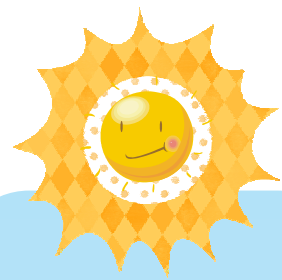




Cambridgeshire Coeliac Group Newsletter



Time to bow out...

Time's up folks! We said we would stand as committee for three years to make the group accessible to every Coeliac from toddler to people of leisure, from Cambridge to the other side of the world literally.

My vision of making our Group one of support, information, family friendly, children's activities, variety of food to taste, group lunches, Food Fair and socialising as the Glutton Club has been achieved.

None of these would have been possible without the help of Diane and Margaret (and Rachel Moss).

So, the time has come to let some one with new ideas, energy and enthusiasm to take over the Group. I have been told we are going to be a hard act to follow...well it can't be further from the truth as we have laid a very solid foundation to work from.



Margaret, Diane, Deputy Mayor and Prakash

We inherited the group with a database of nearly 1200 names, we asked people to let us know if they wished to remain on our list thus reducing it down to 130. Now we have approx. 900 people who have asked to be on it and that's not counting the people who follow us on our website and Facebook (worldwide).

It has been a great journey of learning for me which I have to thank former Group Organiser (for many years) and friend John Twemlow who sadly passed away last year. John had faith that he was leaving the Group with someone who would take it in the right direction. I hope we did him proud. The achievements I'm very proud of are the Newsletters (which have had a great impact), the Glutton Club (creating a social group) and the Food Fair which has put our

name on the calendar of many companies and people as a must attend event.

I loved being Group Organiser but it's time for a new one. I am sure the next trio of committee members will have a similar experience and as rewarding as I did.

Prakash Nayee, Group Organiser

"Don't ask what can my community do for me, but ask what can I do for my community" - Mr. Dahyalal M. Nayee

Money makes the world go round?...Treasurer's Thoughts...

In the last 3 years the amount of money passing through our group account has been substantial, mainly due to the Glutton Club eating out regularly, and also the lunches we have enjoyed

together before our meetings. Our Food Fairs have provided a good income for us, although they have been about more than money. For me, meeting a wide variety of people at our Food Fairs, Group Meetings, Addenbrookes' clinics, etc. has been an eye-opener and it has been a privilege talking about all aspects of Coeliac Disease (twice on BBC Radio Cambridgeshire, thanks to radio presenter Sue Duggan!), answer questions, share ideas, encourage new coeliacs, and to offer support to fellow coeliacs. This is really what our group is for and is the role that I have found most rewarding. You can be sure I will continue to be an ambassador for all things to do with CD well after the AGM dust has settled!

Diane Palmer, Group Treasurer



The Late John Twemlow



Diane and Sue Duggan



Diane and Kids Cookery Corner

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Next Group Meeting

Sat 20th April 2013

Venue: Buchan Street
Neighbourhood Centre
6 Buchan Street
Kings Hedges
Cambridge
CB24 2XF

Venue Tel: 01223508149

Lunch: 1.15pm - 2pm

Time: 2.00pm - 4.30pm

£2 entry (includes drinks and nibbles)

- **AGM** proceedings to be conducted first.
- Raffle - £1/strip or £5/6
- Bring & Buy Table (please do bring things to sell)
- Taster Table - do bring along something sweet or savoury, your choice
- **Guests:** Glebe Farm, Glutafin, Juvela, Celia Beers, Pepperell's Meats, Tom's Pantry
- Kid's Corner activities

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"Maybe she's gluten intolerant."

search ID: p100029

Eating Out Message Board

We Coeliacs like to travel as much as anyone else but often we think twice about some places in fear of not finding gluten free options.

The USA is a popular destination for many new young Coeliacs. So here is a list of fast food places that have a limited number of items that you can have.

Please remember to do your own research before you travel.

