

\$3:00

VICTORIA CELIAC NEWS



Serving Vancouver Island and the Gulf Islands

CHAPTER EVENTS FOR SPRING

Feb. 17-Mar. 6 **Dine Around Victoria** with participating Tourism Victoria Restaurants. See page 8.



Celiac Friendly Food & Wine Mini-Festival

Wed., Feb. 23, 6:00 - 8:00 pm

Celiac Friendly Food & Wine Mini-Festival. \$20 + HST
Come enjoy an evening of Celiac Friendly foods, including delicious treats from Personal chef Janice Mansfield, outrageous nibbles from Personal Chef Laura Moore and delectable offerings from the Chefs at The Westin Bear Mountain! Our knowledgeable staff will be pouring Celiac-Friendly wines that will pair perfectly with all! All will be set up in a "walk around" wine festival style, giving you the opportunity to ask questions and speak to each specialist. This is a wine event for all...great food and wine that just happens to be Celiac Friendly!

Everything Wine Unit 131-2401 Millstream Road, Millstream Village near Market on Millstream in Langford
Please call the store at 250 474-3959 to book paid tastings.
<http://www.everythingwine.ca/Events/Victoria-Events>
See page 9 for an article about wine.

North Island Celiac Support Group will meet on at the Public Health building on England Ave, the Cedar room (our usual place) Sunday March 20 from 1 - 3:00 pm for a Pot Luck lunch. Please remember to bring your own plates and cutlery and a dish to share - with the recipe so others can identify any other ingredients they may be sensitive to. Nancy will have some products from the Epicure Gourmet foods catalogue for viewing and to take orders. Reminders will be e-mailed to members near the date. Call Marg at 334-2364 if you have any questions.

May The Fairmont Empress is delighted to announce we are "**Celebrating Celiac Awareness Month in May 2011**" with many special events. See page 5 for details.

HELP FOR CELIACS NEEDING INFORMATION AND ADVICE

ANTI PANIC SESSIONS

Free to CCA members, friends and family at Thrifty Foods store at the Tuscany Village location. Check in at the Customer Service Desk for directions to Lifestyle Centre on 2nd floor.

Dates: Sat. Feb 19, Mar. 19, Apr 16 at 12:45 pm.

Sign up with Ellen Bayens ellen@theceliacscene.com or 250-727-6275

TUSCANYTHRIFTY FOODS store tours

Wed. Feb 23, Mar. 23, Apr 20 at 6:30 pm. 250-483-1634
jodonnell@thriftyfoods.com

LIFESTYLE MARKETS

GF Walk & Talks through the aisles of the Douglas Street location. Get the gluten-free goods from diagnosis to diet. Empower yourself with information, ideas and optimism! Ideal for the pre/newly diagnosed.

Sat., Feb. 26, Mar. 26, Apr. 23 at 10:30 a.m.

Call 250-384-3388 "Grocery Department" between 9 am - 5 pm to register. \$10 deposit refunded as a Lifestyle Markets gift card at beginning of tour. Space limited. Sign up early.

MARKET ON MILLSTREAM

125-2401C Millstream Rd. 250-391-1110.

"Aisle by Aisle Gluten-Free Guide" <http://bit.ly/aVBA5A> is always available at the Customer Service and the staff in the Self Care Department is eager to answer your questions at any time.

PLANET ORGANIC TOUR

at the Saanich Plaza, Quadra and McKenzie Feb. 19. Sign up for free tour at PLO 250-727-9888.

From the President's Desk

All our backyard fruit trees got their annual branch trim last weekend which produced a really huge pile of sticks in a sort of rounded tee-pee shape. And I see this big pile through the window I gaze out of when I'm at my computer. It took less than a day for the birds to discover the pile and there must be about 30 little birds living in it now! They are a bit of a distraction and a complete delight!

Back to business. Our new 'Advocacy Committee: Hospitals' is now actively investigating what institutional protocols are in place, or not, on the subjects of food and pharmacy. We intend to work cooperatively with hospitals and possibly also seniors' residences to inform proper procedures to protect celiacs. How does communication of the need for gluten-free food and medication follow the complex pathways linking us to the dietitian or food catering company or pharmacist who will take proper care? If you have the expertise or interest to work on this committee we would very much appreciate your help.

Speaking of hospitals, my grandson Jesse has now made two trips to BC Children's Hospital. The first trip

focused on testing for celiac disease, as I had mentioned in an earlier message, but the results were not conclusive with regard to celiac disease. Since there was a granuloma seen in his tummy, the hospital arranged for a second set of testing, which resulted in a diagnosis of Crohn's disease. A third trip will be scheduled for an MRI in the near future after results from biopsies are known. So far both Jesse and his sister Becca are taking all of this in stride including lots of waiting time at BC Ferries and overnight stays in hotels!

The cost of CCA membership has increased for new members from \$50 to \$65 and for membership renewal from \$40 to \$50 to address the increased costs of business. The portion of membership fees which is reimbursed to the Chapters will also increase from \$10 to \$15. It is this portion of your membership fee that funds local Chapter initiatives, including education, awareness, and this fantastic newsletter!

I think we should come up with a catchy slogan for a celiac bumper sticker. That should increase awareness. I read them all at red lights. Get to work out there and send me some ideas. I don't have a bumper sticker on my car and I really do want one.

Kathleen

CORRECTION TO RECIPE ON PAGE 5 OF PREVIOUS NEWSLETTER

Chickpea & Herb Roasted Onion Pate w/Feta, Parsley & Lemon Sauce

Mix together and roast at **375°F for 25 minutes**

- 2 x 14 oz tins Chickpeas, drained
- 1 cup Red Onions, diced
- 1 TBSP Olive oil
- 2 TSP Garlic, minced
- 1 TSP EACH White Pepper, Marjoram, Thyme, Sea Salt

In a separate bowl, use a hand blender into a smooth sauce:

- 1 cup Feta, crumbled
- 1/4 -1/3 cup Lemon Juice
- 1/4 cup Parsley, minced
- freshly ground Black Pepper

Once roasted, cool and macerate with hand blender or food processor until smooth

Chill 30 minutes, then form into a ball

Roll ball into 1 cup Parsley, finely minced, OR 1 cup Walnuts, finely ground

Cover and refrigerate until ready to serve

Dress pate with sauce before serving

HAVE YOU RENEWED YOUR MEMBERSHIP?

Invest in your own health. Enjoy the support, new information, news, resources, education and friendship that membership brings. Be a part of the nation-wide unified voice promoting awareness, advocacy, education and celiac research.

Log on to <http://www.celiac.ca> and www.victoriaceliac.org or contact the CCA national office at 1-800-363-7296 info@celiac.ca

A NEW OPTION FOR YOU

If you wish to subscribe only to the Victoria Chapter newsletter you may now do so. An annual subscription to the mailed paper copy will cost you \$20 or the online version will cost \$15 per year. This will entitle you to the 6 newsletters per year that we produce. If you wish to attend any of the Victoria Chapter events, as a non- CCA member, you will be charged a nominal amount.

Please contact Sandra Fraser 250-595-1466 or tudorcottage@shaw.ca to sign up for a newsletter only subscription.

Note our new email address!
victoriaceliacs@hotmail.ca



Royal Treatment in View Royal at Joseph's Coffee House

Twenty four members, friends and family were treated to bowls of delicious gluten-free soup and a buffet of scrumptious, beautifully presented, celiac-friendly baking at the Afternoon Tea held at Joseph's Coffee House. Chef Joseph gave a presentation on his trials and tribulations baking gluten free, ones we know all too well. The air was festive with tips and suggestions flying.

The event was such a success, and since it was still early in the New Year, the Chapter resolved that a monthly afternoon tea at Joseph's Coffee House was in order.

On the first Tuesday afternoon of every month, enjoy a FREE tea or brewed coffee with an ever changing menu of GF options. Consider this your chance to mix in a little social with your celiac friends, in a relaxed daytime setting!

First Tuesday Teas!

2:00 pm March 1st, April 5th, May 3rd, June 7th
RSVP to 250-590-2686 or josephscoffeehouse@shaw.ca
by Monday afternoon.

