

PKU Press

SPRING 2006

A Periodic Newsletter Published By The PKU Organization Of Illinois

PKU Organization of IL - 2006 Calendar of Events

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>TIME</u>	<u>HOST/CONTACT</u>
March 5th	Cooking Workshop	University of Illinois Human Nutrition Dept., Chicago	9 am - 5 pm	Lisa Irgang (847) 882-0298
March 8th	IDPH Conference	Oak Brook	8 am - 4:30 pm	Joe Annunzio (847) 838-2706
March 18th	Arlington Heights Jr. Women's League Lunch	Arlington Heights	11:30 am	April Salemi (847) 952-8370
April 9th	Coffee social for PKU adults	Starbucks 1560 E. Golf Rd, Schaumburg	3 pm - 5 pm	Jonathan Springborn (815) 334-9834
April 23rd	Networking night/ Transitioning milestones	Arlington Heights	2 pm - 4 pm	April Salemi (847) 952-8370
April 29th	Northern IL Swim	Schaumburg Water Works	6 - 9 pm	Lisa Irgang (847) 882-0298
MAY PKU AWARENESS MONTH				
May 7th	Meet & Greet Coffee	Lake Zurich	1 pm	Patsy Thompson (847) 438-0204
May 15th-17th	Dominick's Benefit Days Jewel Shop-N-Share	Coupons in Spring Press Coupons in Spring Press		Gina Annunzio (847) 838-2706
May 20th	Ice Skate-a-thon	Rocket Ice, Bolingbrook	5:30 pm - 9 pm	Lisa Irgang (847) 882-0298
June 1st	Andrew Craig Scholarship	PKU Org. of IL Website	Beginning	www.pkuil.org
June 4th	Champaign/dessert social for PKU adults	Woodstock	12 pm	Jonathan Springborn (815) 334-9834
June 11th	Father/Child Grilling	Naperville	1 pm - 4 pm	Ruben Caro (630) 904-0702
June	Roller skating for 12-17	TBD	TBD	Jonathan Springborn (815) 334-9834
July 15th	Beach party	Centennial Beach, Naperville	11 am - 4 pm	Lisa Irgang (847) 882-0298
July 23rd	Networking night	Naperville	TBD	Nina Neill (630) 904-4224
August 13th	Cooking class	Wheaton	2 - 4:30 pm	Lisa Hughes (630) 653-6807
August 31	Andrew Craig Scholarship	PKU Org. of IL Website	DEADLINE	www.pkuil.org
September 16th	BIG WIG Golf Outing/ Silent Auction	Poplar Creek Golf Club Hoffman Estates	12 pm	Lisa Bennett (847) 359-0506
September 29th- October 1st	PKU Family Camp	Lake Bloomington in Hudson		Michele Kowalski (773) 745-4541 Bruce Kimbrell (309) 827-4706
October	Networking night			
October 21st	Halloween party for 3-10 year olds	Naperville	3 pm - 6 pm	Nina Neill (630) 904-4224
November 4th	Annual Meeting	Medinah Country Club	9 am - 4 pm	www.pkuil.org or voicemail
Nov. 13th-15th	Dominick's Benefit Days Jewel Shop-N-Share	Coupons in Summer Press and Annual Meeting Folders		Gina Annunzio (847) 838-2706
November 18th	Thanksgiving dinner	TBD	5 pm - 8 pm	April Salemi (847) 952-8370
Dec. 4th-6th	Dominick's Benefit Days	Coupons in Summer Press		Gina Annunzio (847) 838-2706
Dec. 11th-13th	Jewel Shop-N-Share	and Annual Meeting Folders		

For more information of these events call our voicemail at (630) 415-2219 or via e-mail at info@pkuil.org
Watch for updates in the PKU Press and check out our web site <http://www.pkuil.org>

This is an incomplete calendar. As events are scheduled the calendar will be updated and put on the website.

The 2006 Annual Meeting

Dear Friends,

The 2006 Annual Meeting of the PKU Organization of Illinois will be held on Saturday, November 4, 2006 at the Medinah Country Club in Medinah, IL.

The keynote speaker for 2006 will be **Christineh N. Sarkissian, B.Sc., Ph. D.**

Dr. Sarkissian received her B.Sc. from York University (Toronto, Canada) and her doctorate under the supervision of Professor Charles R. Scriver (Department of Human Genetics, McGill University, Montreal, Canada) whose all-embracing view of life has been a constant inspiration to her. Dr Scriver was the keynote speaker at our 2002 Annual Meeting.

Dr. Sarkissian was appointed Research Associate (McGill University) in September of 2005. She continues to work on the Phenylase project with Dr. Scriver and Dr. Ray Stevens (The Scripps Research Institute), and collaborates with BioMarin Pharmaceutical in California. She has worked on phenylalanine ammonia lyase (PAL) therapy for over a decade and is passionate in her quest toward producing the simpler treatment for patients with Phenylketonuria.

Dr. Sarkissian has multiple publications, and is an authority in her field. Her reputation is expanding rapidly and she is often asked to lecture at international conferences. The topic of Dr. Sarkissian's keynote address will focus on the PAL project, or phenylalanine ammonia lyase therapy.

To offer some perspective, following is a history of our Annual Meeting keynote speakers and topics since 2001:

<u>Year</u>	<u>Location</u>	<u>Keynote Speaker</u>	<u>Affiliation</u>	<u>Topic</u>	<u>Attendance</u>
2001	Rush	Phillip J. Laipis, Ph.D.	University of Florida	Mouse Model	121
2002	Rush	Dr. Charles Scriver	McGill University	Genetics	131
2003	Rush	Linda Gleason, MS, RD	Creative Nutrition Applications	Quality of Life	133
2004	Medinah	John Rolland, MD	Chicago Center for Family Health	Family Matters	138
2005	Medinah	Alejandro Dorenbaum, MD	BioMarin Pharmaceutical, Inc.	BH-4	169
2006	Medinah	Christineh Sarkissian, Ph.D.	McGill University	PAL	

Please check future issues of the PKU Press for information about the 2006 Annual Meeting. The invitation will be sent out over the summer.

The board is looking forward to another year of strong attendance at the 2006 Annual Meeting.

Best regards,

Joe Annunzio
President, PKUIL

The Matthew Koster Memorial Research Fund

The PKU Organization of Illinois has established The Matthew Koster Memorial Research Fund. Four-year-old Matthew, who had Classical PKU, was a beloved member of our Organization and passed away in January after a valiant, five-month battle with leukemia. Matthew's mom, Angela, served on the Board for three years, most recently as Vice President. One of the issues near and dear to her heart is fundraising for PKU, and she spearheaded several fundraising initiatives, including the hugely successful Carson Pirie Scott fundraiser. Our deepest sympathy goes out to Angela, her husband Brad, and their daughter, Lauren for their immense loss.

Anyone interested in contributing to the PKU research fund in Matthew's memory may do so by sending a check to: The PKU Organization of Illinois, The Matthew Koster Memorial Research Fund, P. O. Box 102, Palatine, IL60078-0102.

Please make check payable to: PKU Organization of Illinois.