Taco Bell

Wendy's

Sonic Drive-in

Jack in the Box

Checkers

Subway (salads – not sandwiches)

Five Guys (owned by nephews' in-laws and the chips are to die for)

Quiznos'

In-N-Out Burger

Papa John's

Captain D's (not sure)

McDonald's

Burger King

Jimmy John

Boston Market

Whataburger

Carl's Jr.

Zaxby's

Disney resort eateries are very clued up now you won't have any problems there.

All these places mentioned will have a limited number of items that **may be** gluten free so hopefully, you'll find something safe to eat at a pinch.

But remember to be vigilant about suspicious ingredients, hidden gluten and cross contamination whenever you eat out. Always ask before you order, in America they are much more approachable than here.

By Prakash Nayee

Our work is Noticed!

Cambridge Coeliac Group (page three is a must see!)

Posted by Colin Essex on 2/2/2013.

The Cambridge Group has a fantastic newsletter four pages (great group -they make a lot of effort) its a pdf download -but don't be frightened of that!

Four packed pages of information and recipes!

LOOK FOR 2013 UPDATE (I DO!)

Link: cambridgeshire_coeliac_group_sept_newsletter_issue_10.pdf

The Glutton Club at the Park for Christmas

Our fantastic meal at The Park was in 2011 and thought we'd challenge them to a Mexican meal last year... well I wont talk about that one (it was very disappointing).

Despite the Mexican meal being a let down, we wanted them to succeed at providing a meal that was as good as our first one. Giving them feedback and pointing out their short comings, leaving them to redeem themselves with our Christmas supper.

The menu looked great and on the night they pulled out all the stops, they even doubled the waiting staff. It was a great meal and lovely social evening.



Bumper raffle prizes

selves".

Chefs Philip Vincent, Jane Newnham and all the trainee chefs and waiting staff did The Park and themselves very proud.

The Park, CRC, Kings Hedges Road, Cambridge CB4 2QT

Tel: 01223 418846



A Banquet at The Jade Fountain

Our annual trip for a Chinese meal is always a popular one with the Glutton Clubbers. Manager Serlyn had done us proud again with a fantastic banquet, I mean just look at

the menu! A few people even said there was too much food, can't please everyone hey.

With 23 glutton clubber compared to last year's 49 we had a nice intimate meal. The food was exceptional, the menu Serlyn had picked for us included most of my favourite dishes including the paper wrapped prawns, sizzling lamb and crispy duck.

Nearly 80% of the Jade Fountain's menu is gluten free, so they have printed a separate menu for Coeliacs...great huh!



Jade Fountain Chinese Restaurant, 42-46 High St, Sawston, CB22 3BG Tel: 01223 836 100

They Say...

A great impact on the growth and improvement of societies was the introduction of cereal grains into our diet. But the processing of them caused the removal of a number of nutrients which led to a variety of diseases to develop in various communities and populations. It's difficult to identify all the nutrients that are missing but most of today's cereals and grains need enrichment or fortification with vitamins B & D and minerals iron, magnesium and calcium. The processing methods destroy many nutrients and high quality carbohydrates, forcing the body to metabolise them differently resulting in less energy and nutrient release. With the refinements of grains came an increase in blood sugars, fat storage and trigger gluten reactions like various inflammations (many autoimmune diseases). This theory doesn't take into account the genetic predomination's and many more questions to be asked. So is going gluten-free and fortification the answer who knows but it certainly helps us Coeliacs

By Prakash Nayee



Gilbert Glutton

Kim Welch said "the meal was delicious and the staff very attentive".

