

THE CRAWLEY GLUTEN FREE GROUP

NEWSLETTER 35

February 2010

This month will be our third year since we commenced, so please allow us to indulge in a short resume of the experiences of our Group to date.

-We started with 15 members and now have a registered membership, names and addresses of over 100 people, many with email addresses plus 10 (later 2 more) new members from the Food Fayre meeting.

-We are now on Number 35, of our monthly Newsletters, each is stored as a PDF on the web site and are available to download, they are being read around the world.

-We commenced in mid-2009 with a Saturday Gluten-Free Fish & Chip Shop fry up.

-Our web site, was developed and is hosted free, has now been opened by 127 countries and in the first few days of 2010, Russia was the biggest user. Proving the world suffers from Gluten, not just the UK. These countries have downloaded tens of thousands of pages and each month we are still having new countries join us. We now have a 2nd sponsor for the site, a Laboratory FAC, testing for Gluten.

-Then to start the New Year, in January 2010 we hosted the very first Gluten-Free Food Fayre, in the whole area.

-Each year, on our February Anniversary, we have the most wonderful display of Gluten-Free Food samples, these Suppliers now have their links on our web site link page. All these samples are then raffled or given away to our members. We have been honoured at each anniversary, by having in attendance a local dignitary, the Right Honourable Deputy Mayor of Crawley in 2008, the Leader of the Sussex County Council in 2009 and now on Saturday 20th February 2010, we have the Right Honourable Mayor of Crawley.

1. We held our first Gluten-Free Food Fayre, due to the snow and ice we finally only had 4 suppliers, details and links to their web site are in our Links Page, pictures of the Food Fayre can be found by clicking under the Newsletter 35. At 11.00am when we started the turnout was low, but by 11.30am we have over 50 people and they kept coming in, we counted over 65 and then stopped counting, at 12.30 noon people were still arriving, we ran out of chairs, so it was finally a great day, with 10 new members joining us. Thanks to Dodie for a great raffle, with help from Mike & Douglas, thanks to AJ for handling the door and a big thanks to Angie for the tea/coffee. Finally a big thanks to all our members who managed to make it a very successful day.

2. There was an interesting article published in the US December issue of the Journal of the American Academy of Physician Assistants, author Bettie Coplan. It is aimed at these assistants who often are in the front line of diagnosis and sometimes make mistakes, or incorrectly diagnose ailments, like IBS. It would appear that the article is particularly aimed at the difficult diagnosis of the Coeliac Disease.

3. More news from the States. Dr. von Werttsein has received \$2 million grants to develop a Genetically Modified Wheat, removing the gliadins and gliadin type prolamins from the wheat. They have identified a fully viable, lysine rich barley mutant which lacks the gliadin. They are partnered with the Seattle based biotechnology company, Arcadia Biosciences.

4. A new development, Burger King in the US have decided to produce a Gluten-Free Menu, we are trying to find out if the UK are planning to follow suit.

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