

COELIAC SA NEWS

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POINTS OF INTEREST:

The Coeliac Society of South Australia Inc is a non Government funded, not for profit organisation working for the benefit of coeliac's and their families in SA & NT

The aim of Coeliac Awareness Week is to educate and inform both diagnosed and undiagnosed members of the community.

FROM THE PRESIDENT

Last Thursday night I needed to get something from the supermarket. I was travelling along Brighton Road so I stopped at the Foodland store.

As my family home is on the other side of Adelaide, the store was unfamiliar to me.

How pleasantly surprised I was to see a large two metre stand full of gluten free breads, buns and wraps near the entrance by the trolleys and shopping baskets.

The stand was packed full of fresh bakery products.

Fantastic I thought. Normally I do not do the grocery shopping and I couldn't resist purchasing a couple of loaves of bread and some of those new flat bread wraps.

Times have surely changed since two of my daughters were diagnosed with coeliac disease almost 10 years ago.

The range of gluten free products and availability has dramatically improved.

The increasing array of gluten free items in our supermarkets shows our success in raising community awareness of gluten free products for coeliac disease.

The new labeling rules are making it easier to find out exactly what ingredients are in each product — apart from the unfortunate terminology "derived from wheat" which is used for some ingredients.

In the Twisk household we have given up on making bread in our Sunbeam bread-maker as we can now easily buy bread at almost the same price as the gluten free flour and it tastes better.

While we have come a long way, more progress is required.

It is unacceptable that restaurants, take away outlets and most supermarkets still have poor choice or limited range of gluten free foods available.

I have full admiration for the tireless efforts of the Coeliac Society volunteers who continue to work to increase public awareness in shops and restaurants, and who continue to lobby for improved product ranges on the supermarket shelves.

The Coeliac Society membership has grown from approximately 650 in 2000, to 1405 in April 2007.

We have expanded our office facilities to the adjacent unit next to the coeliac shop and have recently been awarded \$24,000 in grants to improve facilities for volunteers and coeliac sufferers.

I hope you too have noticed the improvements for coeliac sufferers over the past years and I hope next time you visit, or



Richard Twisk

have contact with the Coeliac Society, that you will take the opportunity to recognize the efforts of our dedicated volunteers.

Yours sincerely

Richard Twisk



CENTRE NEWS

Changes to Shop Hours

The Coeliac Centre shop is opening for business Saturdays until 4pm for a trial period of 3 months. This will be reassessed in September 2007. Consideration will then be given to opening for late night shopping on Thursdays during daylight saving. If this proves to be a positive change, the committee may consider closing one day per week in favour of the Saturday and late night Thursday trading.

Disability Access Ramp

Permission has been granted for the construction of a new disability access ramp at the Centre.

Hospital Information Package

An Information Package is now available on request from the Centre Office for people being admitted to hospital. Please contact

the Society if you require further information, or wish to request a package.

Centre Facilities

The committee are continuing to improve facilities for volunteer workers at the Centre and are currently investigating storage requirements which will enhance safety in the workplace.

Bank SA Grant

A letter has been received from Bank SA Staff & Charitable Funds confirming a \$1000 Grant paid to the Society in May 07. Thank you to Bank SA for once again acknowledging the work of the Society in supporting the coeliac community.

Greenhill's Adventure Park 25 November

This years Family Fun Day is scheduled for **25 November**. Keep this date free to ensure

you don't miss out on a wonderful event (See Page 5).

Food Expo 21 October 2007

The committee is in the process of seeking sponsorship from suppliers for the Food Expo to be held 21 October. Numbers attending last year were disappointing for our sponsors – please support the people who support the coeliac community.

This is a great opportunity for everyone to view available products, receive information from reputable sources and sample some home made gluten free treats with your cup of tea or coffee afterwards. Ask for the recipe if you've tasted something delicious for your afternoon tea.

Although the AGM is held on the same day it's a very small part of an informative event not to be missed (See Page 6).

MEMBERSHIP INFORMATION

Membership of the Coeliac Society continues to grow nationally as awareness increases both in the community and amongst health professionals.

South Australia and Northern Territory membership has recorded increases averaging 27.5 per month Jan–April 2007.

April 2007, 1405 members.

April 2006, 1273 members.

April 2005, 1100 members.

will increase further awareness of coeliac condition.

Professional Members are provided with reputable up to date information and business opportunity, enhancing their restaurant profile in the coeliac community.

Ultimately this will benefit members by increasing options for 'safe places' to eat.

Please help the Society that works for you by renewing your membership now.

Australian Coeliac Magazine.

Australian Coeliac Magazines were in short supply for the March quarter due to the increasing membership Australia wide.