Chris and Julia said "we thoroughly enjoyed the Christmas supper and evening, we thought the staff excelled them-

By Prakash Nayee



The Christmas Supper

Starters

Prawn Crackers
Crispy Seaweed
BBQ ribs with celery in red chilli sauce
Five spice bean curd
Paper wrapped prawns

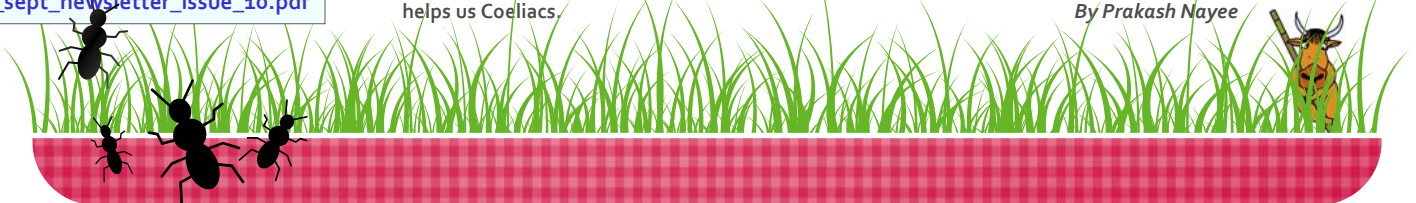
Second Course

Aromatic crispy duck with lettuce wrap and plum sauce

Main Course

Sizzling beef with peppercorn in black bean sauce
King prawns with snow peas and Chinese mushrooms
Thai red chicken curry with egg fried rice and Ha Moon rice noodles
Chinese Tea

By Prakash Nayee



Mrs. Barrett's tried and tested recipe...



PORK PARCELS

Pastry Ingredients

500g/18 oz GF Flour
125g/4 oz Lard

150g/5 oz Butter or Margarine, beaten

Water to Mix

Filling Ingredients

3 Tbsp Olive Oil
1 Garlic Clove, chopped
Broccoli Florets, small
250g/9 oz Pork Mince
1 tsp GF Mustard Powder
Freshly ground Black Pepper

2 Medium Eggs,
beaten

1 Small Onion, finely chopped
10 Cherry Tomatoes, halved
225g/8 oz Frozen Mixed Vegetables
6 Mushrooms, roughly chopped
Salt
1 Egg, beaten

Method

Make the pastry in the usual way and when made, place in the fridge for 30 minutes or so to chill.

To make the filling, heat the oil in a frying pan and cook the onion without colouring until softened, then add the garlic to the pan. Cook for a few minutes more then add the pork, stirring it in and turning often until cooked almost through. Remove any excess oil from the pan and add the broccoli florets, mixed vegetables, tomatoes and mushrooms and cook for a further 10 minutes



over a gentle heat, stirring gently. Add the mustard powder and salt and pepper and stir well, then allow the filling mix to cool.

Pre-heat the oven to 200C/400F/Gas Mark 6. Divide the pastry into three equal sized pieces. On a lightly flour dusted work surface roll out each pastry piece until about 25.5 cm/10 in square. Trim the edges to make a neat square then cut each square into four equal sized squares. Repeat with each of the remaining pastry so that you have 12 x 13 cm/5 in squares.

Check the filling's seasoning and adjust if necessary. Using approximately one-third of the filling for every four parcels, place a little of the filling (about 1 Tbspn) into the centre of each square. Brush the edges of the pastry with a little of the beaten egg and fold them over into neat triangles, excluding as much excess air as possible.

Press the edges together with a fork to seal the parcels well and place them on a baking tray lined with baking parchment. Brush the parcels with the beaten egg to glaze. Bake for 15 – 20 minutes until golden brown. Allow to stand on the baking tray for 5 minutes before serving. Serve hot or cold.

My Suggestions : You can make these parcels using just one pepper of each colour and the onion and garlic, I hate peppers and altered it significantly to suit me, changing various bits. I also cooked it at a lower temperature, Gas Mark 5, for 20 – 25 minutes maximum as gluten free pastry tends to cook quicker than 'normal' pastry. They can be served cold with salad or a buttered roll or hot/warm with mashed potatoes and beans/peas. I made them for the Railway folk and they loved them. I would also prefer to make the pastry and prepare the filling on one day, assembling and baking them on the next day (a lot less tiring). Enjoy!!