Volunteers Needed

The Mentoring Program is up and running! Our new brochures debuted at the Annual Meeting and we have a number of families who have signed up to be Mentors. Many of you have probably served as unofficial "mentors" over the

years because we are fortunate to have a great community here in Illinois. We would appreciate any help we can get so we can expand this program. Rest assured, the time commitment is not extraordinary. To sign up, please call Lisa Irgang at (847) 882-0298 or e-mail, Imi799@sbcglobal.net.

Meet the New Officers!

The PKUIL Board of Directors held their first board meeting on January 12, 2006 at the Westchester Clinic. The Board discussed a variety of topics, including social, educational, and fundraising events, and believe it or not, are already hard at work planning for November's Annual meeting! The Board also voted on this year's new officers. They are as follows:

President: Joseph J. Annunzio of Antioch, Illinois has been President of the PKU Organization of Illinois since January 1, 2005. Before becoming President, Joe served as the Organization's Treasurer from 2001 -2004. Joe and his wife Gina, also an officer of the Organization, have three children; six-year-old Lauren (Classical PKU), four-year-old Anthony (non-PKU) and newborn Michael, also with classical PKU. Lauren and Michael attend the PKU Clinic at Children's Memorial Hospital. Joe is a financial professional who holds both undergraduate and graduate degrees in finance and accounting. He is a Certified Public Accountant, a Certified Management Accountant, and a Certified Financial Manager. Joe has twenty years of professional experience.

Vice President: Lisa Irgang of Schaumburg, Illinois has been a board member of the PKU Organization of Illinois since January 1, 2005. Lisa is raising two girls with her husband Martin: three-year-old Shayna (Hyperphe), and 20-month-old Becca (non-PKU). Shayna attends the PKU Clinic at Children's Memorial Hospital. Lisa is a Licensed Clinical Psychologist with a practice in Bloomingdale, IL. Previous experience with volunteer organizations includes serving on the executive board of her sorority (Delta Phi Epsilon) in college. During graduate school, Lisa served on the Student Senate for three years and was the Treasurer for two years.

Treasurer: Gina Annunzio has been on the Board of Directors of the PKU Organization of Illinois since January 1, 2001. Gina is in her second year serving as Treasurer of the Organization. Before becoming Treasurer, Gina served as the Organization's Secretary from 2002 -2004. See Joe's Bio for family information since Gina is married to him.

Gina is currently a stay-at-home mom, helping in Lauren's kindergarten class, running Anthony to Preschool, and starting all over again with Michael. Before Lauren was born, Gina was in her seventh year of teaching high school mathematics. She earned a Bachelor's Degree in Mathematics from Elmhurst College and a Master's Degree in Mathematics and Secondary Education from NEIU.

Secretary: Christina Davis joined the Board of Directors on January 1, 2005. Christina is in her second year serving as Secretary of the Organization. She and her husband, Jeff, live in Chicago and are busy raising their 2 ½-year-old son, Alex, who has Classical PKU. Christina is a Systems Analyst at JP Morgan Chase.

The PKU Organization of Illinois' Board of Directors, which include the above officers in addition to general members Steve & Lisa Bennett, Jim Critchfield, Jeff Davis (shared seat with Christina) Tracy Keegan, Anne Kozek (honorary), Peter & Nina Neill, April & Frank Salemi, Jonathan Springborn, Tom & Alison Squillaciotti, and Hazel Vespa (honorary), meets approximately every six weeks. Meeting agendas and summaries can be accessed through the PKU Organization of Illinois' website, www.pkuil.org.

Hospitality Committee Update

By Lisa Irgang, VP, PKUIL &
Hospitality Committee Chair

I'm sitting here writing this article during the middle of February and I'm amazed at how much has already happened and all the events already in the works. First, let me introduce you to the Hospitality Committee for 2006. Continuing on from last year are Gina Annunzio, Nina Neill, Jonathan Springborn, Alison and Tom Squillaciotti, and Hazel Vespa (social worker from CMH). New members include April Salemi, Melissa Edwards (nutritionist from CMH) and Anne Kozek (nutritionist from UI).

Our committee meeting earlier this month was exciting and full of ideas. We are continuing a number of our past popular events, including the Father/Child Grilling Day and the Waterworks Swim Party. We're pleased to introduce some new events this year a roller skating party for teens, a champagne social for PKU adults, a summer beach party, a Halloween party, and a Thanksgiving dinner. We are also working with the Education and Research Committee to schedule more cooking classes, discovery days, and networking events. Please keep an eye on the website for updated information because there are sure to be changes in-between PKU Press publications.

As you will notice in the calendar of events, we have tried to organize events that will appeal to various age groups. In addition, we have used a county map to determine where our population is most concentrated and are making efforts to gear events to these areas. As always, we are would love to hear from anyone who would like to organize and/or host an event. The Hospitality Survey that was printed in previous issues of the PKU Press is now available on our website, <http://www.pkuil.org/>. Please fill it out at your leisure and the results will be forwarded to me. The Calendar is an evolving project year round and if we cannot include the event this year, we will make every attempt to put it on the Calendar for next year.

PKU Organization of Illinois 2006 Board Members

A non-for-profit Illinois corporation qualified under Section 501(c)(3) of the Internal Revenue Code for tax-deductible contributions

*Joseph Annunzio
President*

*Lisa Irgang
Vice President*

*Gina Annunzio
Treasurer*

*Christina Davis
Secretary*

Board of Directors

Lisa and Steve Bennett, Jim Critchfield, Jeff Davis (Shared seat with Christina Davis), Tracy Keegan, Peter and Nina Neill, April and Frank Salemi, Jonathan Springborn, Tom and Alison Squillacioti, Anne Kozek (Honorary), and Hazel Vespa (Honorary)

C O M M I T T E E S

*PKU Organization
of Illinois Board
Members*

Annual Meeting Committee

Plans and
implements the
annual meeting

*Tracy Keegan
(Chairperson)
Christina Davis
Bruce Kimbrell
Gina Annunzio
Lisa Irgang*

Communications Committee

Publishes *PKU Press*,
Illinois Directory,
KU brochure;
updates PKU website;
coordinates other
communications
To members

*Jonathan Springborn
(Chairperson)
Tracy Keegan,
April Salemi, Lisa Irgang,
Anne Kozek, Hazel Vespa,
Michele Kowalski,
Heather Bausell*

Education & Research Committee

Gathers and distributes
information to members
dealing with PKU;
coordinates educational
activities; deals with
maternal PKU issues,
follows research efforts

*Peter Neill
(Chairperson)
Joe Annunzio, Steve
and Lisa Bennett, Nina
Neill, Jim Critchfield,
Frank and April
Salemi*

Fundraising Committee

Plans and conducts
fundraising events
(raffle, shop-n-share,
product sales);
coordinates
fundraising appeals to
members and donors

*Lisa Irgang (Chairperson)
April Salemi,
Jonathan Springborn, Hazel
Vespa, Alison and Tom
Squillacioti, Peter and Nina
Neill, Melissa Edwards, Gina
Annunzio*

Hospitality Committee

Plans social events
(coffees, picnics, camps,
cookie exchanges);
assists with new member
orientation upon
diagnosis

*Joe Annunzio (Chairperson)
Jonathan Springborn
Jim Critchfield
April Salemi
Jodi Caro*

Legal Committee

Ensures the organization
complies with legal and tax
requirements; maintains
insurance coverage; protects
member interests in health
care and insurance legislation

*Jim Critchfield
(Chairperson)
Bruce Kimbrell
Steve Bennett
Jonathan Springborn
Jodi Caro
Joe Annunzio*

Legislative Committee

Work through state and
local politicians to
achieve mandatory
insurance coverage of
foods and formulas

The Cooks Come to Chicago!