- Banana Loaf - \$4.00
- Chocolate Chip Nut Banana Loaf - \$4.00
- Chocolate Chip Cookies - \$1.00
- White Chocolate Pecan Cookies - \$1.00
- Blueberry Muffins - \$2.50
- Banana Walnut Muffins - \$2.50
- Lemon Poppy Seed Scone - \$0.65
- Cornetti - \$1.95
- Soup - cup \$4.25 Bowl \$5.75

Joseph's Coffee House offers at least 4 GF items everyday and GF soup 4 days a week. Joseph bakes to order and offers a full range of catering options. Call for information.

Joseph's Coffee House

284 Helmcken Rd #2 <http://bit.ly/bJfWds> 250-590-2686

Open weekdays 7:30 am - 5 pm

Wheelchair accessible - plenty of parking - child friendly

www.josephscoffeehouse.com

Facebook: <http://on.fb.me/JosephsGF>

Ellen Bayens

LATE BREAKING NEWS

Members' Favourite on the North Island

The Local Market & Café 1121 Cedar Street, Campbell River 250-830-0065

Daily choice of 2 Gluten free soups

Daily 4 course gluten free meal available

100 mile market - local gluten free sausage (beef, lamb, or bison)

Frozen gluten free soup and entrees available in market

<http://www.celiactravel.com/restaurant-cards.html>

Free restaurant cards in 51 languages

CHRISTMAS POT LUCK PARTY

It seems like a long time ago now but our Christmas Pot Luck Party was a great success. It is the highlight of our year. Lots of scrumptious food, fun for the kids, games, crafts, decorating gingerbread men -- the pictures tell it all. Many thanks to everyone who made it a great party.

Special thanks to El Peto and Udi's for their product donations. For generous door prizes, thank you to:

El Peto \$50 Gift Certificate www.elpeto.com

Ben and Matts Gluten Free Gift Bundles \$50 Gift Bundle

www.BenandMattsGlutenFreeGiftBundles.ca

Little Italy Pizza \$20 x 2 GF Gift Certificates <http://bit.ly/LittleItalyPizza>

Bon's Gourmet GF Cookie Mix www.ez2bglutenfree.com

Thank you to Chapter members for the generous donations of gluten free food to take to the Mustard Seed Food Bank. Two large boxes of food weighing in at 66 lbs were gladly received.

Teagan's Toonies -- Seven-year old Teagan Hunt made a special donation to the Chapter. She asked for toonies instead of gifts at her birthday and presented \$30 to our President, Kathleen. Well done Teagan!!



CELEBRATE AWARENESS MONTH IN STYLE AT THE EMPRESS

The Fairmont Empress is delighted to announce we are “Celebrating Celiac Awareness Month in May 2011” with many special events:

Thursday, May 5- Empress Room Dinner – a five course celiac dinner hosted by The Food and Beverage Manager, with each course introduced by the Executive Chef. Price \$99 (\$79.20 for Friends of the Empress)

Wednesday, May 11 - Afternoon Tea hosted by the Afternoon Tea Manager (who is also a Tea Sommelier) with a informative and enjoyable presentation on tea. Price \$55 (\$44 for Friends of the Empress)

Sunday, May 15 - “Celiac Apprentice Experience” - You are invited to a two hour baking extravaganza with two of our award winning Chefs. You will be working in the heart of The Empress’ kitchen learning the secrets to creating some of our fantastic celiac treats, which you can take home. Price \$100 (\$80 for Friends of the Empress)

Wednesday, May 25 - Bengal Celiac Celebration Party - cocktails and great food hosted by our Bengal Lounge Manager. (20% off all food and beverage for Friends of the Empress)

We are also proud to offer: Throughout the month of May we will offer a special “**Take the Elevator Home**” rate offered from \$149 per night, based on availability.

We will have a celiac menu featured in The Empress Room all month.

We always have celiac items available on our Lifestyles Cuisine Plus menu available in every restaurant throughout the hotel.

Celiac Afternoon Tea is available 365 days a year at The Fairmont Empress.

If you are a BC Resident, you may register for a free Friends of The Empress card on www.friendsoftheempress.ca and show your card to receive your 20% discount.

To book any of these events please call 250 389 2727 or e-mail emp.diningres@fairmont.com

Pure Bliss Mini Brownies

Made with pure ingredients that will exhilarate your tastebuds, including:

- Wholegrain brown rice flour
- All natural dark cocoa, source of antioxidants
- Organic cane sugar



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It's Here! The First Annual "Celiac-Friendly" Dine Around & Stay in Town! February 17 to March 6, 2011

A precedent has been set in Victoria and perhaps across Canada! The gluten free, their family and friends have been included in a city wide celebration of local restaurants!

Tourism Victoria invited restaurants planning to participate in **Dine Around and Stay in Town 2011** to consider submitting a celiac-friendly menu. **The Celiac Scene™** contacted each interested restaurant to review their ingredients and to discuss the steps they would be taking to minimize or prevent cross-contamination during what would likely be a very busy few weeks. What you see posted on the **Tourism Victoria** link and on **The Celiac Scene™** Dine Around map are the restaurants who will be taking every reasonable precaution to provide us with a safe and delicious meal.

Gluten-Free Guarantee? Sorry, can't make one. Be sure to identify your needs and check that each course meets the standards that you require. It is up to you to decide whether partaking is in your own best interests. See <http://bit.ly/GFGRILLERS>

<http://bit.ly/DARCF> – Scene details on Celiac-Friendly Restaurants

A sincere thank you to **Tourism Victoria** for their forward thinking in including our community in this initiative. A thanks also goes out to the BC Restaurant & Food Services Association, Victoria Branch, and ProArt, who have worked hard to make this event a success.

Celiacs, this is our opportunity to really “go to town” and enjoy ourselves. Let's let Victoria's restaurant community know that going gluten free is great for business, all year round! Plan to participate and consider an overnight stay in a fabulous accommodation property or a live performance, all at amazing prices.

Cheat Sheet to Celiac-Friendly Restaurants - see below.

<http://bit.ly/DARVictoria> – Information from Tourism Victoria

Feedback Requested. Please contact ellen@theceliacscene.com with your experiences so that TVIC might consider hosting the Second Annual Celiac Friendly Dine Around, 2012!

Ellen Bayens

Celiac-Friendly Dine Around & Stay in Town Menus

Brentwood Bay Pub & Seagrille Restaurants \$30

- House Salad with white balsamic vinaigrette
- Grilled Mussels - garlic & curry butter, red bell peppers
- Vanilla Ice Cream Parfait - berry couli, spicy pecans

Heron Rock Bistro \$30

- Heron Rock Caesar Salad with fried capers, bacon, parmigiano reggiano

- Roast Pork Chop with Yukon Gold potato & parmigiano gratin, sauteed kale & house-pickled beet, mustard, bacon & rosemary infused natural jus
- Chocolate Espresso Pot de Creme with cape gooseberry garnish

Nautical Nellies Steak & Seafood House \$30

- Curried Sweet Potato & Yam Soup with basil yoghurt cream
- Orange Chipotle Prawns -

- steamed jasmine rice, mushrooms, scallions & fresh
- Flourless Chocolate Espresso Torte

Ric's Grill Steak Seafood & Chop House \$30

- Salt Spring Mussels steamed with BC white wine, shallots, garlic & roma tomatoes
- Chicken & Crab Neptune - Tender 8 oz chicken breast topped with chilean crab, asparagus &

house made bearnaise served with seasonal vegetables, choice of Ric's stuffed potato, chef's potato or basmati rice pilaf

- Chocolate Mousse topped with fresh whipped cream & a mint leaf.