Membership renewal by the due date will secure your copy of the next magazine.

Don't be disappointed, renew your membership now to receive the next edition of the magazine

Professional Membership is available to restaurants which the committee believe

A membership renewal form was circulated to all members in the March edition of the

NEW MEMBER NIGHTS

New Member Nights are information nights for newly diagnosed coeliac's and all other members who wish to attend to update their knowledge.

Volunteer Marcia, reports that another successful new member evening was held on May 9. All who attended were very happy with the information and help they received.

New Member nights will now be held quarterly on the first Tuesday of the month. The next date is Tuesday 7 August.

Come along to the next New Member Nights and learn ideas as the group share information.

Our sincere thanks to Country Life Bakery for their sponsorship of New Member Nights.

Learn the tips and tricks from the experienced members and shortcut your transition from gluten containing foods to gluten free.

You can have the privilege and convenience of gluten free shopping at the same time and

same location.

As a member you will also receive your 10% discount on all items purchased.

Shop Manager Valerie Lawn and her group of wonderful volunteers has a wide range of products available for purchase including the newly acquired ice cream cones – these come in 2 varieties and the decision out there is.....they are winners!

Who can resist the idea of lolly

Learn the tips and tricks from the experienced members and shortcut your transition from gluten containing foods to gluten free.

bananas, milk bottles, mint leaves and black cats etc. All available from the coeliac shop.

COELIAC AWARENESS WEEK 2007/2008

Approximately 70 people attended this years Coeliac Awareness Week (CAW) presentations held at three of our major hospitals. Thank you to the Coeliac Awareness Committee (CAC) for their hard work and commitment in securing knowledgeable guest speakers of note for this years events.

The enthusiasm and planning by the committee, and the wonderful group of supporters and sponsors, ensured the success of the weeks events.

The number of high profile activities and events occurring during March each year in Adelaide attract large numbers of attendees. This was perceived by the committee to be strong competition for numbers attending Coeliac Awareness Week events.

The committee has discussed the effect this may have had on this years events, and have agreed to pursue options to attract more interest for CAW 2008.

If you would like to take the opportunity to contribute a little of your time to assist the committee with these significant events, they would love to hear from you.

Please assist the Coeliac Awareness Committee by providing feedback on restaurants survey. See attached form (Page 7).

SOUTHERN SUPPORT GROUP (ROSEMARY)

This very popular group started with a wonderful three course gluten free meal at the Port Noarlunga Hotel on Sunday 26 September 2004. The meringue stack for desert is still talked about to this day. From this luncheon the support group was formed and the first meeting at the Noarlunga Health Village on 24 February 2005 was off to a great start with a social day sharing good food and good company.

On the last Thursday of each month the tradition has continued, including the good food, good company and most importantly good information about new products, new recipes and all things relevant to issues pertaining to coeliac disease. Three years on the group are still meeting on the last Thursday of the month at the Health Village from 12:30 – 2:00pm. We provide a warm welcome to anyone with an interest in coeliac disease so please come along and enjoy the camaraderie. To those members who haven't been able to attend meetings recently for various reasons, come along when you can and renew old acquaintances.

A successful information evening was held on 31 May. Newly diagnosed people chatted, formed friendships and learnt about reading labels, new products and the best places to shop in the southern area. Thank you to everyone who helped make this a such an interesting and informative evening. We hope to see all of our new friends at future meetings (See Diary Dates Page 8).

Sunday 29 July

Luncheon, Marion Hotel, 849 Marion Road Mitchell Park. 12.00 noon. No set price. Gluten Free Menu, pay for what you eat and drink when you order. Scrumptious food so come and join us for a fun day. Everyone welcome. RSVP Society Office 8336 1476 for booking purposes.

Thursday 28 June

Sue will show you how to make Maggie's gluten free pastry and turn it into a yummy pie.

BYO Lunch

Thursday 30 August

Sandra will show us how easy it is to make delicious home made pasta with a simple tasty sauce. Come, Enjoy and Sample.

27 September & 25 October

Activities to be confirmed.

Thursday 29 November

Keep free for our Christmas Party.

VICTOR HARBOR COELIAC SUPPORT GROUP

The inaugural meeting of the group was held on March 15 at Victor Harbor with more than 20 people attending from as far a-field as Normanville, Myponga and Goolwa. Stories from the floor ranged from people who had been diagnosed 20 or 30 years ago to one person diagnosed the previous week.

In some instances diagnosis has taken considerable time. Some people had few symptoms, others multiple health problems and extensive family history of the Coeliac condition. The group aims to meet

monthly in the evenings. Dates will be advertised in the diary dates column of *The Times* publication.

The first meeting concluded with discussions over a gluten free supper. A range of cakes, biscuits and savories were provided by the more experienced members of the group.