Forty-five people braved a cold and snowy Chicago day to attend the PKU Organization of Illinois' first all-day, multi-chef cooking workshop on Sunday, March 5, 2006. Adults and kids with PKU and allied disorders and their parents, grandparents, aunts, and friends from Illinois, Missouri, and Michigan descended upon the University of Illinois at Chicago to learn tricks, tips, and new recipes in the kitchen. The attendees were divided into two groups and took turns learning from the experts. Malathy Ramanujam of Taste Connections ran a hands-on cooking workshop, where participants were instructed on the finer points of making tortillas, English muffins, giant pizzelle ice cream cones, popped tapioca, snack mix, and the hit of the day, savory samosas (fried pastries) with cilantro-mint chutney. Malathy also brought samples of some of her cookies, including her delicious apple chunk and banana butterscotch varieties in addition to her chocolate brownies. Then it was on to the ever-entertaining Dianne Sullivan's demonstration workshop, where the CamBrooke chef extraordinaire focused on quick and easy meals, whipping up delicious Haluski, burritos, Spanish rice, and Fettuccine Alfredo. Finally, PKU parent Kim Gralen and her teen daughters Bridget and Claire shared some of their household favorites, including Pasta Salad, Brown Rice Salad, Manicotti, and piquant, soft, lemon cookies, made using Virginia Schuett's Basic Cookie recipe but substituting lemon extract for the vanilla, lemon pudding for the vanilla pudding, and lemon juice for the water. Kim and her well-spoken daughters did a great job fielding everyone's questions about dealing with PKU as you grow up.

The Organization would like to thank Lisa Irgang for all her hard work and dedication she put into this workshop. Thanks to the Gallagher Family for hosting Malathy during her stay here in Chicago. Thanks to Malathy, Dianne, and Kim for everything they cooked, baked and discussed. Thanks to CamBrooke Foods for sending Dianne and donating the food she used in her demonstration. Thanks to Taste Connections and Malathy for the donation of baking mixes and food she used in her demonstrations. And thanks to all the people behind the scenes that helped set up, bring breakfast, chop and dice, and clean up.

MALATHY'S SAMOSAS

These are little pocket pastries made with unleavened dough and filled with cooked, mixed vegetables.

Dough

2 ½ cups (260 gm) Taste Connections Multi-Baking Mix
½ to ¾ c. water (enough to make a doughy consistency)

Filling:

225 gm (2 medium) peeled, boiled potatoes
100 gm (2/3 cup) chopped red onion
75 gm (3/4 cup) chopped green pepper
70 gm (1/2 cup) frozen, chopped green beans
100 gm (1 ½ cups) shredded cabbage
½ tsp salt
½ tsp curry powder

Prepare filling by frying the onions in 1 tsp canola oil until glassy, adding remaining vegetables and seasonings and sautéing until softened. Let cool completely. Prepare the dough by mixing all ingredients, dividing into 12 equal parts, and make into circles by using a rolling pin or tortilla press. Keep the dough well-covered. Prepare samosas by cutting each 8" dough circle in half and adding a tablespoon of filling in the center of the half-circle. Wet the edges with water and fold into a triangle, sealing all sides by pressing well with fingertips. Keep triangles covered until ready to fry. To finish, fry samosas a few at a time in about 2 cups of very hot oil for a few minutes on each side. Drain on paper towels and serve with cilantro-mint chutney, or dipping sauce of choice.

Total Yield: 24 samosas

Total Phe Per Recipe: 325

Phe Per samosa: 14





Cilantro-Mint Chutney

Leaves from 1 small bunch of cilantro
 Leaves from 2-3 stalks of mint
 ½ green chile
 ½ tsp salt
 Juice from ½ lime
 ¼ c. cold water
 1 tbsp. finely chopped red onion



Mix all ingredients in blender or food processor and refrigerate to meld flavors.

Phe per recipe: 3

Phe per serving: trace

Dianne's Haluski

This traditional Polish dish has an interesting mix of ingredients that might sound strange, but taste amazing!

1 small onion, chopped
 1 8-ounce package coleslaw or shredded cabbage
 ½ cup butter
 2 servings (100-120 gm) of your favorite pasta,
 cooked and drained (Dianne used CamBrooke's
 Spaghetti)

Salt & pepper to taste

Melt butter and sauté onion until tender. Add the cabbage and pasta stirring to combine. Cook until heated through, seasoning with salt & pepper to taste.

Total yield: 4 servings of 127 gm each

Phe per serving: 44

Note: Many of the other recipes mentioned above can be accessed at the Taste Connections (www.tasteconnections.com) and CamBrooke Foods (www.cambrookefoods.com) websites.

DIET RELATED PRODUCT CHANGES

Effective **February 2006**, the **PKU Organization of Illinois** is carrying three different Polder scales. Please check the website, www.pkuil.org, for the order form. Products can be ordered by mailing the order form and a check, payable in U.S. Dollars to the **PKU Organization of Illinois**, to:

PKU Organization of Illinois
 C/O Joe Annunzio
 P. O. Box 102
 Palatine, IL 60078-0102



The Recipe Exchange

By Tracy Keegan

What could be a better start to a sunny spring morning than a fresh, warm, banana muffin? These muffins boast great taste and texture, and freeze extremely well. Just take one out of the freezer when needed, and warm in the toaster oven, or simply defrost on the counter. And for lunch, how about creamy mac & cheese? This recipe uses a secret ingredient: store-bought cheese dip! Cool nights still persist, and a warm, one-pot dish that feeds the whole family is a comforting, yet elegant dinner. Try the risotto with a spring vegetable like asparagus as a starter for a spring dinner party, or as a main dish for a family meal.

Katie's Banana Muffins

Adapted Great Foods Without Worry

1 ¼ c. (200 gm) baking mix

¾ c. (100 gm) cake flour

½ tsp xanthan gum

1 tbsp. Egg Replacer powder

1 tsp baking powder

¾ tsp. baking soda

½ tsp cream of tartar

¼ tsp salt

2/3 c. sugar

1/3 c. oil

1 tsp. vanilla

½ c. creamer + water mixed in equal amounts

¾ c. (200 gm) bananas, mashed

Mix dry ingredients, add wet ones. Pour into 12 muffin cups. Sprinkle with granulated sugar. Bake 15 min. @ 375.



Total phe per recipe: 409

Total yield: 12 muffins

Phe per muffin: 34

"Krafty" Macaroni & Cheese

1 tbsp. butter

1 tbsp. corn starch

½ cup total coffee rich/water combo
 (equal amounts of each)

1 tbsp (up to 2 tbsp., to taste) Fritos Mild Cheddar
 Cheese Dip

LoPro Macaroni, cooked

Melt butter in small saucepan. Add cornstarch and stir with whisk until smooth. Add coffee rich/water combo while stirring constantly. Bring to boil, and then reduce heat until thickened. Stir in Cheese Dip. Pour over macaroni.