Sauce Restaurant & Lounge \$20

- Goat Cheese & Walnut Salad - spiced walnut, goat cheese, pickled beets, fresh greens, mandarin vinaigrette
- Madras Prawn Rice Bowl - sauteed prawns, red pepper, onions, green apple, madras curry, apricot chutney, toasted coconut jasmine rice
- Flourless Chocolate Torte - house made with callebaut chocolate ganache & white chocolate cinnamon sauce

Sauce Restaurant & Lounge \$30

- Garlic Chili Prawns - black tiger prawns, sambel olek, garlic, shallots, white wine, butter, coconut jasmine rice
- Wild Mushroom & New York Striploin - "AAA" New York striploin, wild mushrooms, bacon, garlic, shallots, red wine, butter, fresh market vegetables, choice of crushed potato or coconut jasmine rice
- Kahlua & Vanilla Bean Crème Brûlée

Smoken Bones Cookshack \$30

- House-made Andouille Sausage Crepinette with dijon cream
- Entrée Creole Halibut Fillet with choice of any two sides
- Dessert Assorted Truffle Plate

Spinnakers Gastro Brewpub \$20

- Monsoon Coast's Durban Curry - spiced potato & Dragonfly Farms spinach fritters served with a local tomato raita
- BC Noodle Bowl - steamed rice noodles, locally produced tofu, local seasonal vegetables with a thai style tamarind sauce topped with local pea shoots with a side of Salt Spring Island's sprouting peanut sauce
- House Made Sorbet of preserved Saanich peninsula berries

Swiftsure Restaurant & Lounge \$20

- Roasted Pear & Yam Soup with red pepper, onion, apple juice, fresh basil & nutmeg
- Smoked Pork Shoulder served with garlic mashed potato, roasted seasonal vegetables & BC Chanterelle mushroom broth
- Silky French custard baked on a layer of caramelized sugar

The Penny Farthing Pub \$20

- House Salad - mixed greens tossed with a raspberry & balsamic vinaigrette topped with carrots,

sunflower sprouts, cucumbers & tomatoes

- Vegetable Curry - onions, peppers, cabbage, carrots, chick peas & tomatoes tossed in curry sauce. Served over jasmine rice & topped with an apple & pear chutney & riatta sauce
- Chocolate Vanilla Bean Brûle OR Flourless Brownie Sunday

The Reef Restaurant \$20

- Chana Salad - a warm curried chickpea salad with organic greens & dahi
- Maracas Bay Snapper - seared curry lime filet with green apple & chayote slaw with local vegetables
- Mango Ginger Crème Brûlée

Vista 18 \$30

- Cortez Island Mussels, ginger chili & cilantro butter sauce
- Seared Long Line Caught Pacific Sablefish, double smoked bacon & potato risotto, fried leeks & saffron aioli
- Vista 18's Banana Split, strawberry compote, cacao nib ice cream & pineapple leather

For more information see <http://bit.ly/DARCF>

Ellen Bayens

New to the Canadian Celiac Association?

If you joined the CCA through our chapter, you may have already met with a volunteer who provided some information about local shopping, dining, our chapter's events and so on. If you joined by contacting the CCA in Ontario directly we may have missed meeting you. And we'd like to meet you! Send an email to Shirley at glutenfreevictoria@shaw.ca and we'll get in touch with you.

DO YOU LIVE IN THE CAMPBELL RIVER AREA?

Campbell River has an informal Support Group of about ten people that meets at 7:00 pm the 2nd Wednesday of each month (except July and August) in the Sunshine Wellness Centre at the Campbell River Hospital. For more information, contact either Jacki Price 250 923 3638 or Carol Nelson 250 923 4319



\$15.99

Available at BCLDB and private beer and wine stores SKU 809798



No Nuttin' is a Duncan company that started in 2002. They make wonderful granola bars, the chewy delicious kind. If you can tolerate uncontaminated oats, check these out. All of their products are GF and they are free of all the top allergens. They are available at Market on Millstream and probably other stores, and from their on-line store. If you are passing though Duncan, save money by calling ahead and they will have an order ready for you to pick up, they are just one block from the highway. Apparently their items freeze well.

On February 15 No Nuttin' is bringing out the following new items:

Blueberry maple granola - tender blueberries, maple sugar and a touch of flavor melds two great Canadian tastes.

Cranberry apple granola - surprise favorite with cranberries, apples and a touch of green apple flavoring that tastes just like a fall day.

Berry Delight trail mix - blueberries, cranberries, raw sunflower seeds, semi-sweet mini chocolate chips with a touch of sea salt is completely addictive.

Fruit Explosion trail mix - we've been asked for a trail mix with no chocolate or salt and we delivered. Simply raw sunflower seeds, apples, blueberries and cranberries make this a healthy treat.

Raw, shelled sunflower seeds - we've been asked for years to supply sunflower seeds that don't have that "may contain peanuts and tree nuts" on the label. I love these in salads, stir fries or just eaten out of my hand.

Check out their website at <http://www.nonuttin.ca/>, also on Face book and a blog. The free newsletter occasionally offers specials.

Shirley Bond

Is Wine Safe for Celiacs?



It was crystal clear to a newly diagnosed celiac when she exclaimed that even though “she could not eat rye, she could still drink it!” Indeed, there are silver linings to our diagnosis, one being that through distillation, alcohol can be separated from its protein component and be completely safe for celiacs.

Brewers too have contrived to create GF beer. Some from rice (www.lamessagere.ca) and sorghum (www.redbridgebeer.com) and others by malting sorghum to provide the taste and aroma reminiscent of our former favourites (www.bardsbeer.com). Australian brewers are experimenting with amaranth to add a nutty dimension and with coriander and bitter orange for fresh appeal. Remarkably, the U.K.’s Green’s Beer is striving for an even more authentic product by using “de-glutenised” barley (www.glutenfreebeers.co.uk) proving yet again that necessity is the mother of invention.

But what about wine? Rumours about gluten being present in wines have swirled from time to time, but do they have legs? As a red wine lover, I have to admit to not being as assiduous as I could have been about getting to the bottom of this particular barrel.

As luck would have it, an opportunity presented itself when Gina Savard of Everything Wine contacted the Chapter with an interest in staging a celiac-friendly (CF) wine tasting at her Millstream location. Gina recognized that her gluten-free clients miss out because they cannot partake of the appetizers and desserts she often serves to showcase featured wines. Wine without food is like ... I’ll leave the analogies to you.

Gina had certainly done her homework on gluten-free food, reaching out to Janice Mansfield and Laura Moore of our Celebrity Celiac Chef series and to Bear Mountain’s experts in gluten free. Research also led Gina to discover how it is that gluten can insinuate itself into winemaking process. Luckily, Gina she discovered that the list of “unfriendly” wines is remarkably short.

“The art of barrel making, known as cooperage, is an ancient skill. To maintain the highest standards of barrel making, most of the work is still done by hand by a highly skilled cooper. Once the cooper finishes the

assembly of the barrel, some may use a paste that contains flour to seal the heads into “croze” (the grooves in the staves that receives the barrel heads). This process is also done with paraffin wax” while other wines “are completely made in stainless steel tanks and not aged in barrels.”

Gluten is also used, fairly rarely, as a “fining agent,” a biochemical process whereby particulate matter is removed from the fermenting liquid to allow for a crystal clear product. Particles bond with the gluten molecules and the resulting precipitate is then carefully filtered out, taking the gluten with it. Gina learned that the residual gluten in wines fined in this way regularly tests out at <20ppm.

Gina suggests that if you are making inquiries about the gluten status of a given wine, these are the key questions to ask:

- Did the fining agent used to clarify this wine contain gluten?
- Was the wine “barrel-aged” and if so, did the winemaker use barrels that might have had the head sealed with a paste containing flour?

If convincing winemakers to share their trade secrets is not your cup of tea, the staff at Everything Wine are always available to apprise you of their CF inventory or to follow up with their contacts to get answers on your behalf.

Should an inability to put into words that which your taste buds are telling you, simply refer to the Wine Lover’s Vocabulary at <http://www.wineschool.com/vocabulary.html> for a host of adjectives that are sure to impress. An excellent article on gluten in wine appears in the blog, No Gluten No Problem at <http://noglutenonoproblem.blogspot.com/2010/11/wine-lose-or-draw.html> by Peter and Kelli Bronski, November 2010.

Our thanks to Gina Savard for her initiative and her efforts to accommodate our under-served market!

- 1 www.barrelcarving.com/anatomy-of-a-barrel
- 2 www.bcawa.ca/winemaking/fining.htm
- 3 www.ajevonline.org/cgi/content/abstract/53/4/308
- 4 www.pubs.acs.org/doi/abs/10.1021/jfo105539

Ellen Bayens

Victoria's Source for Celiac-Friendly Living



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Professional Service • Quality Vitamins
Sports Nutrition • Natural Skin Care



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www.lifestylemarkets.com

Jubilee Pharmasave hosts Celiac Appreciation Day! on Saturday, March 26th 10 am to 4 pm

1775 Fort St #6 <http://bit.ly/bZo3fx>
250-595-1471

Book now for a professional Sappho Cosmetics GF Makeup Application (\$10*)
Sample gluten-free treats and much more ...
Win one of four \$20 Pharmasave Gift Cards
Full details will be provided via Chapter email in March
*All proceeds to go to the Victoria Chapter's "Guest Speaker Fund"

A Grand Re-opening of The Pharmasave at Mill Bay/Cobble Hill is scheduled for Wednesday, February 16.

