

SOUTH AUSTRALIA & NORTHERN TERRITORY NEWSLETTER MARCH 2005

Welcome to 2005 everyone and we hope that you all had a good Christmas and New Year.

The children's Christmas party was coordinated by Julie Mc Queen and Karen Loxton who brought a lot of pleasure to our coeliac children with the carefully chosen gifts from Santa. The fact that Santa arrived in a red sports car was enjoyed by the dads, mums and the children too. The bouncy castle and Santa coming around on his sleigh that was pulled by a horse ensured that the day was enjoyed by all in spite of the very hot conditions. As there were a few extra gifts Santa donated them to a local charity.

For the interest of interstate visitors and SA members who purchased tickets in our Christmas raffle the winners of the prizes were:

1st M25:- M. Pavey, 2nd M24:- B. Drummond, M29:- J. Viney.

Coeliac Awareness Week

It's March again and some of the events organized during CAW are listed below

Cooking demonstration by Brenda Damen is being held on Monday **March 14^h at 1pm**. Places still available for this event.

Gribbles Information night at the
ETSA Building 1 Anzac Highway Keswick
Wednesday March 16th at 7.30pm
Some spots still available for this event.

The Family Get away camp date
April 1-3rd is being held at

**NUNYARA CONFERENCE CENTRE
5 BURNELL DRIVE
BELAIR 5052. (This event is fully booked)**

To promote coeliac awareness during Coeliac Awareness Week in Streaky Bay, Mr Ken Dickson a recently diagnosed coeliac has offered to distribute information packs to all Doctors, Chemists, Community centres, delicatessens and restaurants so if you are in the Streaky Bay area Ken (although newly diagnosed) will be happy to give advice on where to obtain gluten free food. Contact Ken on ☎ 8626 0942

Metro Support Group

Coordinator: Isa Barone

Micro wave Bread & Soup demonstration.

Date Thursday 28th April

Time 7.30pm.

RSVP 14/4/2005 ☎Ph 8365 1488

Bring a plate and recipe to share.

Thursday 26th May

Bread roll making and demonstration

Venue: 41 Aurelia Drive, North Haven.

Time: 7.30pm.

RSVP 12/5/2005 ☎Ph 8248 5747.

Sunday 3rd July

Xmas in July Luncheon

Contact Coeliac Shop for details.

Southern Support Group

Coordinator: Rosemary Wells

Meetings held- Noarlunga Health Village

Group Room 4. (Unless other wise advised)

Time 12.30pm-2.00pm. For information please ring

☎Ph 8384 8600

Thursday 31st March.

Come and join us and if you have any queries re the new labelling laws. Bring labels you are unsure of to discuss at this meeting.

Group room 4 please bring favourite recipes or a list of your favourite GF products available from supermarkets for discussion.

Thursday 28th April

Hot Dog & Roll Day at Noarlunga Health Village

Auditorium 2 please RSVP Rosemary on ☎ 8384 8600.

to confirm numbers for catering purposes.

Thursday 26th May

☎ Rosemary on 8384 8600 for information closer to this date.

Thursday 23rd June

Microwave soup and bread making and tasting evening.

7.30pm, at 32 Modler Road Morphett Vale.

Limited number ☎ 8384 8600 early to book your place.



Our Port Pirie Support Group meets on the first Wednesday of the month at 7pm.

Venue: The Child Youth & Health building located in First Street, Port Pirie.

Meeting dates listed below

6 th April	7pm
4 th May	7pm
1 st June	7pm
6 th July	7pm
3 rd August	7pm
7 th September	7pm
5 th October	7pm
2 nd November	7pm

If you need information on where to dine or wish to attend the meetings in Port Pirie. Please ring Anna on (08) 8633 0164/mob 0417 831 004.

Items of Interest

Some of the quarterly magazines we sent out in December have been returned to the centre because some members have changed their address and have not advised the Society. If you want your magazine delivered please ensure you keep us up to date with your data.

The Coeliac Society of Australia (CSA) is holding its 2005 conference here in Adelaide on May 21st-22nd (**ph 8365 1488 /Ph 8336 1476**).

*Persons who **are** members of the Coeliac Society of South Australia Committee, **or plan to become committee members** of our State society and with aspirations to eventually be on the CSA Committee are welcome to attend the conference as observers. Persons taking advantage of this offer should be aware that the cost of all food and refreshments will be at their own expense.*

30th Year Dinner Sept/Oct

Venue: Graduates Restaurant
Regency Park TAFE
Cost \$30. Drinks not included.

More information in June newsletter

EASTER RAFFLE Tickets on sale now.50c or 3 for \$1.

HOT X BUNS Now available Place your order to ensure a good supply for Easter.

Our Thanks to:

Celeste Barone for videotaping the AGM for another year.

Mr & Mrs Elliott for donating three videos of the AGM 2004 for viewing by members only. They are now available for loan from the Coeliac Shop.

Mrs Roma Knapp for the donation of the latest Sunbeam Quantum bread maker (suitable for making gluten free bread).

Have you checked out the Pullman Restaurant lately?

Memo from a member. Have you checked out the Pullman Restaurant lately?

On Wednesday my friend and I went to the Casino and booked a meal on arrival. I advised them that a Gluten free meal was needed in two and a half hours. Later when we went for our luncheon, I informed the waitress that I had previously ordered a GF meal. She promptly returned with a superbly arranged GF meal prepared by the Chef, I was given not one but two dinner rolls and a Tasty Death By Chocolate arrangement for dessert rounded off the luncheon.*****What a fantastic GF Meal.*****

(My friend plans to ask for a GF meal next time we go there).

Shop New Products:

To die for, tasty Spring Rolls available **now**.

Healtheries, Simple range

Soup for Cup, Tomato with Chives, Garden Vegetables and Sweet corn with Chives.

Laucke bread mix with heavy base baking pan (Very reasonably priced)

Eating In

With Isa's home made Italian pasta's. Ravioli, Lasagne, Cannelloni & Fettuccini

☎ Ph 8332 1779 after 6pm.

Eating out with New Professional Member

THE SOCIETY DOES NOT TAKE RESPONSIBILITY FOR SERVICE OR ENDORSE THESE ESTABLISHMENTS

Please Remember to inquire that the Meals and Desserts are GLUTEN FREE

YIRO ORGANIC/Organic Café.

280 Rundle Street. Adelaide Ph.no. 8223 3187.

Organic & Coeliac food with Coeliac aware staff.

Recipes

Pizza Base.

250 ml warm water.

250gm bread mix (e g Pinnacle).

Method

Mix both ingredients in a bowl until the mix is a smooth and runny consistency. Spoon onto greased and lined pizza tray. (greased paper can be reused if desired).

Bake in a moderate oven 180c for approx. 20mins.

Cool on cake rack. Use as required. Bases can be frozen for later use with or without toppings.

Mini Zucchini Party Patties

3 med. Zucchini, coarsely grated,

3 large onions, finely chopped

3 Rashers bacon finely chopped

1 cup self raising flour

½ cup olive oil

5 eggs lightly beaten

1 cup grated cheese

Salt and pepper to taste

Fresh herbs to garnish.

Method

Grease three, deep 12 hole patty pans.

Combine all the ingredients in a large bowl. Season with salt and pepper and mix well.

Divide mixture into prepared greased pans, cook in a moderate oven (180C) for about 25 minutes or until golden brown.

Serve warm or cold garnished with fresh herbs.

If there is anything you would like to see in this newsletter in the future just send it in to the secretary

Isabel Meyer Secretary