Phe per recipe, not including macaroni: 50 phe (approx)

I calculated the phe of the cheese dip, listed on can as 1 gm. (conservative phe estimate = 75 phe) per 2 tbsp serving, as 37 phe per tbsp.

Creamy Risotto with Vegetables
240 gm long grain rice
70 gm onion, chopped
2 tbsp. Butter
4 cans (8 cups) Swanson's Vegetarian
Vegetable Broth

Melt butter in heavy saucepan and sauté onion until soft but not browned (3 minutes). Add rice and stir to coat with butter. Heat the vegetable broth to near boiling in microwave or separate pan, and add in ¼ cup increments to the rice/onion mixture, stirring until absorbed with each addition.

Meanwhile, prepare a vegetable to serve on top. My favorites include steamed asparagus, broccoli, or peas.

Season to taste with salt and pepper. For the PKU portion, a sprinkle of Kraft Reduced Fat Parmesan Style Grated Topping adds a nice flavor, and some shredded fresh parmesan is a good addition to the family portion.

For the family portion, cut a few chicken breasts into long strips, dredge in flour, and sauté in vegetable oil, serving atop the rice and vegetables.

Total yield (risotto only): 1125 gms

Total phe (risotto only): 874 phe

Phe per gram (risotto only): .78/gm

Remember to add additional phe for the vegetables you use. Kraft Reduced Fat Parmesan Style Grated Topping adds approximately 25 phe per tsp.

Get in the Swim!

Join us for our annual fun-filled swim party!

Where: The Water Works
A facility of the Schaumburg Park District
505 N. Springinsguth Road, Schaumburg
847-490-2509

Date: April 29, 2006

Time: 6 - 9 pm

RSVP:

Lisa Irgang at 847-882-0298 by
April 21st. Space is limited.

No food or beverages will be available.



Support National PKU Awareness Month!

By Lisa Irgang,
PKUIL Vice President



The Mid-Atlantic Connection for PKU and Allied Disorders, Inc. (MACPAD) has designated the month of May as National PKU Awareness Month. Their website, www.macpad.org, states "our vision is to have all PKU groups plan and execute an event during that month that would increase awareness of PKU, while also raising money for research." To date, 20 states have committed to planning an event, the most common being a walk-a-thon. Here in Illinois we decided to hold an Ice-Skate-A-Thon on May 20, 2006!

The idea was proposed to us by Monica Cengia of VitaFlo. Working with her brother, Ed Schroeder, who is a part-owner of Rocket Ice (<http://www.rocketice.com>) in Bolingbrook, they have arranged for us to have the use of a private party room from 5:30pm-7:00pm for a potluck dinner. When the doors open to the public at 7pm, we will have a room to hang out in while also enjoying our time on the ice. In addition, to donating the use of the party room, Rocket Ice is donating 50% of all monies collected from that evening's admissions and skate rentals to PKU research.

In honor of our event and to help raise awareness of PKU, Bolingbrook Mayor Roger Claar has declared May 20th PKU Awareness Day in the city of Bolingbrook. We are honored that he is supporting our efforts to raise awareness locally. In addition, we want children with PKU to understand how special they are to all of us. The proclamation might also be useful for soliciting donations, endorsements, and furthering our educational goals.

We are asking Illinois families to help raise money and awareness throughout the state, even if you are unable to attend our event on May 20th. Packets will be sent out by March 10th containing more detailed information on how you can participate. Each packet will include a registration form, pledge sheet, and a press release to use in your local community. The registration form will help us plan for the total number of participants attending our event on May 20th. Donations can be solicited by anyone, whether or not you are attending the actual skating party. With the help of our sponsors at VitaFlo, we will be sending one National PKU Awareness Month T-shirt to each family who raises money and will have additional T-shirts available for sale at the ice rink. Finally, we will include a press release. This is where we will need your help in raising "awareness" of PKU. We are asking that each family contact local TV and radio stations, magazines, newspapers, and any other group you can think of that might run a story on PKU during the month of May. If you are successful in getting an article written or the event mentioned somehow, let us know. We'd love to note it on our website.

All of the money we raise from the Ice-Skate-A-Thon will be donated to Dr. Harold Trick of Kansas State University. Dr. Trick is advancing research begun by Dr. Bryan Hainline to develop a more nutritious, versatile, and palatable source of phenylalanine-free protein than current medical foods offer. More information is available at their website, <http://iurtc.iu.edu/ott/technol/techs/9135.html>.

We are very excited to be a part of this national event and look forward to the support of our Illinois families!



**May is the first annual
National PKU Awareness Month!
Join us & Ice Skate for PKU Research!**



**May 20th, 2006 5:30 - 9:00
Rocket Ice**

180 Canterbury Lane • Bolingbrook, IL 60040
(630) 679-1700

Join us from 5:30 - 7:00pm for a PKU family & friends potluck dinner. Please bring one PKU dish and one non-PKU dish to share. We will be on the ice beginning at 7pm. The doors will also be open to the general public from 7 p.m. for open skating.

The cost is \$5 per person and skates can be rented for \$2. Rocket Ice is donating 50% of all monies collected during the evening to PKU research, so bring your friends, family and neighbors to raise awareness of PKU in Illinois and to support PKU research!

In addition to the money donated by Rocket Ice, we are also asking families to raise money through family, friends, and company sponsorships. These tax-deductible donations will be donated to Dr. Harold Trick of Kansas State University. Dr. Trick is advancing research begun by Dr. Bryan Hainline to develop a more nutritious, versatile, and palatable source of phenylalanine-free protein than current medical foods offer. More information is available at their website. <http://iurtc.iu.edu/ott/technol/techs/9135.html>. Each family that raises money will receive a National PKU Awareness Month t-shirt.

For more information or to register, please contact Lisa Irgang via e-mail lmi799@sbcglobal.net, or call (847) 882-0298.

This event is sponsored by:



**Have a Baby or Toddler with PKU?
Then Come to the Annual Meet & Greet!**

Patsy & Gerry Thompson (PKU parents) invite families who have children with PKU (or Allied Disorders) under the age of three for an afternoon of conversation, friendship, and yummy treats (high- and low-protein)! Connect with other families, talk with clinic doctors, social workers and nutritionists, and meet members of the PKUIL Board to hear about all the great events in store for your family as members of PKUIL! Patsy will send out invitations as the date draws closer.

Date: May 7, 2006
When: 1pm
Where: Patsy & Gerry Thompson's home,
Lake Zurich, IL
RSVP: 847/438-0204



**Calling all Adults with PKU!
Champaign and
Dessert Social**

Come join a relaxing afternoon in the country with Champaign and light deserts. This event will take place in my home in Woodstock, IL on Sunday June 4th, 2006. Please contact me directly and I will provide directions. From noon to 3PM we will hang out and have a good time.