2720 Mill Bay Rd, Cobble Hill, 250-743-9011

There's an expanded product line including a great range of celiac friendly foods.

Our chapter would like to thank **KINNIKINNICK FOODS** of Edmonton who very kindly continue to provide sample packages of their products for new members. We really appreciate their support. Check out their website www.Kinnikinnick.com for their new online gluten-free cooking channel.
Kinnikinnick is a totally gluten-free company and recently went nut-free as well. Their products are widely available.

We would like to thank **REAL FOODS** <http://www.cornthins.com/> for supporting us by supplying samples of CORN THINS for new members. Available in multigrain, flax and soy, sesame and original, these are a welcome change from rice cakes and crackers. Corn Thins are available at Thrifty's, Planet Organic and elsewhere.

Shirley Bond

NUTRITION NOTES

Most people consume more than twice as much salt as we need for health. The extra sodium puts an extra load on your heart and kidneys to get rid of the excess. Because sodium attracts and holds water it increases your blood volume and makes your heart work harder.

The Heart & Stroke Foundation states we should eat no more than 5 ml or 1 small teaspoon of salt a day. And we get more than that just from the food we eat without adding any “table” salt.

What are the main sources of sodium?

There are three: Processed and prepared foods where it is used as a preservative and a flavor enhancer; condiments that contain sodium such as ketchup and soy sauce; and natural sources of sodium such as meat and milk. One slice of regular gluten free bread has about 150 mg of sodium unless you make it yourself and limit the salt added.

How do I limit my sodium intake?

Besides pushing away the salt shaker, you can take steps such as:

- Eating more fresh fruits and vegetables and cook without adding salt
- Choosing fresh, frozen or canned food items without added salts.
- Sticking to unsalted nuts and avoiding salty snacks like chips and pretzels.
- Opting for low-sodium, low-fat cheeses.
- Using recipes that don't call for salty condiments or use the low salt versions of soy sauce and prepared soup mixes
- Selecting unsalted, fat-free broths, bouillons or soups.
- Seasoning your foods with herbs and spices instead of salt.

Happy eating;

Margaret McKenzie

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Céréales Chaudes 4 Grains Hot Cereal

300g

8 portions

4 Grain Hot Cereal

Mélange à Crêpes 3 Grains Pancake Mix

200g

3 Grain Pancake Mix

Puffed Cereals Quinoa COCOA

225g

Quinoa Cocoa Puffs

Crunchy Müesli Croustillant

180g

5 Grain Crunchy Müesli



Travel Gluten Free via VIA

Last May I had the opportunity to accompany friends on the VIA train trip to Winnipeg. I was apprehensive about the possible cost and the kitchen's ability to serve gluten free meals. The cost was a pleasant surprise. We left May 18th before the "high" season pricing. I turned the "economical" age of sixty on the train which qualified me for a senior rate. The two days of breath catching scenery, accommodation and meals cost \$476.70. The food worry was eased by my niece's reassurance of the wonderful gluten free meals that she was served on this route.

When booking I indicated the gluten free special diet. I also double checked that this was confirmed. Ten days notice is required to accommodate: Diabetic meals; Vegetarian meals (can eat dairy and egg products); **Gluten-free meals**; Kosher meals; Low-calorie meals; Low-sodium meals or; Strict vegetarian meals.

The Web site states: "Inform VIA personnel on the train of your special needs: they will do everything they can to help you. VIA cannot guarantee that its meals are free of all products that could cause allergies."

We took the Pacific Coach from Victoria to the Train station. There was a waiting area with refreshment while we waited to load. On board we were invited for a champagne welcome. The sleepers were very comfortable with the luxury of a duvet. I enjoyed the view of the changing landscape without the responsibility of steering or navigating.

Juice and coffee and tea were available at all times. I had brought an "in case of hunger" bag. This was not opened as I was well satisfied by the meals. We were asked when we would prefer our seating for the meals. Tables were set for four and one was grouped together if traveling in a party of less than four.

The schedule was:

Day 1:

Vancouver: no meal as we departed at 8 pm

Day 2:

Kamloops: breakfast

between Blue River and Valemont: lunch

Jasper: dinner

Day 3:

Unity: breakfast

between Watrous and Melville: lunch

Brandon North: dinner

If I had continued to Toronto it would be:

Day 4:

Sioux Lookout: breakfast

Mud River: lunch

Hornepayne: dinner

Day 5

Toronto: breakfast

The meals are posted on the VIA web site. With the comment: "Children's menu available. We will be happy to accommodate any special dietary needs. Please ask your server".

An example of a Dinner menu is :

Atlantic Fish Chowder or Soup of the Day and Pacific Rim Salad with Herb Vinaigrette

Pan Seared Pork Tenderloin with Wild Mushroom Ragout. 6 oz. pork tenderloin grilled and topped with an array of woodland mushrooms in a rich sauce.

Pecan Crusted Halibut with Wasabi Slaw. Pacific halibut coated with a crunchy pecan crust. Baked to golden perfection and served on a wasabi infused coleslaw.

Chicken Suprême with Peach Salsa. A plump chicken breast suprême, oven roasted and blanketed with a mild peach salsa.

Mushroom Fusion Crêpes. Locally grown mushrooms, sautéed with cream and pearl onions, folded into delicate crêpes.

Oven Roasted Baby Potatoes or Jasmine Rice and Fresh Seasonal Vegetables

Chef's Dessert Selection.

The servers appeared knowledgeable of gluten free choices. They had gluten free bread. I had wonderful cheese and fruit for a dessert plate.

The trip was a memorable experience and I look forward to my next trip!

Rilla Murchison

YOUR BEST RECIPES FROM OUR RECIPE EXCHANGE MEETING

Swedish Apple Pie

4 sliced apples
 1 cup GF flour blend (any mix without xanthan gum)
 ¾ cup melted butter
 1 egg
 ¾ cup sugar
 ½ cup chopped walnuts (optional)
 1 tbsp. sugar
 1 tsp. cinnamon

Preheat oven to 350°F. Spray or grease deep dish pan well. Fill pie pan ¾ full with sliced apple. Sprinkle with cinnamon and 1 tbsp. sugar. Combine flour, butter, egg and sugar and spread over top of apples. Bake for 45 minutes until golden brown.

This is delicious. From Celiac.com
Shirley Bond

Chocolatey Peanut-Butter Crispy Rice Treats

3 Tablespoons butter or butter substitute like Earth Balance
 1 (10 oz) bag GF marshmallows
 1/2 teaspoon GF vanilla extract
 1/4 teaspoon salt
 1/2 cup GF peanut butter, the non-hydrogenated kind with only nuts, no additives
 5 cups GF Nature's Path crispy rice cereal
 1 cup GF chocolate chips (optional)
 Grease an 8x8 square glass pan.

Melt the butter in a large pan or dutch oven over low heat. Add the marshmallows, vanilla, salt and peanut butter, stirring constantly until melted and smooth; this takes several minutes.

Remove from heat and add cereal, quickly stirring until well mixed. Scrape the mixture into the prepared pan and press it into the pan with a greased spatula.

If you want to add a chocolate coating on top of your crispy rice treats, place chocolate chips in small, microwave-safe bowl and heat in 30 second intervals until melted; stirring well after each 30 sec to melt.

Spread melted chocolate over the bars and allow to set completely, about 2 hours at room temperature (you can also place them in the refrigerator or freezer to speed up this process).

Cut bars into squares and serve.
Shirley Bond

Vietnamese Salad Rolls

Rice paper (Rose Brand, 8.5" diameter)
 Chicken breast, cooked & sliced thinly or shrimp, cooked
 Rice noodles, thin, cooked
 Lettuce, thinly shredded
 Green onions, thinly sliced
 Carrot, raw grated

Wet a clean tea towel, fold in half & place one sheet of rice paper at a time in folded towel and let stand for 1 to 5 minutes until rice paper is softened (re-wet towel as needed as you moisten one sheet of rice paper at a time)

Lay some rice noodles, lettuce, onion, carrot and chicken or shrimp along one side of rice paper. Fold ends of rice paper inward to keep filling from popping out and roll into a fat cigar-shaped roll

Cover and refrigerate if not being eaten immediately

Make your favourite peanut sauce and serve rolls with small bowl of Thai peanut dipping sauce for each person

Lynda Funston.

