



CSA TIDEWATER

SPRUE GAZE-AT NEWSLETTER

Life can be sweet without wheat

May 2004

Monthly support group meetings are held at Sentara Norfolk General at 7:00 pm on the 3rd Tuesday of the month. For more information call 757-424-2081 or Email the editor JJsib0k@cox.net

If you have not listened in on the new radio program “House calls” with Dr. Patricia Raymond, you’re missing a real treat. She is on at noon on Fridays on WHRV-FM (89.5) on the FM dial. You know her wit and humor and she knows “her stuff”. Listen on your lunch break. She will be our speaker again this fall for her usual informative talk.

Last month I said I would bring you info on gluten free beer. Thanks to Lisa Freeman she has sent me an email about beer. She has completed some research on beer. She sent a letter to the manufacturer of Amstel, and has received a reply:

Dear Miss Freeman,

Thank you for your recent email message. Heineken USA has been informed by our parent company, Heineken NV, that our beer does not contain wheat or other grain adjuncts. Our recipe contains only barley, hops, yeast and water. Although barley has a source of gluten, the gluten content of our product is lower than the gluten free level. Consequently, Amstel Light beer could be considered gluten free.

Thank you for your interest in Heineken USA!

Kind Regards,

Kristen

Heineken USA

A toast to Lisa for her interest in an adult thirst quencher we can all join in with an Amstel. “Salute”

I have some info also and “paste” it in as collected off the Internet.

Gluten Free Beer

A review.

This is good beer to drink on a hot day. This beer will please the beer drinkers that are allergic to gluten since the beer is made with rice and buckwheat. The taste is pretty sweet, I guess as result of the use of rice. Overall, I think more time has been spent on trying to reach a new market segment (gluten-free) the trying to come-up with a different tasting beer.

[serving type: bottle]

This is a fairly refreshing, original tasting beer. The buckwheat gives a different taste, for sure. Glad I tried it. Glad I bought only one.

[serving type: bottle]

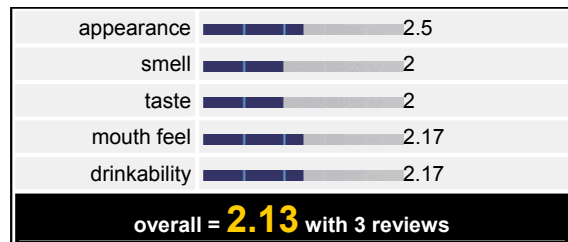
La Messagere

Brewed by: [La Seigneurie de la Nouvelle-France](#)
 [official website](#)
[Quebec, Canada](#)

Style: [Pale Ale](#)

Availability: year round

ABV: 4.7 %



 [write a review](#)

Hmm, this was particularly not good. Very bland and watery with hints at cereals. I guess it's an okay move for people allergic to gluten, but it's just not a tasting beer and doesn't really deserve to be rated here since it obviously will get blasted.

[serving type: bottle]

Bought at Marché du Boisé (boul. des Forges, T-R), 6/11/03, stored cool dark, 2600 miles in my trunk.

The head is white, crusty, medium in size, with some spotty lacing. The beer is crystal clear, a pale, pale gold. The nose is nutty, sour, grainy, tangy. Front is tangy with a touch of citrus. The middle is sweet and thinnish. Sourish, nutty and watery at the end.

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Here is some more food news of interest for us. 2nd Store House will be carrying Kinnikinnick products. Stop in and check it out. You may find something good. If you don't see what you want ask Jeff to order it for you. Tell Jeff I sent you.

I hope some of you saw the article in the Virginian Pilot Daily Break Section about the young sisters one with Celiac Disease and the other on a low carb diet. She says she is the only one she knows who has celiac disease with exception of her relatives. She is not aware of the 70 plus in our group of known friends and others who do not know about us. She and her Mom and sister need to come and visit with us to find out more of what she can eat and that there are a bunch of us in the same "boat". As of this writing I do not know if anyone has been in touch with her to let her know about our group. If you know of anyone who has contacted her, let us hear from you.

An article in BETTER NUTRITION, found at the Health Food Center, about a young lady who finally found out why she was having all these health problems that lasted 21 years. She had been deemed "an anomaly" by the health care system. Very interesting and sad at the same time that she could not get her problems solved for so many years. Look for the April issue of Better Nutrition on your next visit to a health food store.

Don't forget now next month is election of officers and in August will be the annual picnic at Princess Anne Park 3:30 pm until dark. Bring your ideas for more activities to the next meeting. See you there.

Rib tickler:

See next page.

Man, Wife And A Cop



A man seeing flashing red and blue lights in his rear view mirror pulls to the side of the road. A minute or so after coming to a stop, a police officer approaches the car.

The man says, "What's the problem officer?"

Officer: You were going 75 miles an hour in a 55 mile an hour zone. I'm afraid I'm going to have to ticket you.

Man: No sir, I was going a little over 60.

Wife: Oh, Harry. You were going at least 80! [The man gives wife dirty look.]

Officer: I'm also going to give you a ticket for your broken taillight.

Man: Broken tail light? I didn't know about a broken taillight!

Wife: Oh Harry, you've known about that tail light for weeks! [The man gives his wife another a dirty look.]

Officer: I'm also going to give you a citation for not wearing your seat belt.

Man: Oh, I just took it off when you were walking up to the car.

Wife: Oh, Harry, you never wear your seat belt!

The Man turns to his wife and yells, "For cryin' out loud, can't you just shut up!"

The officer turns to the woman and asks, "Ma'am, Does your husband talk to you this way all the time?"

Wife says, "No officer, Only when he's drunk."