**Contact Information:
Jonathan Springborn
815-334-9834J**

jonathan_springborn@yahoo.com



Proclamation

**PKU AWARENESS DAY
MAY 20, 2006**

WHEREAS, the Mid-Atlantic Connection for PKU and Allied Disorders has requested all states hold an event to raise awareness of PKU and money for PKU research; and

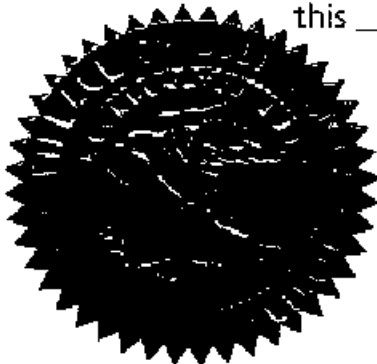
WHEREAS, the PKU Organization of Illinois have chosen to hold their Ice Skate-a-Thon to raise money for PKU research at Bolingbrook's Rocket Ice Arena on May 20, 2006; and

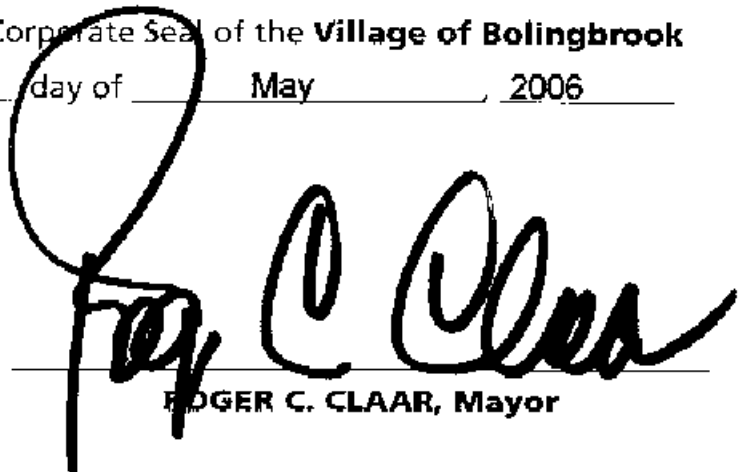
WHEREAS, the persons and families in Illinois living with PKU who receive their medical care at Children's Memorial Hospital, The University of Illinois Hospital, and Rush University Medical Center have been collecting donations for this cause with the support of their families, friends and local businesses.

NOW, THEREFORE, I, Roger C. Claar, Mayor of the Board of Trustees of the Village of Bolingbrook, Will and DuPage Counties, Illinois, do hereby proclaim May 20, 2006 as **BOLINGBROOK'S PKU AWARENESS DAY** and urge all Bolingbrook residents to welcome and support this nonprofit organization and their efforts to better the lives of all people with PKU.

Given under my hand and the Corporate Seal of the **Village of Bolingbrook**

this 20th day of May, 2006





ROGER C. CLaar, Mayor



Calling all adults with PKU!

Come on out for a cup of coffee and some good conversation

- Who:** PKU Adults bring a friend if you want
What: Meet other adults with PKU and make some new friends
Where: Starbucks, 1560 E. Golf Road
Schaumburg, IL
When: 3 - 5PM Sunday April 9th, 2006
Why: Just to have a good time!!

Contact Information:
Jonathan Springborn
815-334-9834
jonathan_springborn@yahoo.com



NETWORKING NIGHT

SUNDAY, APRIL 23, 2006 2pm to 4pm

- A TIME TO SHARE IDEAS AND FRUSTRATIONS
- A TIME TO RECEIVE AND OFFER ADVICE
- A TIME TO CONNECT WITH OTHER FAMILIES
- A TIME TO DISCUSS THE TRANSITIONS
OUR YOUNG CHILDREN FACE

Through this inaugural networking event we hope to offer support and advice to families going through the transitions faced by children ages 6 months to 6 years old. We will offer an opportunity to discuss the following TRANSITIONS:

- Introducing PKU foods and "finger foods"
- Teaching children "no" and "yes" foods
- Educating extended family/babysitters on the PKU diet
- Managing the PKU diet at daycare and/or preschool
- Starting school

Frank and April Salemi will be hosting this event. They have a 4-year-old daughter with classical PKU who attends daycare/preschool full-time. Please join them in their home located at: 1211 South Pine Avenue, Arlington Heights, Illinois 60005.

Please R.S.V.P. by calling (847) 952-8370. Please let the Salemis know if you will be bringing your PKU child as they will have some low-pro finger foods for sampling.



TM©2003
Women In
Golf, Inc.

Come out and play !! Lets have a Ball !!

Mark Your Calendars !!!

4th Annual BIG WIG Golf Outing for PKU

WHEN: September 16, 2006
WHERE: Popular Creek Country Club
Hoffman Estates, IL

For more information send an email to: Bennett19@Earthlink.net
Use subject line of "PKU Golf Outing"



Don't forget ...

The Andrew Craig Scholarship Application Process has begun for 2006!

This year the PKU Organization of Illinois will again award up to four \$1,000 scholarships to qualifying individuals with PKU. Applicants must:

- 1) have PKU
- 2) be a resident of Illinois
- 3) be enrolled in an accredited college, university, or vocational school in the fall of 2006
- 4) not have been awarded a 2005 Andrew Craig Scholarship (Individuals may win more than once, but not in consecutive years)
- 5) submit a complete application by August 31, 2006

All applications will be reviewed by the Board of Directors of the PKU Organization of Illinois, and winners will be selected. All winners will be notified by mail, and will be invited to accept their award at the Annual Meeting on November 4th, 2006.

The 2006 application will be available from June 1 to August 31. For the application and more information, please do one of the following:

visit our website at www.pkuil.org

write to the PKU Organization of Illinois, P.O. Box 102, Palatine, IL 60078-0102

contact Peter Neill at 630-922-9330 or pneill@odysseytel.com



The Warm Weather is Almost Here

Let's Grill!



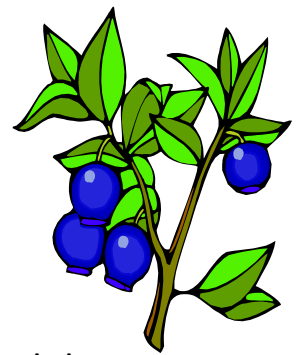
Wondering what a PKU'er can cook on the grill?
Ruben & Elena Caro have the answer!

Come to the 2nd Annual Father/Child Grilling Party
June 11, 2006 1pm-4pm
Naperville, IL

RSVP to Ruben at (630) 904-0702



Food Focus: Summer School Blueberries 101



From: Monica Cengia, MEd, RD, LD - VitaFlo Dietitian
Nature's #1 Antioxidant Fruit

- ➔ **Antioxidants** protect against oxidative cell damage by destroying the body's **free radicals** (unstable oxygen molecules linked to conditions like cancer & Alzheimer's disease and the aging process).



Lower in protein & phe; High in fiber!

Blueberry Sorbet



- 4 cups fresh or thawed frozen blueberries
- 1 can (6 ozs) frozen apple juice concentrate

In a food processor or blender, combine blueberries and apple juice concentrate; blend until liquefied. Pour into an 11X 17-inch baking pan. Cover and freeze until firm around the edges, about 2 hours.

With a heavy spoon, break frozen mixture into pieces. In a food processor or blender container, place mixture and blend until smooth but not completely melted. Spoon into a 9X5-inch loaf pan; cover and freeze until firm. Serve within a few days.

www.wildberries.com



10 servings, each serving = 0.9 gm. pro 0.5 gm protein, 18.4 mg phe

Summer's "Berry" Nice Choice!