Thai Peanut Sauce (uncooked)

1 cup boiling water
 6 Tbsp organic, unsalted peanut butter (peanuts only)
 1 Tbsp rice syrup, agave syrup or sugar
 1 tsp salt (or to taste)
 4 Tbsp cider or rice vinegar
 2 tsp lemon or lime juice
 3 or 4 medium cloves garlic, minced
 1 tsp fresh ginger, grated
 ½ to 1 tsp sambal oelek or ground chilli paste

Whisk peanut butter, syrup or sugar and salt into boiling water until well mixed

Cool peanut butter mixture and add cider vinegar, lemon or lime juice, garlic, ginger and sambal oelek

Mix all ingredients well
 Refrigerate until ready to serve (good in fridge for at least one week or longer)

Serve with Vietnamese Salad Rolls
Lynda Funston.

Great Aunty Kitty's Macaroni Cheese

Serving Size: 2

My Great Uncle Ernest had this served to him every Thursday at noon and I often cycled over from school to join them.

8 ounces GF macaroni elbows
 1 onion, chopped
 2 ounces butter
 2 tablespoons rice flour, rounded
 1 teaspoon salt
 1/4 teaspoon mustard powder
 1/8 teaspoon cayenne
 2 cups milk
 3 tablespoons sherry
 1 1/2 cups strong cheddar, shredded

Heat oven to 375°F. Bring a generous amount of water to boil in a large saucepan, add macaroni and

salt and boil until tender. Strain and empty into a casserole dish.

Melt the butter in a medium saucepan and when bubbling add the chopped onion and cook over a medium heat until a little softened.

Mix together the flour, salt, mustard and cayenne and stir into the onions. Cook for two minutes and then stir in the milk and sherry.

Increase heat to medium high and cook, stirring all the time, until the sauce reaches the boil and is thick.

Pour over the macaroni.

Grate enough cheese to cover the dish generously, and bake until brown and bubbling, about 15 minutes.

Serve over a bed of sliced tomatoes.

Sandra Fraser

Orange Muffins

1 organic orange
1 egg
1/2 cup orange juice
1/4 cup oil
1 1/2 cups GF flour mix*
1/2 tsp xanthan gum
1/4 to 1/3 cup sugar
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1/2 cup raisins (or dried cranberries, chopped dates, etc., or combo)

Scrub orange well. Cut into pieces. Place orange pieces in food processor and chop. Add juice, egg, and oil and buzz until mixed. In a separate bowl whisk together dry ingredients and raisins. Add to food processor and pulse until just mixed. Spoon into muffin tins. Bake at 375°F for 15-18 minutes. Makes 1 dozen muffins.

**For just this recipe:*

1/4 cup bean flour
1/2 cup sorghum flour

1/2 cup amaranth flour
1/4 cup tapioca flour

For large quantity (12 cups):

2 cups bean flour
500 gm sorghum flour (approx 4 cups)
500 gm amaranth flour (approx 4 cups)
2 cups tapioca flour

For small quantity

1/2 cup bean flour
1 cup sorghum flour
1 cup amaranth flour
1/2 cup tapioca flour

Anne Wraggett

Nut Muffins

2 1/2 cups ground nuts
1/4 cup melted butter, oil or 1/4 cup yoghurt or apple sauce
1/2 cup liquid honey, maple syrup or other natural liquid sweetener
1/2 tsp baking soda
1/8 tsp salt (optional)
3 eggs (or pureed fruit)

Place ground nuts in bowl. In separate bowl mix eggs and honey. Add egg mixture to the nut blend. Add butter or yoghurt as needed to bring to muffin batter consistency. Fill muffin tin liner half full.

Bake at 375°F for 15 to 20 minutes.

Janelle Hunt

Black and White Bean Quinoa Salad

1/3 cup quinoa
1 - 19 oz can black beans drained and rinsed
1 - 19 oz can navy beans drained and rinsed
1 cup diced cucumber
1/4 cup diced red onion
1 jalapeno pepper, seeded and minced
1/4 cup chopped fresh parsley

Dressing

1/4 cup vegetable oil

2 tsp lime juice
1 tsp cider vinegar
1 tsp chilli powder
1 tsp ground coriander
1/2 tsp dried oregano
1/4 tsp each salt and pepper

In pot of boiling salted water, cook quinoa until tender, about 12 minutes. Drain and rinse.

In a large bowl, whisk together all dressing ingredients. Add quinoa, beans, cucumber, onion, jalapeno and parsley. Toss to combine. Let rest before serving.

Trevor and Joleen Barrett

Quinoa Stuffing/Salad

1 cup quinoa
2 cups stock/water
1 onion diced
1 pound sliced mixed fresh mushrooms
2 medium apples, peeled cored and chopped
1/4 cup toasted pine nuts
1/3 cup dried cranberries
2 garlic cloves, minced
1/2 tsp salt
1/4 tsp pepper
2 tsp poultry seasoning

Bring water to boil on high heat. Add quinoa. Reduce heat to med/low and cook for 12 minutes.

In a large bowl combine onion, mushrooms, apples, pine nuts, cranberries, garlic, salt, pepper and poultry seasoning. Add quinoa.

Bake in 350°F oven for about 1 hour.

Also great as a cold salad.

Kathleen Shoemaker

More recipes next issue.....

IMPORTANT NOTICE

Save our Chapter paper, printing and mailing costs.
Read your newsletter online on our website
www.victoriaceliac.org. Chapter members and advertisers
are emailed the link to the online newsletter every two
months.
If you would prefer to read your newsletter online instead
of receiving a copy in the mail, contact Sandra Fraser at
tudorcottage@shaw.ca to cancel your mailed hard copy
newsletter.



**Volunteers
Needed
You can help!**

APS Spells Success!

A total of 22 celiacs, 3 spouses and one child have
attended the three **Anti-Panic Sessions** conducted so
far in October, November and January. They benefitted
from Shirley Bond's vast practical knowledge, Jessalyn
O'Donnell's, RD, expertise and received a starter kit of
Kinnikinnick products. Most importantly, they joined the
CCA to do so. CCA statistics indicate that celiacs who
join a support network adapt to the diet more quickly and
are more compliant to eating strictly gluten free from
then on. That is the key to success!

The Chapter sincerely appreciates the support of Thrifty
Foods for making their beautiful Lifestyle and Cooking
Centre available for these sessions. Please see [http://
bit.ly/ThriftyTours](http://bit.ly/ThriftyTours) for information about Thrifty Foods'
GF Store Tours.

Ellen Bayens

**Adults Living with Celiac Disease
Seeking Volunteer Research Participants**



The Resilience Research Lab at Vancouver Island
University is conducting a student-led research project
to investigate the experiences of adults living with
Celiac Disease.

We are seeking adults over the age of 18 who are
diagnosed with Celiac Disease for an in-person
interview lasting approximately 30 minutes to 1 hour.

**Your participation can help to raise awareness in society about the
realities of living with celiac disease and provide insight for the
health care community.**

**If you are interested in volunteering to participate in this project
please contact us below:**



Amy Moyer
resilience@viu.ca or 250-740-6187 ext. 2

**VIU VANCOUVER ISLAND
UNIVERSITY**

Gluten Free Sour Dough by Bernice Carter RN, BSN, MA

Last year I attended a demonstration of gluten free sour dough baking by Janice Mansfield of Real Foods Made Easy (Victoria, BC). She took a flour blend by Dr. Jean Layton (Bellingham, WA) and combined it with her own recipe to make GF sour dough baguettes. Janice graciously gave out samples of her wild yeast starter which I have nurtured and have thus produced about eight or ten sets of baguettes.

1: Wild yeast: In the air all around us is yeast. To cultivate it one need only to provide a medium for it to grow and a local colony of wild yeast is born. You can get a sample from someone or you can just grow your own. To get a colony started take a clean glass mason jar or small crock pot and add equal parts mixed flour and water into it. Place it uncovered in a warm location in your kitchen for a few days until it bubbles nicely and you have a wild yeast starter. Start feeding after two days. Once you have the volume you are looking for place in the refrigerator with a light cover (allow for some air to pass).