By Mrs. Barrett

Mrs. Barrett, Group Secretary ...As Secretary for years 1 and 3 of Prakash and Diane's reign, it has been exciting to bring the Group to its present healthy state. As Prakash said, the Newsletter is widely regarded and the Glutton Club has its followers elsewhere in the country. Gilbert Glutton, our bright pink mascot, will be handed over in due course - no one else has a "Gilbert" like ours and long may he reign. During the course of the last three years I have enjoyed finding recipes I thought you would enjoy and if you have a query in future, you know where to find me! I hope to have my "Dark Ginger Cake" at the April meeting. Our Committee meetings have been great, always ending with laughter and supper; soda bread; fruit scones; muffins; sponge cakes and other delicacies depending on where we met. Long may this tradition continue. I wish all luck to the new Committee and long may the Group I joined in 1989, flourish.

By Margaret Barrett, Group Secretary

The Coeliac Traveler...



My husband and I love to travel and try to do it as often as possible. I thought it would be fun to share our adventures with you. A few months ago, we decided to take a road trip through Belgium, Germany and France. While in Belgium, we stayed in Bruges, a city with a series of canals run-

ning through it, picturesque bridges and very interesting architecture. Our B&B was an old converted barn, owned by a lovely older Belgian couple. Every morning, they prepared a beautiful breakfast for us and even had gluten free bread for me. During the day, although it was a bit rainy, we walked thru the city, enjoying the views . . .

as well as some delicious chocolates. One of us even had a beer at the De Halve Maan Brewery! Our favourite restaurant was Bistro Baobab, a South African restaurant right in the heart of the city. Although a little pricey, the food was very good and they even had the gluten free items marked on their menu. Overall, we really enjoyed our time in Bruges and would definitely recommend it to anyone who has not yet visited. Our adventure then took us into Germany . . . which I will tell you all about in the next issue.



By K.C. Carril-Lopez

Avoiding Gluten: A thing of the past...maybe?

As you all know, there is no medical treatment for coeliac disease. The only thing we can do is live a gluten-free life. However, there are several companies doing research to help those who suffer from this disease.

For instance, ALVoo3, made by Alvine Pharmaceuticals, Inc. received a Fast Track designation from the U.S. Food and Drug Administration. This drug works by breaking the ingested gluten down into tiny fragments, thus reducing the body's ability to react to the gluten. This drug would work in combination with a gluten-free diet and would be helpful in combating cross-contamination for those who are highly sensitive.

Another drug, which will also just protect against cross-contamination, is BioLineRx's BL-7010. This drug actually binds to the gluten protein, goes through the digestive system, and is then passed through the body in stool. This drug is only in pre-clinical trials.

There is even a new vaccine being tested that would allow coeliacs to eat gluten again. Nexvax2®, a peptide-based therapeutic vaccine created by ImmusanT, Inc., is intended for people with the HLA-DQ2 gene. As per their website, the clinical trials will test to see if Nexvax2® "induces immune tolerance to gluten and protects the intestine from the damaging effects of gluten". [For more information on this vaccine, check out the current issue of Crossed Grain on page 18.]

It looks like a treatment for coeliac disease may be in our future. However, trials do take time and it will be a while before anything gets approved. So until then, see you in the free-from section in the market!

Sources: www.marketwatch.com, www.biolineRx.com,
www.immusant.com

By K.C. Carril-Lopez



Diary...

Sat 23rd Mar - Gluten Free World Day
 Sat 20th Apr - Group Meeting,
 Fish & Chip lunch
 AGM & Mini Food Fair
 (with 5 companies)



Mon 13th May - Glutton Club Curry
 night at the Saffron
 Brasserie

Booking & Payments Details

As usual booking and full payment are required before any of the events.

Send full payment (cheques payable to **Cambridge Coeliac Group**) with reply/booking form (on website) to:

Mrs. Diane Palmer, 62 Manor Park, Histon, Cambridge, CB24 9JT.

