open the meeting up and invite a few of the smaller gluten free suppliers, to come along and join us in a small gluten-free food fayre. So far a number of these companies/persons, have confirmed their acceptance so it should be a good start for the New Year. Then for our third anniversary, on the 20th February 2010, we will have The Right Honourable Mayor of Crawley, Clr.Brenda Burgess, with we hope a wonderful display of gluten-free items. So a great New Year, with lots to look forward to, hope you all agree!.
9. Have just read that GENIUS loaves will be on sale at Asda and Sainsburys in 2010, lets hope this will bring about a price war, we all need much lower prices in 2010.

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