2: Feeding of Starter: Remember the yeast is alive, and therefore needs feeding. Feed it with equal parts flour and water, and stir in well. A small whisk or a chop stick does the job nicely. When out of the refrigerator it is recommended to feed daily, when in the fridge, I feed mine weekly. The volume of food depends on how fast you want your starter to increase in volume. It grows very slowly in the refrigerator and quite frankly seems tolerant of my demands to either increase or decrease the volume depending on my planned usage of it.

3: Appearance: The starter will have more bubbles if it lives on your counter. In the fridge it bubbles less due to slower growth. You will also notice that a layer of liquid appears on the top of your starter particularly if it hasn't been stirred for a while. This is normal. I just stir mine back in when I feed it again. If you have an aversion to the taste of sour dough I have been told you can drain some of this liquid off to diminish the intensity of the

flavor. The starter will have a nice yeasty smell and will be creamy in color (probably due to the flours I use).

4: Dr. Jean Layton's Flour Blend: I am very pleased with this flour blend. It meets my criteria for nutrition, taste, and ease of use. NOTE: These are whole grains and will likely make heavier, more robust flour than most commercial mixes. I mix up a big batch (recipe below) and place in a sealed container and use it as my standard mix for breads, loafs, pancakes, and muffins. It does require adding starch and xanthan gum at each use; this can be varied as needed for each recipe.

- 583 grams brown rice flour
- 583 grams sorghum flour
- 583 grams millet flour
- 290 grams sweet rice flour
- 74 grams garfava flour
- 155 grams white bean flour
- Stir together till one color (makes a large batch)



NEWS ON VICTORIA'S CELIAC SCENE™

Brentwood Bay Pub & Seagrille Restaurants

849 Verdier Ave, Brentwood Bay
250-544-5102
www.brentwoodbayresort.com
Map <http://bit.ly/BrentBay>

Heron Rock Bistro

435 Simcoe St
250-383-1545
www.heronrockbistro.ca
Map <http://bit.ly/CookOakJames>

Ric's Grill Steak Seafood & Chop House

910 Government St
250-381-7427
www.ricsgrill.com
Map <http://bit.ly/InnerHarb>

Sauce Restaurant & Lounge

1245 Wharf St

250-382-8662
www.saucebar.ca
Map <http://bit.ly/InnerHarb>

Swiftsure Restaurant & Lounge

427 Belleville St
(250) 413-2707
www.swiftsurelounge.com
Map <http://bit.ly/InnerHarb>

The Reef Restaurant

533 Yates St
250-388-5375
www.thereefrestaurant.com
Map <http://bit.ly/InnerHarb>

Vista 18

740 Burdett Ave
250-380-1950
www.vista18.com
Map <http://bit.ly/VicDowntown>

Wild Coffee Bistro

632 Yates St
Victoria
Map <http://bit.ly/VicDowntown>
A somewhat funky-styled coffee shop on the corner of Yates/Broad that offers quite a selection of food. I stopped by for a quick coffee this past Thursday and happened to notice a list of gluten free choices that was featured at the counter. I tried one of their delicious GF soups and wished that I'd had time to try other GF goodies but was in a hurry. There was a note on their list that indicated that all GF baked goodies were prepared in a GF kitchen.

Sherri McIntyre

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7. An all-Canadian company, celiac owned and operated.
8. Taste-tested on non-celiacs. Even people who don't need to eat gluten-free love PatsyPie. How many gluten-free companies can say that, eh?
9. Ingredients regularly tested for gluten-free safety and integrity.
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- Morning Glory with Flax Mini Muffins
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IN OUR MAILBOX

BOSTON PIZZA GETS THUMBS UP

After reading the review in the last issue of the Victoria Celiac News, we headed off to **Boston Pizza** and were very happy with their GF pizza. Using 8" Kinnikinnick crusts, all pizzas come with tomato sauce and mozzarella cheese. There are 25 toppings to choose from, including ham and pepperoni. Chris Crawford, manager at Boston Pizza on Shelbourne near McKenzie was knowledgeable about cross-contamination and he explained the precautions they take. All staff have received instruction on how to prepare GF pizzas. Dedicated pans and utensils are used, and all toppings, including sauce, are taken fresh from a cooler using a clean pair of gloves. An 8" pizza with one extra topping is \$8.25. Located at 3994A Shelbourne. Open every day from 11:00 a.m. until midnight or 1:00. Also located in Langford, and at 797 Hillside, and 3510 Blanshard. www.Bostonpizza.ca
Shirley Bond

NANAIMO AND PARKSVILLE

Superstore in Nanaimo has designated an area for Gluten Free Products. Also, a reminder they carry a Lactose Free/Gluten Free gouda that's very tasty. This is the only place I've ever seen this cheese.

A new Mexican Restaurant has opened in Parksville - **Blue Burrito Grill** (close to Amrikko's) 491 Island Hwy, Parksville 250 586-7782. Offering Gluten Free/Lactose Free food.

Want a tasty quick dip? Mix mayonnaise with a little Conimex Sambal Oelek (it's hot so to taste). Awesome for prawns and onion rings.

Anne Radix

NEW GF PRODUCTS IN THE US

If you are travelling to the United States, there are several GF products that you may want to try out. Some of our favorites that are available at most Fred Meyers or other large supermarkets are:

A Taste of Thai Coconut Fortune Cookies -

We love these new cookies. They are wonderfully crisp, light and tasty rolled cookies, individually wrapped and each with a fortune. The box is labelled GF.

www.atasteofthai.com

Post Pebbles Cereal - Fruity Pebbles and Cocoa Pebbles are now labelled GF. These are mainstream fortified cereals.

General Mills Chex - Chex was the first mainstream fortified cereal to go GF. Five flavors are now clearly labelled GF: chocolate, rice, corn, honey nut & cinnamon. There are loads of recipes for sweet & savory snack mixes at www.chexpartymix.com. Like Post Pebbles, Chex costs the same as regular family cereals.

General Mills Betty Crocker - Devil's Food Cake Mix, Yellow Cake Mix, Brownie mix & Chocolate Chip Cookie Mix. The cake mixes cost about the same as a wheat cake mix, but just makes one layer or 12 cupcakes. Made from white rice flour and starch so the nutritional value is low just like wheat based mixes. But they do a very good job on the flavor. The box says "Product of Canada" & "made in a GF facility". I read on line that they are made by Kinnikinnick. Check www.Bettycrocker.com for lots of recipes to enhance their mixes into fancy things like 'Better than Almost Anything' which is a decadent caramel-soaked cake.

General Mills Bisquick - Another "product of Canada" but not available in Canada. If you liked Cheeseburger Impossible Pies before becoming GF, you can now enjoy them again. Bisquick can help you prepare a fast meal, but it is not a nutritional standout. Price appears comparable, but actually the contents are less. The General Mills GF website showcasing all their items is www.liveglutenfreely.com

General Mills Nature Valley Roasted Nut Crunch Bars - Peanut or Almond. Crunchy nut & seed bars with 7 grams of protein.

Pacific Natural Foods Condensed Soups - Cream of Celery, Cream of Mushroom, Cream of Chicken. Lots of this Oregon company's tetra pack broths and soups are GF and available locally. For a full list check out www.pacificfoods.com. These new soups are far superior to several dry mixes I have tried in the past. Because so many of their other soups are available here, I am hoping that the condensed ones will appear soon.

Udi's Whole Grain Bagels - Udi's bagels available locally are made with brown rice flour and have been very popular. During January Udi's came out with 3 new products in the US: whole grain bagels, cinnamon raisin bread & cinnamon raisin bagels. I have read great reviews on-line. The Royal Oak Country Grocer sells a lot of the whole grain bread, and I asked them to hurry to bring in these new products. www.Udisfood.com

After a day of grocery shopping in the Seattle area, head out to **P.F. Chang's** for excellent Chinese food from their great GF menu. There are 3 in the Seattle area, Lynnwood at Alderwood Mall, Bellevue & downtown at

Westlake Centre. www.pfchangs.com shows you all US locations.

Shirley Bond

B.Y.O.F. : THE TRIALS OF BRINGING YOUR OWN FOOD.

I recently had the delight to be able to attend Skate Canada without having to fly anywhere to do it. Here it was, in our good old hometown of Victoria. For the 8-hour-a-day event on Friday, I dutifully packed my food and took it with me, for me to eat around dinnertime. I was met at the door by a security guard who informed me that all outside food was forbidden. After I was asked for a doctor's note or a Medic-Alert bracelet as proof of my celiac condition, two options were given me: I could throw my beautiful dinner out, or I could eat it on the spot, outside. So I did the latter. As I found out later, the guard was misinformed.