This is good news for the residents of the lower Southern Fleurieu Peninsula

where travel access to Adelaide could preclude some people from shared experiences and face to face discussion and support.



Glenda and Ron Bishop of Rosetta Village enjoyed the gluten free supper at the inaugural meeting

**COELIAC SOCIETY OF SA
INC**

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**T H E S O C I E T Y T H A T W O R K S F O R
I T ' S M E M B E R S**

NORTHERN TERRITORY NEWS (MARY VERUS)

Mary Verus writes:
"I am attaching a photo of Heather and Leanne manning our Coeliac Awareness staff at Casuarina Shopping Centre. We had a fair amount of interest. Thank you to my hard-working volunteers.

I am very happy to say that all the Coles stores in Darwin have been supporting the new Freedom frozen products and many stores are selling out.

I think this has taken some of the stores by surprise.

Unfortunately our Muffin Break closed down recently so there were no GF muffins to hand out. Maybe next year.

Also, due to the hard work of a few of our members, Moore's bread is starting to be sold in several stores here.

***Heather and
Leanne at
Casuarina NT***



VOLUNTEER NEWS

The committee agreed at their March meeting to acknowledge the commitment to the Society by volunteer Beverly Lindquist.

Beverly joined the Society on 1 July 1979 and has been an active, involved member of long standing.

Bev has now decided to retire from her volunteer work at the Centre and from the Coeliac Awareness Committee.

June Stevens and Annemarie Twisk are also retiring from the Coeliac Awareness Committee leaving an opportunity for people with a passion or interest in events planning/management. (Please see attached information).

Thank you to June and Annemarie for their generous input during their volunteer time with the Coeliac Society.

The committee has decided to opt out of the usual Christmas in July volunteers dinner and

instead celebrate with our retiring volunteers at a dinner at Ned Kelly's Retreat, 26 O'Connell Street, North Adelaide on 1 September.

Any members wishing to share this night may phone the Coeliac Centre on (08) 8336 1476 to register their interest. Final arrangements will be confirmed to interested members as soon as the information is available.



***Beverly
Lindquist***

The Coeliac Society of SA is a member of the Coeliac Society of Australia Inc.

The focus of the Society is to promote public awareness of the condition, provide coping skills for adults and children suffering from the disease, and support the parents of coeliac children.

The committee act on reported perceived issues for coeliac's by initiating contact and liaising where possible to attempt to resolve issues that may mislead or confuse inexperienced members.

The Society continues to aim to provide equitable access to information that assists people to not only adjust to life with this condition but to enjoy optimum health through a safely managed diet.

Obituary

Margaret Morris joined the management committee in 1989. One of her roles was to produce a three monthly news letter. Margaret was a long serving volunteer in the coeliac shop and was the wonderful organiser of our successful annual fundraising dinners.

Margaret will be remembered fondly for her friendly personality and great sense of humour.

Vale Margaret

SPECIAL NOTICE—SUE SHEPHERD SHOPPING TOURS

Sue advises that she had a fall at the Brisbane Gluten Free Food Expo recently and required a knee reconstruction.

As a result of Sue's mishap, she is unable to be in Adelaide for the scheduled November shopping tour. The next tour may possibly be scheduled in February 2007. Watch this space for a confirmation date.

ENTERTAINMENT BOOKS

The March magazine included information on this years entertainment books. These books include hundreds of cost saving vouchers for just \$60 which is great value. The books have been very popular – be quick to secure your book filled with wonderful discount offers that will save you money over the next 12 months. Profit from the sale of these books benefit the Society that works for you. Please contact the Society office on 8336 1476 to purchase your entertainment book.

GREENHILLS FUN DAY—RESERVE THE DATE 25 NOVEMBER 2007



Following on from the success of last years kids fun day, the committee have secured the booking for another fun filled day of activity at Greenhill's Adventure Park, Victor Harbor on **25 November** (see Diary Dates Page 8)

Ensure your membership is up to date and receive your copy of the September Australian Coeliac Magazine for further details about the Greenhill's family fun day. An RSVP will be required for catering purposes.

Reserve the date now and enjoy the fun, 25 November

If you want a day packed full of Fun, Food and Adventure, there is only one place to go; Greenhill's Adventure Park at Victor Harbor. Nestled in the picturesque Hindmarsh Valley just over one hours drive south of Adelaide, Greenhill's Adventure Park offers something for all ages. From golf and go-karts to the waterslides and archery, it's easy to have a whole day of fun.

