

**THE CRAWLEY GLUTEN FREE GROUP**  
**NEWSLETTER 37** **APRIL 2010**

1. Excellent meeting on the 20<sup>th</sup> March, with a presentation by Paddy Cronin, Commercial Director of United Central Bakeries, accompanied by Alex Spillar, Tesco's Central Office, Buyer of Free From foods. Before the meeting had started Paddy has already sent us a number of boxes of Genius Bread and other cakes/tasties, but when Alex arrived, so did a lot more boxes of goodies, all samples and all free. So Dodie's raffle now became a super raffle, everybody took away at least 3 prizes of their choice, plus boxes of Juvela White Mix, they went away absolutely loaded. And back to the speakers, Paddy told us how the Genius Bread was now being sold to Starbucks, who are going to soon offer Gluten-Free sandwiches, at first in the UK, then in Ireland, then in Europe and perhaps in the USA, so big business for Lucinda Bruce-Gardyne, a mother of three, who created the loaf in the first place. I think we all owe a great deal of thanks to UCB/Livwell, who have helped to create this gluten-free fresh sandwich atmosphere, where perhaps one day soon, you will be able to go into any sandwich shop and purchase a Gluten-Free fresh sandwich, WOW!. Also a big thank you to Alex, she answered all our questions, as did Paddy, and Alex has offered to return at a future date, so we plan to organise that for next year. Thanks to Chris Oxlade, who mentioned our meeting on Radio Mercury, thanks to The Crawley News, for their News in Brief, thanks to Bridgette for handling the door, 2/3 new members, thanks to Angie and those who helped her with the tea/coffee and thanks to Dodie for the best raffle so far, a great day.

2. **Future Events:-** We are pleased to announce that the Laboratory Food Allergen Centre (FAC), who partly sponsor our web site, will now be speaking at the 11<sup>th</sup> September Meeting. We will have their Principal Scientist Dr. Mark Summers Bsc MRSC CChem Csci and John Summers Mchem AMRSC, both in attendance, so it should be extremely informative.

And on October 9<sup>th</sup> we have agreed that 3 local Therapists will make presentations about their very own subjects, Nutritional, Homeopathy and Hypnotherapy.

3. We have received information, about a new Book the making of Gluten-Free Bread, by Andrew Whittle, the founder of the celebrated Village Bakery in Melmerby, Scotland, you can access his web site for details [www.breadmatters.com](http://www.breadmatters.com) and his link will be placed on our links page.

4. Some new information has been published, about humans having a short stature. A study in Italy, over 3 years, by Delvicchio, 2009 and Fasano 2010, showed that 50 of 119 children, all around the age of 6 years, tested positive for anti-pituitary antibodies. The pituitary gland, is a small bulbous organ that is found at the base of the brain, in the centre of the skull. The pituitary can be a victim of the helper and killer T Cells, called autoimmune hypopituitarism, which affects the growth hormones. The report then gets even more technical, so google it if you wish to read more.

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