Here is the advice for all of those who will meet with the same kind of situation, at least at our Save-On-Foods Arena (and it therefore might apply to other arenas): Before you leave home, write to the Guest Services Manager of the arena, who for the Save-on-Foods Arena is currently Alexandra Zaruk, telephone 250-220-2600 or email alex.zaruk@sofmc.com. She will forward you a form to print out and sign, saying that

because of dietary purposes, you will be allowed to bring in your delectable meals. If you can't get in touch with her, see website www.saveonfoodsmemorialcentre.com and contact them through the "contact" tab. The form is valid for the set of events, in this case, Skate Canada only (Friday through Sunday), so for other events you'd have to get another form, sign it, and bring it with you.

While stadium events aren't usually this long, it is a comfort to know that people with dietary restrictions, whatever they may be, are able to do this. I add sotto voce that in a perfect world, this form-signing shouldn't even be necessary. But there you are.

Heather Sutherland

PRE-DIGESTED BREAD ANYONE?

Check out this link.

<http://agajournals.wordpress.com/2011/01/06/safe-bread-for-celiacs/>

CAN YOUR PET SNIFF OUT GLUTEN?

Read this article.

http://www.usatoday.com/yourlife/pets/dogs/2011-01-11-pettalk11_ST_N.htm?loc=interstitialskip

Thanks to **Ellen Bayens** for these interesting links.

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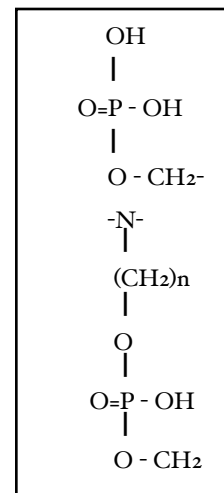


The Glutino and Gluten Free Pantry mission is to provide a healthy lifestyle to all those with Celiac Disease and those who follow a gluten-free/wheat-free diet.

WHAT'S IN A NAME?

VI. Lipids, Phospholipids and Cholesterol

Many compounds present in living organisms have little affinity for water but do dissolve readily in liquids such as chloroform, ether, hexane, etc. All such water-insoluble but 'fat-soluble' compounds are called **lipids**, among which are the triglycerides and all but the two- and four-carbon fatty acids we've been discussing. (Acetic and butyric acids are soluble in water.) In the digestive tract some lipid compounds are broken down to smaller molecules and some remain intact, but all are carried by the blood to whichever cells have signalled their need for them. Given that lipids are water-insoluble while blood is mostly water, how do they mix? This is accomplished by coating the lipid molecules with phospholipids so that an oil-in-water emulsion is formed. As described in Part V, a simple phospholipid may be represented as $\bullet\text{=}$ where the water-avoiding tail (=) is a pair of long-chain fatty acids and the water-attracting head (\bullet) is an ester of phosphoric acid (the $\text{O}=\text{P}-\text{O}-\text{CH}_2$ of the upper partial formula in the box; $\text{O}-\text{CH}_2$ came from the CH_2-OH end of a glycerine molecule).



Only a few of the simplest phospholipids retain the two OH groups shown in the upper partial formula. In many phospholipids one OH (of the $\text{O}=\text{P}(\text{OH})_2$ section) forms an ester with an amino alcohol. (An amino alcohol has both an $\text{HO}-\text{CH}_2$ group and an amine group (CH_2-N , N being an atom of nitrogen). Remember, alcohol + acid \rightarrow ester + water.) Formation of the phosphate ester of the amino alcohol leaves one free $-\text{OH}$ on the phosphorus atom, as seen in the lower partial formula and, since both this OH and the N atom of the amine group are water-attracting, the head of such phospholipid molecules is highly hydrophilic. (No matter how complex the structure, for our purposes all phospholipids may be represented by the symbol $\bullet\text{=}$.)

Lecithin, alias Phosphatidylcholine

In the lecithins, a widespread and important group of phospholipids, the amino alcohol is choline, partial formula $\text{HO}-\text{CH}_2-\text{CH}_2-\text{N}-$. Thus, a somewhat chemical name for lecithin is phosphatidylcholine, with partial structure as in the lower formula, when $n = 2$. Lecithin is a good emulsifying agent, and a cross-section of an **emulsified globule of lipids** in water would show the following components: $\text{H}_2\text{O} \dots \bullet\text{= lipids} \dots \bullet\text{=}$ H_2O . (H_2O is water, $\bullet\text{=}$ is lecithin (the emulsifying agent), the dotted line \dots is an attractive force less strong than an electron-pair bond, and lipids is a group of the water-insoluble substance(s) being emulsified). A globule of emulsified lipid molecules may be pictured as \bullet floating in water; here the white circle represents a collection of lipid molecules and the black-and-white ring is the surrounding lecithin. One extremely important use of the emulsifying power of phospholipids such as lecithin is in the transportation of cholesterol by the blood stream.

Cholesterol

Cholesterol is an essential compound. It is the precursor of bile salts, of Vitamin D, of the sex hormones and cortisone, it is an anti-oxidant, and is a required component of cell membranes (which it stiffens and helps to hold in shape). The nervous system and major sense organs contain much more membrane material than other body parts, and the brain itself is about 60% lipid, much of it phospholipids with their cholesterol components. If foetuses receive little cholesterol the eyes do not develop properly, and infants whose brain membranes do not receive enough cholesterol during the early years of life are at risk of losing cognitive function. Also, except for those with a genetic condition which raises cholesterol levels to dangerous heights, it has been found that elderly people, especially women, seem to fare better with somewhat higher cholesterol levels. Yet **cholesterol has been demonized** because of the **unsubstantiated hypothesis** that saturated fats \rightarrow cholesterol \rightarrow heart attacks. **The advice** [that heart attacks are] **caused by dietary saturated fatty acids and cholesterol ... is quite wrong. It is the greatest biomedical error of the twentieth century.** Thus wrote Dr. G.V. Mann, former head of the well-known, twenty-four-year long Framingham Heart Study, for the foreword of Leas' book. (See also many references in For Further Reading.)

What is the source of this absolutely essential compound? About eighty percent of the cholesterol we need is synthesized by our own body, mostly in our liver, but how much we make varies with the amount of cholesterol in our diet. To enable blood to ferry around this hard, waxy, water-insoluble alcohol, cholesterol and its esters are bundled together with triglycerides and wrapped up in a coating made of phospholipids and protein. The lipoprotein 'packages' are not molecules; they are assemblages of molecules held together by attractive forces (symbolized here as \dots) which are

weaker than the electron-pair bonds described in Part IV, but are extremely important. A cross-section of such a lipoprotein bundle would show the sequence

(protein+ ●)...(cholesterol+triglycerides)...(●+ protein).

Both the phospholipids (●) and the protein molecules of the wrapping have hydrophobic and hydrophilic sections, so are compatible with the water of blood and with the lipids, while the hydrophobic long-chain fatty acids of the phospholipid are compatible with the cholesterol and triglycerides. In other words, cholesterol and the other lipids are emulsified.

The names of four types of 'packages' are: **chylomicrons**, very low density lipoprotein (**VLDL**), low density lipoprotein (**LDL**) and high density lipoprotein (**HDL**), named in order of decreasing size but increasing density. Each type of lipoprotein is characterized by the average percentage of protein, of triglyceride, of **cholesterol**, and of *phospholipid*, these being listed in the order mentioned in: chylomicrons 2, 83, 8, 7; VLDL 7, 50, 22, 20; LDL 20, 10, 48, 22; HDL 50, 8, 20, 22. Chylomicrons, the largest lipoproteins, carry the largest burden of triglycerides, transporting them from the intestine to the liver and other tissues. You see that HDL carries much less cholesterol than LDL and very little triglyceride. The LDL 'bundles' contain the most cholesterol, and transport this substance from the liver to various cells. It is now known that there are several sub-classes of both HDL and LDL, and two of the latter are of great importance. Some LDL particles are large and fluffy but others are small and more dense, and accumulating evidence suggests that the small, more dense particles are much more dangerous than the larger, fluffy ones. Sears calls the two kinds of LDL good bad cholesterol and bad bad cholesterol.