While you're here, you might like to try your hand at something new. Take a paddle on an aqua bike or a spin on a moon bike? Challenge your friends to scale the climbing wall. Or maybe a leisurely paddle in a canoe is more your style. When you have exhausted your spirit for adventure, grab an ice cream from the kiosk or relax in the cafe with a frothy coffee (cappuccino) (remembering to request without the chocolate)

For the less adventurous folks, don't miss out on enjoying a gluten free picnic lunch in this fabulous location.



Invitation

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The Coeliac Society of SA invites you, your family and friends to attend

A Gluten Free Food Expo

Date: Sunday 21 October 2007

Time: 2:00pm

Venue: ETSA Utilities building

1 Anzac Highway, Keswick SA 5035

Guest Speaker: To Be Confirmed

Parking is available onsite

(Food Expo will be followed by the Society AGM)

RSVP will be appreciated for catering purposes by Friday 12 October. Please telephone the Society Office on 8336 1476



COELIAC AWARENESS COMMITTEE—SEEKING NEW MEMBERS

The Coeliac Awareness Committee organises events to increase the awareness and subsequent diagnosis, and treatment of coeliac disease. These events provide information and knowledge to people with undiagnosed coeliac disease. They also support and provide information and knowledge to the diagnosed members of our community.

This year we organised seminars by medical professionals and dieticians at the three major South Australian hospitals.

In 2008 we are proposing increasing our promotional events and activities both before and after Coeliac Awareness Week which occurs Australia wide in March each year. During Coeliac Awareness Week 2008, the focus will continue to be seminars featuring guest speakers from the medical and health professions. Other events and activities will be organised at community centres and shopping centres etc. The committee will explore all avenues and pursue opportunities to promote 2008 event activities.

To reach the broader audience and ramp up our activities, we are looking to expand the committee membership and offer you, our Society members, the opportunity to participate in one of the most popular and interesting employment fields available today – events planning and management. As a volunteer on this committee you will have exposure to discussions and actions relating to marketing & promotion, managing projects, and events planning and management, while assisting the Society that works for you.

If you are a student and need to include some ‘on the job training’ as part of your course, volunteering in your chosen field could be the direction you take to help you fulfill your course requirements.

Meetings are held at the Society’s Administration Office, Glynburn Road Hectorville. The next meeting is Thursday 14 June at 7:30pm. Please contact the Administration Office on Telephone (08) 8336 1476 if you have the passion, experience or interest in expanding your skills in marketing & promotion, events planning and management, or if you simply wish to learn more about the Society that works for you.

Or, you can fax the Society to register your interest by completing the following contact details and fax to:

Coeliac Society Administration
 Fax: 8365 1265

Name:
Telephone (home):
Mobile:
Telephone (work):
Email:

You may prefer to email the Society on info@sa.coeliac.org.au

The committee would love to hear from you.

COELIAC AWARENESS COMMITTEE—SEEKING FEEDBACK ON RESTAURANTS

The committee is looking at increasing awareness of restaurants and eating establishments that provide gluten free food. If you have some positive feedback to share on this topic, we want to hear from you. Please contact us with your restaurant information which will be published in the Coeliac SA Newsletter. The information will be provided on the basis that it is feedback from our members and not a recommendation from the Society. The member supplying this information will remain anonymous.

Fax: 8365 1265, Phone: 8336 1476 or post to Coeliac Society of SA Inc, 5-6/88 Glynburn Road, Hectorville SA 5073

Please provide Restaurant information in the following format:

Name of Restaurant	Address	Phone Number	Comment on Service	Comment on Meal

Diary Dates for Your Fridge

June 2007

Pay Coeliac Society Membership and ensure I receive my copy of the Australian Coeliac Magazine

Coeliac Shop Hours change this month, opening until 4:00pm Saturdays

Purchase my copy of the entertainment book and support the Society that works for me

Grasp opportunity to volunteer for Coeliac Awareness Committee and enjoy the benefits

Remember to provide restaurant feedback to Coeliac Awareness Committee

28 June Southern Support Group meeting, making gluten free pastry

July 2007

29 July Southern Support Group lunch at Marion Hotel

Did I remember to pay my membership fees in June?

August 2007

7 August New Member Night at the Coeliac Centre, Glynburn Road, Hectorville

30 August Southern Support Group, making home made pasta

September 2007

1 September Volunteers Farewell Dinner at Ned Kelly's Restaurant

27 September Southern Support Group Meeting

Coeliac Centre Shop Hours, opening Saturdays until 4:00pm is being re-assessed. Possibility of continuing and also opening Thursday evenings during daylight saving.

October 2007

21 October Gluten Free Food Expo & AGM

25 October Southern Support Group Christmas Party

November 2007

25 November Greenhill's Family Fun Day

Sue Shepherd Shopping Tour Cancelled — to be re-scheduled when Sue is available.