- ☑ **Promotes Anti-Aging**
Blueberries contain *anthocyanins*, blue-red pigments, that improve the vascular system, enhance the effects of Vitamin C, and stabilize the collagen matrix.
- ☑ **Fights Cancer and Heart Disease**
Pterostilbene and *ellagic acid*, antioxidants found in blueberries, fight cancer, prevent heart disease & may help reduce cholesterol.
- ☑ **Helps Keep Vision Clear**
Improves nighttime vision and protects against macular degeneration.
- ☑ **Improves Brain Functions**
May reduce the effects of age-related conditions such as Alzheimer's disease; could improve learning capacity and motor skills.
- ☑ **Protects Brain From Damage After a Stroke**
- ☑ **Helps Prevent Urinary Tract Infections**
Blueberries contain *proanthocyanidin* which prevents the bacteria responsible for urinary tract infections from attaching to the bladder wall.



Extra Credit:
July is National
Blueberry
Month

Ways to "get blueberries" fast:

- Frozen blueberries are ready to eat at once
- Mix into low protein pancakes or muffins
- Add to low protein cereals and salads
- Use as a topping or summer treat!



Prepared by: Jacqueline Fisher, Medical Dietetic Student -The Ohio State University, Copyright, 2005



25th Annual PKU Organization of Illinois Family Weekend September 29, 30 & October 1, 2006

Location: East Bay Camp, Lake Bloomington in Hudson, Illinois. The organized event begins at 10:00 am Saturday and ends late morning on Sunday. You may come early Friday after 6:00 pm if you wish to begin your weekend early.

Cost: The PKU Organization of Illinois is underwriting most of the cost of this event. This year the cost is: Adult \$15, Child \$5. Anyone with PKU can attend at no charge. Payment is due at time of registration. For those wishing to help further offset the cost of the camp, any additional donations would be appreciated.

ACTIVITIES: Come enjoy crafts, games, swimming, hiking, good fellowship, evening campfire, fun for all ages, and planned PKU meals beginning at noon on Saturday.

MAKE YOUR RESERVATION: Detach and Mail completed registration form and check (payable to PKU Organization of Illinois) by September 15, 2006 to Joe Annunzio, 589 Picadilly Lane, Antioch, IL 60002. Space is limited for cabins and they will be assigned in the order that reservations are received. You may also come just for the daytime activities if you wish. Please indicate as such on the reservation form for our food preparation purposes. Additional information will be mailed to you after reservation is received.

HOTEL: Anyone not wanting to "rough" it sleeping at the campsite may stay at a hotel in Normal, IL. Motel expenses and reservations are at the camper's own expense. Call us for hotel recommendations if you are unsure of where to stay.

Questions? Contact Michele Kowalski at (773) 745-4541.

---- Detach and mail the reservation form below to Joe Annunzio, 589 Picadilly Lane, Antioch, IL 60002 ----

2006 PKU Family Weekend Reservation Form

We will attend the following day(s):
 Friday - Sunday
 Saturday - Sunday
 Saturday only

Adults \$15, Child \$5

There will be _____ Adults and _____ Children in our group attending.

Total Amount Enclosed \$ _____

We will be staying in a :	Family Name, Address, Phone #
<input type="checkbox"/> Cabin	_____
<input type="checkbox"/> Tent	_____
<input type="checkbox"/> Camper	_____
<input type="checkbox"/> Hotel (cost is at your own expense)	_____

Listed below are the names of campers and ages of children whom will be attending. Indicate PKU with an (*).

ATTENTION ILLINOIS FAMILIES!

We are currently updating the PKU Organization of Illinois' Directory. Please help us by filling out the form below and mailing it to address at bottom. If we do not receive a form from you, we will keep your name in the directory as it appears in the last directory. ***Note: This year we would like to have everyone's email addresses to reduce our mailing costs, make it easier to publicize age- and interest-targeted events, and have a quick and easy way to send out reminders.***

----- Detach and mail to the address below -----

Last Name: _____

First Name(s) of Parents/Guardians or Self: _____

Address: _____

County: _____

Phone: _____ Email: _____

*** (Providing an email address will help the Organization keep in better touch with families) ***

Clinic: _____ Allied Disorder: _____

(If your family has an allied disorder, please let us know which one)

List all the children in your household and their birthdates. Please mark children with PKU (or allied disorders) with an asterisk (*):

_____	_____	_____
_____	_____	_____
_____	_____	_____

Please mail forms to: Lisa Irgang
PKU Directory
1926 Farnham Court
Schaumburg, IL 60194
847/882-0298

The **PKU Organization of Illinois** would like to thank the following contributors for 2005. The Organization raised **\$5,838.80 in donations from thirty-five donors in 2005.**

Those who gave \$500 or more:

1. Blum-Kovler Foundation
2. Mr. And Mrs. Manuel Doria
3. The Allstate Foundation

Those who gave \$100 to \$500:

4. Mr. Christine Tenerelli
5. Mr. And Mrs. Brad Koster
6. Mr. And Mrs. Thomas Keegan
7. UBS Matching Gift Program
8. Ms. Anne Gebka
9. The Alliance of Greater Kansas City United Ways
10. Allstate Giving Campaign
11. Mr. And Mrs. Frank Bruno
12. Mr. And Mrs. Carl Vespa
13. Mr. And Mrs. Michael Vins
14. Mr. And Mrs. Frank Salemi
15. Ms. Rosalie Stimac
16. Mr. And Mrs. Robert Purdy

Other Generous donors:

17. Mr. Thomas Taylor
18. Mr. And Mrs. Mark Gralen
19. Mr. And Mrs. Sean Thompson
20. Mr. And Mrs. Morris Hause
21. Mrs. Theresa McClure-Miller
22. Mr. And Mrs. John Hentrich
23. Ms. Marie Berthold
24. Mr. And Mrs. Frederick Rasche
25. Ms. Elizabeth Stephens
26. Mr. And Mrs. Jerry Cielak
27. Ms. Angelina Speranza
28. Ms. Marcia DeMichael
29. Shell Gas Station
30. Mr. And Mrs. Martin Irgang
31. Mr. Thomas Taylor
32. Mr. And Mrs. David Kallal
33. Mr. And Mrs. Drew Smith
34. Mrs. Ann Montgomery
35. Mr. And Mrs. Burton Behm

2006 March of Dimes Perinatal Conference

On March 8, 2006, Jonathan Springborn and I attended the 31st Annual March of Dimes Perinatal Conference which ran from March 8, 2006-March 10, 2006. The conference was held in conjunction with the Illinois Department of Public Health 20th Annual Genetics Conference at the Double Tree Hotel in Oak Brook, IL.

We made a formal presentation about PKU and the PKU Organization of Illinois to over one hundred attendees. We also ran a vendor table where we are able to distribute literature and information about PKU and the PKU Organization of Illinois. Jonathan also participated in a panel discussion with representatives from other family support groups.

