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Welcome to the September 2010 edition of our magazine. Although it is hard to comprehend, we are on the downward run to Christmas. The editorial team would like to hear from you on how you will be celebrating, or have in the past, celebrated Christmas along with any Chrissy ideas and recipes to share with others. The deadline date for material for the December edition is 4 October, so we would appreciate your contributions by then.

Whilst talking about your contributions, check out the competition on page 31 and for the kids we have Coeliac Sam's Win a Prize on page 70.

Osteoporosis is a common problem in society and will affect 2 in every 3 women who reach 60 and 1 in every 3 men. The risk is even higher in those with coeliac disease. Therefore we asked Associate Professor Nick Pocock to write about this important issue. The good news is that Professor Pocock tells us that it is never too late to treat osteoporosis. To complement this article Penny Dellsperger, Accredited Practising Dietitian, reports on the role of diet in preventing and treating osteoporosis.

You will see that we have a new President of The Coeliac Society of Australia Inc, Hugh Sheardown. In Hugh's "Word" on page 5 he announces two new resource initiatives – the Pocket Guide and the Society Ingredient List as an iPhone App. Inserted into this edition is your free copy of the Pocket Guide and we would encourage you to use this handy information card when choosing products. You can test the use of the card with the examples on page 27. Also as Hugh mentions, "If you have the technology we have the application" – the details on the iPhone App is on page 23.

Enjoy the read,

The Editorial Team

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