Email: DiPalmer@dknj.org.uk

For queries:

Phone: Mrs. Diane Palmer on

Tel: 01223 233 349 or

Email: Mr. Prakash Nayee on

Cambridge@Coeliac.org.uk

See our website for further details and updates:

<http://www.coeliac.org.uk/get-involved/local-voluntary-support-group/group/>



They grow up and leave home...

Our house no longer has teenagers, my youngest has turned 20! Teenage years can be hard, especially so if you have coeliac disease. At home it's highly likely that parents will manage the diet, but as youngsters get out and about with friends and get more independent it can be difficult for them to keep to the diet outside the home. The temptation to eat non-gluten free foods that everyone else is eating is high! It's essential for coeliac youngsters to explain to their friends what the CD diet involves and then they can encourage friends when they are out together to eat somewhere where there is gf food available. Nandos, Bella Italia, La Tasca, Carluccio's, and many other chains cater for gf diet. (See list on our website). Places more geared to takeaways, such as Subway, McDonalds etc can be more of a challenge, but Dominoes and Pizza Express do gluten free pizzas. Teenage coeliacs will feel less uncomfortable in situations when gf food is not available if they regularly carry a snack or 2 to eat when this happens. It's so important that they should not let the CD restrict their socialising, but at the same time it's essential to keep to the diet to stay healthy!

[Http://www.coeliac.org.uk/sites/files/coeliac/moving_on.pdf](http://www.coeliac.org.uk/sites/files/coeliac/moving_on.pdf)

By Diane Palmer



Gluten Free World Day... (registration required)

On Sat 23rd March 2013 - see flyer on our website

<http://www.coeliac.org.uk/get-involved/local-voluntary-support-group/group/news/cambridgeshire-coeliac-group-presents-the-glutafin-world-day-on-sat-2>

To secure your place at Gluten Free World Day at Rowley Mile Racecourse Conference Centre, Newmarket. Please call the Glutafin team to register on

Freephone 0800 988 2470 or glutenfree@glutafin.co.uk (quoting 'Newmarket' as the e-mail subject). Please state whether you would like to attend the morning or afternoon session and how many people will be attending with you.

Please RSVP by **Monday 18th March**.

Places are limited so please book early.

The Cambridgeshire Coeliac Group will have a stand there too so we need volunteers to make some samplers and also help man the stand. If you can spare an or two then call...

Diane on 01223 233 349 or email: cambridge@coeliac.org.uk.

Important Notice

The AGM at the April Group Meeting will be held according to the Coeliac UK constitution.

With all three committee members stepping down at this meeting, we are required to vote in three people as Organiser, Treasurer and Secretary.

Failure to fill these positions will lead to the Group folding. All Group funds will then be returned to Coeliac UK.

If you want your Support Group to continue, you need to come forward and take up a Committee role. For more information contact us:

E-mail: cambridge@coeliac.org.uk
 or call Tel: 07941 461 721



Find us on
Facebook

<https://www.facebook.com/CambridgeshireSillyYakCoeliacGroup>

Sat 20th April Group Meeting Mini-Food Fair

We wanted our last Group Meeting as the out going Committee to be special one so we have arranged for the following companies to come along. Make sure you bring lots of money and your cooler bags so that you can buy to stock up your larders.



SUPPLIERS OF QUALITY MEATS
& FROZEN FOODS



An appetite for life



Want to Eat Out Gluten Free?

Then have a look at our "Places To Eat" list on our website and previous Newsletters which have reviews on the places the Glutton Clubbers have eaten at. Let us know if you have any for suggestions to add to the list.

Email: Cambridge@coeliac.org.uk

Until a new secretary is elected you can write to:

Mrs. Margaret Barrett
 13 Eaton Close,
 Hartford,
 Huntingdon, PE29 1SR
 Email: david.barrettg@ntlworld.com
 Tel: 01480 380 194