The conference was attended by ten other family support groups and it was therefore very important for our Organization to be represented among the family support groups to the healthcare professionals attending the conference. Among the other family supports groups attending the conference were:

The Greater Illinois Chapter of the Cystic Fibrosis Foundation
The National Association for Down Syndrome
The Fragile X Resource Group of Greater Chicago
The Chicago Center for Jewish Disorders
Little People of America
The Illinois Chapter of the National Manfron Foundation
Illinois Neurofibromatosis, Inc
The Sickle Cell Disease Association of Illinois
The Illinois Spin Bifida Association
The Support Group for Trisomy

We are able to speak with the representative from each of these groups and share ideas on fund-raising, organization, events etc.

We would also like to thank Sarah Foster of Applied Nutrition, Monica Cengia of VitaFlo and Kristine Slaba of SHS for providing us product samples and literature to bring to the conference. The continued support of our vendors is integral to our operations as an Organization and is very much appreciated.

Joe Annunzio
President

To our PKU Parents, Families, PKU Press Subscribers, and Friends,

I am writing to ask for your donation to our Annual Fundraising Drive.

The PKU Organization of Illinois NEEDS YOUR FINANCIAL SUPPORT! We're a small organization and can only raise so much from our Annual Raffle and other donations to support the programs we provide for our PKU children and their families. The balance of our financial requirements must come from all us with this Annual Appeal. Support from you has even more importance because it indicates your desire for us to accomplish the goals of our Organization.

Just think of what we're all getting for our donation:

Our parent directory which is updated and distributed every two years.

No subscription fees for the PKU Press, 3 times per year.

Continuous/on-going educational events for us to attend so we're up to date with successful diet management ideas.

Social events to get parents and kids together to share ideas (new parent meetings, snack exchanges, picnics, camp-outs, Discovery Days and Cooking Schools).

Educational grants for our PKU students. **We increased the scholarship amount available from \$2,000 to \$4,000 in 2005.**

Active involvement by your board members at the State and National levels with legislation and new developments in PKU treatment.

Our 24-hour voice mail (630) 415-2219 as well as our web site www.pkuil.org.

In 2005, we **expanded Organization** to now include those individuals and families with Allied Disorders.

Our Annual Meeting, which has **attracted national attention** for the quality of the presentations on PKU research and treatment.

Speaking of our Annual Meeting, we have begun planning another great meeting for this year. BUT, this meeting continues to be our single largest annual expense. With your help, we can continue to provide the financial means necessary to continue to have heavy hitting Annual Meetings with speakers that benefit all of us.

With your gift, we'll make us add programs in the future that meet your needs and requirements. Whether you contribute \$25, \$50, \$75, or more you'll know you're making a difference in PKU for you, our kids, and the members of your family. **PLEASE SAY YES** in the box below, and pledge your financial support.

YOUR CONTRIBUTIONS ARE FULLY TAX DEDUCTIBLE#

REMEMBER, YOUR PKU ORGANIZATION IS AN ALL-VOLUNTEER PARENT ORGANIZATION. 100% OF ALL DOLLARS RECEIVED GO TO PROVIDE PROGRAMS AND SERVICES FOR PKU CHILDREN AND THEIR FAMILIES.

Many Thanks for helping to keep our Organization strong,

Joe Annunzio
President

Cut along line and return the bottom portion with your contribution

REMEMBER OUR CHILDREN AND THE FUTURE OF PKU

[] **YES**, I want to help continue the programs provided by the PKU Organization of Illinois. Enclosed is my contribution in the amount indicated below.*

[] \$25 [] \$50 [] \$75 [] _____ Other

(Your Name)

(Address)

(City) (State) (Zip)

*Note: Your employer may match your gift. Contact the Personnel or Community Relations Department of your company for details.


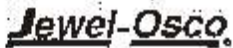
Thank you for your generosity. All contributions are tax deductible as allowed by law. Please make checks payable to the "PKU Organization of Illinois"; P.O. Box 102, Palatine, IL 60078-0102. **We will acknowledge your donation.**

PKU Organization of Illinois
Comparative Results of Operations for the Years Ended December 31, 2005 and 2004

	General Fund	MPKU Fund	Education Fund	Research Fund	Spec. Assist Fund	2005 Actual YTD		2004 Actual	
Receipts:									
Fund Raising:									
Jewel Shop & Share	165.96	-	-	-	-	165.96	0.4%	285.43	0.7%
Dominick Benefit Days	41.30	-	-	-	-	41.30	0.1%	114.57	0.3%
Carson Pirie Scott Fund Raiser	562.83	-	-	-	-	562.83	1.3%	2,040.26	4.7%
NWML Special Fund Raiser	-	-	-	-	-	-	0.0%	2,000.00	4.6%
BIG WIG Fund Raiser	3,800.00	-	-	-	-	3,800.00	9.0%	2,100.00	4.8%
Candle Selling Fundraiser	-	-	-	-	-	-	0.0%	80.55	0.2%
Annual Appeal	650.00	-	-	-	-	650.00	1.5%	1,815.00	4.2%
Donations & Grants	5,891.36	-	-	5,000.00	3,000.00	13,891.36	33.1%	8,406.03	19.4%
Lapel Pin Sales	35.00	-	-	-	-	35.00	0.1%	90.00	0.2%
T-Shirt Sales	105.00	-	-	-	-	105.00	0.2%	225.00	0.5%
Hat Sales	10.00	-	-	-	-	10.00	0.0%	60.00	0.1%
Cookbook Sales	1,575.00	-	-	-	-	1,575.00	3.7%	-	-
Cup-A-Cake Sales	201.00	-	-	-	-	201.00	0.5%	-	-
Wristband Sales	-	-	-	546.00	-	546.00	1.3%	-	0.0%
Diet Product Sales	1,282.00	-	-	-	-	1,282.00	3.1%	-	0.0%
Cookie Raffle	-	-	-	-	-	-	0.0%	27.00	0.1%
DVD & VHS (2003 A.M.) Sales	-	-	-	-	-	-	0.0%	150.00	0.3%
Other Product Sales	35.00	-	-	-	-	35.00	0.1%	-	0.0%
PKUIL Directory Sponsorship	-	-	-	-	-	-	0.0%	885.00	2.0%
Annual Meeting Raffle Prior Year	200.00	-	-	-	-	200.00	0.5%	-	0.0%
Annual Meeting Raffle	14,045.00	-	-	-	-	14,045.00	33.4%	20,140.00	46.4%
SubTotal Fund Raising	28,599.45	-	-	5,546.00	3,000.00	37,145.45	88.4%	38,418.84	88.5%
Event Receipts:									
Low Pro Cooking School Regist.	-	-	-	-	-	-	0.0%	65.60	0.2%
Annual Meeting Registration	2,140.00	-	-	-	-	2,140.00	5.1%	1,880.00	4.3%
Annual Meeting Sponsors	1,100.00	-	-	-	-	1,100.00	2.6%	1,850.00	4.3%
PKU Camp Registration	515.00	-	-	-	-	515.00	1.2%	710.00	1.6%
SubTotal Event Receipts	3,755.00	-	-	-	-	3,755.00	8.9%	4,505.60	10.4%
Other Receipts:									
Bank Interest	1,098.42	-	-	-	-	1,098.42	2.6%	491.10	1.1%
Honorariums	-	-	-	-	-	-	0.0%	-	0.0%
Shipping & Handling	8.00	-	-	-	-	8.00	0.0%	-	0.0%
Subtotal Other Receipts	1,106.42	-	-	-	-	1,106.42	2.6%	491.10	1.1%
Total Receipts	33,460.87	-	-	5,546.00	3,000.00	42,006.87	100.0%	43,415.54	100.0%
Disbursements:									
Annual Meeting 2003	-	-	-	-	-	-	0.0%	1,564.75	3.6%
Annual Meeting 2004	1,000.00	-	-	-	-	1,000.00	2.4%	8,303.16	19.1%
Annual Meeting 2005	7,301.95	-	-	-	-	7,301.95	17.4%	-	0.0%
Donations & Grants	1,324.15	-	4,000.00	-	1,614.60	6,938.75	16.5%	2,250.00	5.2%
PKU Press	4,417.18	-	-	-	-	4,417.18	10.5%	3,903.70	9.0%
MACPAD Conference	-	-	-	-	-	-	0.0%	615.91	1.4%
Northern Illinois Swim Event	360.00	-	-	-	-	360.00	0.8%	644.09	1.5%
New Parent Coffees	-	-	-	-	-	-	0.0%	-	0.0%
Creative School Lunches	402.45	-	-	-	-	402.45	1.0%	-	0.0%
Low Protein Cooking School	-	-	-	-	-	-	0.0%	540.68	1.2%
Regular Cooking School	7.70	-	-	-	-	7.70	0.0%	67.46	0.2%
Central Illinois Picnic	-	-	-	-	-	-	0.0%	-	0.0%
PKU Teen/Adult Bowling Event	110.06	-	-	-	-	110.06	0.3%	-	0.0%
PKU Camp	2,009.14	-	-	-	-	2,009.14	4.8%	2,287.86	5.3%
Halloween Party	118.70	-	-	-	-	118.70	0.3%	-	0.0%
Fund Raising	2,495.66	-	-	-	-	2,495.66	5.9%	824.51	1.9%
PKU IL Directory	-	-	-	-	-	-	0.0%	877.00	2.3%
Presentation Materials	1,115.94	-	-	-	-	1,115.94	2.7%	2,111.10	4.9%
Administrative/Overhead	1,918.06	-	-	-	-	1,918.06	4.6%	1,519.63	3.5%
Total Disbursements	22,580.99	-	4,000.00	-	1,614.60	28,195.59	67.1%	25,809.85	59.0%
Contra Cash Collection (A/R)	(15.39)	-	-	-	-	(15.39)	0.0%	-	-
Transfers Between Funds	(4,000.00)	-	4,000.00	-	-	-	0.0%	-	0.0%
Net Surplus/(Deficit)	6,864.49	-	-	5,546.00	1,385.40	13,795.89	32.8%	17,805.69	41.0%

JEWEL SHOP & SHARE and DOMINICK'S BENEFIT DAYS

The Jewel Shop & Share raised \$165.96 and Dominick's Benefit Days raised \$41.30 in 2005. Thank you to all those people that shop at these stores and use our coupons to help us raise money. **Every little bit counts.** Please use the coupons enclosed in this Press **May 15,16, and 17, 2006.**

	SHOP & SHARE IDENTIFICATION SLIP									
						AMOUNT OF PURCHASE				
0421155	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>				<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>					
GROUP NUMBER	STORE NUMBER				DOLLARS			CENTS		
GROUP: PKU Organization of Illinois YOUR SHOP & SHARE DAYS: 05/15/2006, 05/16/2006, 05/17/2006										
SIGNATURE _____										
PLEASE SIGN THIS SLIP AND TURN IT IN TO YOUR CHECKER WHEN YOU SHOP. PARTICIPANTS CAN MAKE PURCHASES AT ANY JEWEL-OSCO ON THE DATE ABOVE. IDENTIFICATION SLIPS ARE NOT TO BE DISTRIBUTED IN FRONT OF ANY JEWEL-OSCO.										
										

<i>Dominick's</i>					<i>Benefit Days Slip</i>				
Monday, Tuesday, Wednesday					05/15/06		05/17/06		
Are Dominick's Benefit Days For:					Date:				
P.K.U. Organization of Illinois					Ben# 000989				
Ven# 092848					Enter Sub Total				
					Amount of Purchase				
Operator Number			Store Number			Dollars		Cents	
<input type="text"/> <input type="text"/> <input type="text"/>			<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>			<input type="text"/> <input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/> <input type="text"/>	
Thank you for Shopping At Dominick's									
** Food Purchases Only **					Customer's Signature _____				

<i>Dominick's</i>					<i>Benefit Days Slip</i>				
Monday, Tuesday, Wednesday					05/15/06		05/17/06		
Are Dominick's Benefit Days For:					Date:				
P.K.U. Organization of Illinois					Ben# 000989				
Ven# 092848					Enter Sub Total				
					Amount of Purchase				
Operator Number			Store Number			Dollars		Cents	
<input type="text"/> <input type="text"/> <input type="text"/>			<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>			<input type="text"/> <input type="text"/> <input type="text"/>		<input type="text"/> <input type="text"/> <input type="text"/>	
Thank you for Shopping At Dominick's									
** Food Purchases Only **					Customer's Signature _____				

Cambrooke Foods

Try our new products! Scoop and bake Sugar Cookie Dough - use to roll, decorate and bake or just scoop and bake right out of the container. We had many requests for plain Cheese Ravioli and our tasting panel is thrilled with the results. Joining our line of fresh filled frozen pastas is Cheese-filled Ravioli, now available to order. All of our delectable filled pastas are versatile products that can be used "as is" or with your favorite sauce. The new Cambrooke Foods' White Cheddar Orzo is a no-artificial-coloring alternative for Macaroni and Cheese lovers.

Understand better how your diet and protein supplements are affecting your wellness with DietWell™, Cambrooke's easy to use Dietary Wellness Network. Record and monitor daily protein and supplemental protein intake, see the relationship between your diet and your wellness. Receive personalized reports tracking your diet and wellness - perfect for bringing to clinic visits. Patients can receive Cambrooke Foods' "DietWell™ Points", good for the purchase of your favorite Cambrooke Foods' products as an incentive to monitor your diet better.

Do you like to receive weekly recipes and special promotions? Make sure Cambrooke has your correct e-mail address and we will send these out to you. See our posted recipes on our website under the "Recipes and Tips" tab.

We are ALWAYS open to serve you. Call toll-free, (866) 4 LOW PRO / (866) 456-9776 or visit our website at www.cambrookefoods.com.

If this is not convenient, you can mail (2 Central Street, Framingham, MA 01701), e-mail (orders@cambrookefoods.com) or fax your orders to us at (978) 443-1318.

LIL'S DIETARY SPECIALTY SHOP

"Where everyone is special"

2738 W. 111th Street, Chicago, IL
(773)239-0355

We specialize in foods for medical diets.

Lil's has the largest selection of low-protein products under one roof, including CamBrooke, Dietary Specialties, Ener-G Foods, Orgran, Aprotin, Glutino, Dr. Schar, Wise, and PKU Perspectives.

We are a DSCC Provider.

Shop 24 hours a day at our online store
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The **PKU PRESS** is published three times a year as a service of the PKU Organization of Illinois. In conjunction with the three Illinois clinics, we are working together to provide information, offer support, highlight achievements, and provide services for the benefit of the PKU community.

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