Though cholesterol has been demonized for many years, evidence based on animal studies suggests that *oxidized cholesterol*, rather than cholesterol itself, may be the atherosclerosis-causing substance, and it may be that oxidized small, dense LDL (oxidized bad bad cholesterol) is the most dangerous of all. Enig and Fallon point out that cholesterol is oxidized during the drying process in producing dry cereals, powdered milk and powdered eggs, for example. And the Drs. Eades go so far as to suggest that eggs should not be scrambled or made into omelets, during which the broken yolks are exposed to oxygen. Unfortunately, anti-oxidants which have been tested have proven themselves to be ineffective in protecting us from the toxic effects of oxysterols such as oxidized cholesterol.

Some Other Lipids

Among the many substances classed as lipids are vitamins A, D, E and K; coenzyme Q₁₀ and lipoic acid (both involved in the production of energy from food); β-carotene (β = beta) of carrots, and other carotenoids in yellow, red and orange foods; lycopene (the red colour of tomatoes and watermelon), and compounds (of a group called terpenes) often used as flavouring agents. Some terpene names you may be familiar with are: citral (from lemon-grass oil, and used to give foods the odour and taste of lemons), limonene (found in the oil from lemons, oranges), caraway, menthol (from peppermint oil) and many more. (Note that essential oils, such as used in aromatherapy, are entirely distinct from essential fatty acids.) Other lipids which are part of your diet are waxes on the surface of leaves and fruits (responsible for the beautiful shine of a polished apple). All natural waxes, including beeswax, are esters formed when alcohols with between twenty-two and thirty-four carbon atoms react with fatty acids containing up to thirty-four carbon atoms, so these are long, straggly molecules. (Since the alcohol is not glycerine, waxes are not glycerides.)

Notes

1. Cholesterol and the other lipids listed in the preceding paragraph remain intact in the digestive tract. Since the oxygen atom in cholesterol (C₂₇H₄₆O) is in an OH (hydroxyl) group, cholesterol is an alcohol (one of the sterol series), and often is converted to an ester. Note that cholesterol occurs in animals, not plants. (The -ol suffix indicates the compound is an alcohol.)
2. The fatty acids present in lecithins vary from organism to organism, so the lecithin of egg yolk is different from that in soybeans, etc. Soybean lecithin, a by-product of the soybean oil industry, is the one commonly found in prepared foods. Although there are many lecithins because of the different fatty acids present, the singular lecithin is used, and that is the word you will find on labels. Phospholipids other than lecithin are formed in our bodies, but these are not used in foods because of the ready availability of soybean lecithin.
3. The lecithin of egg yolk serves as the emulsifying agent in salad dressings. In prepared foods, mono- and di-glycerides also are used as emulsifying agents.
4. Vitamin D has been much in the news recently, because of some startling discoveries. From being thought of mainly as an anti-rachitic agent, it is now considered to be a factor in lowering the incidence of multiple sclerosis, some cancers, diabetes and some forms of cardiovascular disease. Vitamin D₃ is the potent form of this vitamin.
5. The March 2010 issue of the American Journal of Nutrition contains an analysis of the combined results from twenty-one different studies carried out over periods ranging from five to twenty-three years, and involving a total of 350,000

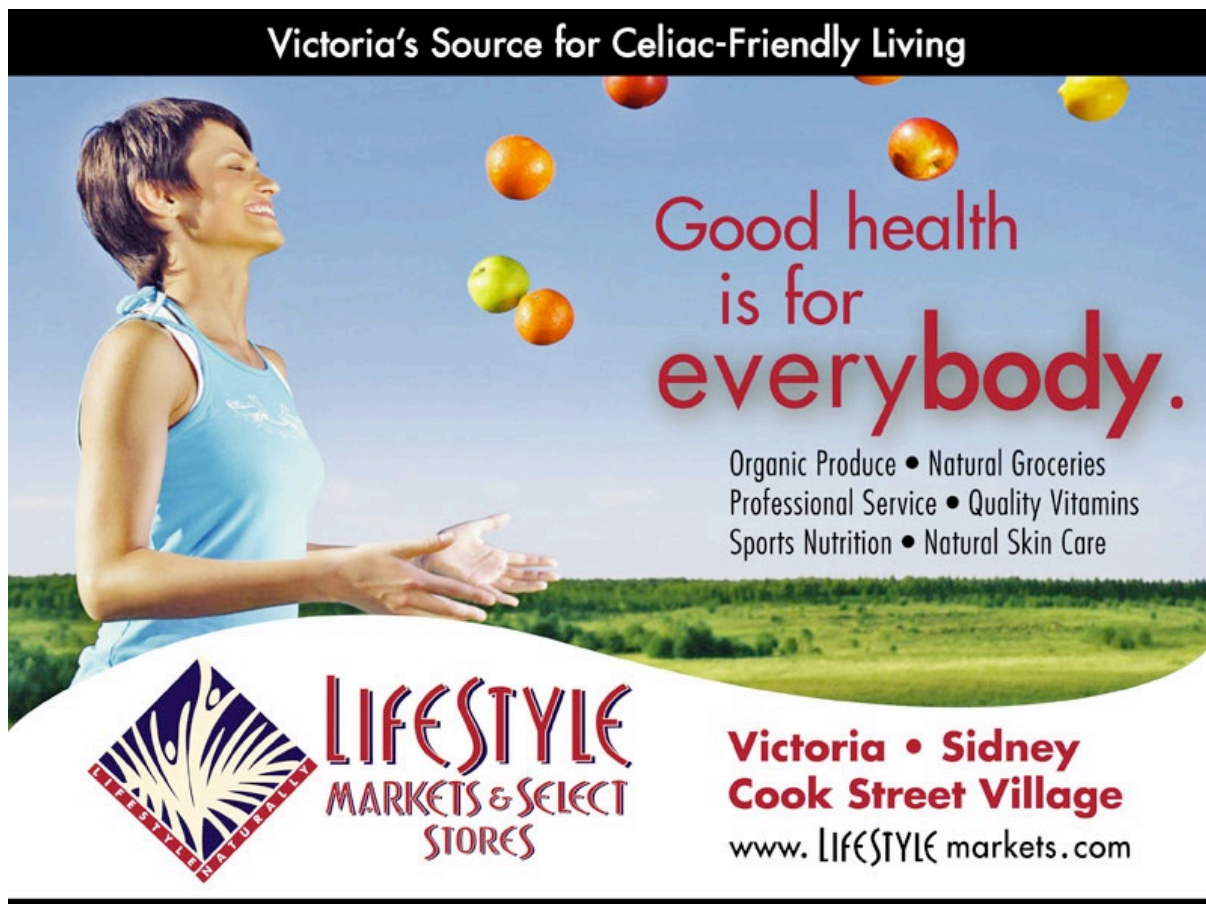
people. All studies had been conducted by leading researchers in nutrition and their papers were published in peer-reviewed journals. Based on this impressive amount of information, **the analysts concluded that there is no significant evidence relating the intake of saturated fat to coronary problems.** Yet, reported Enig and Fallon, not one word of this research summary appeared in mainstream newspapers, *and the journal contained an editorial which repeated the old panegyric about avoiding meat, eggs and cheese. Is it any wonder that scientific evidence is taking so long to emerge while industry-favourable misinformation continues to circulate? And remember that all saturated fatty acids are not created equal (as described in part I). It is the long chain saturated fatty acids which can lead to obesity when used in excess of needs.

6. There is growing evidence for the theory that diets high in carbohydrates give not only raised insulin levels and cause diabetes, obesity, and heart problems, but lead also to elevated cholesterol levels, as described by Drs. Mary and Michael Eades in *The Protein Power Lifeplan*, Chapter 4.
7. Of interest: camphor is a terpene and turpentine is a mixture of terpenes.
8. For further reading. (a) C. Leas, *Fat, It's Not What You Think*, Chapter 7, (**NB:** Leas, p. 90, uses the correct abbreviation but the wrong name when writing of cholesterol concentrations. The dl means decilitre (100 ml, one-tenth litre), not decalitre (10 litres). (b) G. Taubes, *Good Calories. Bad Calories*, pp.170-173 for LDLs, but also many pages, scattered. Much of this material is on internet and agrees with the discussions on cholesterol in Eades' book. (c) M. Enig and S. Fallon. *Eat Fat Lose Fat*, pp. 25, 28-31.(d) U. Erasmus, *Fats That Heal Fats That Kill*, many pages. (e) Uffe Ravnskov (Ph. D, MD) has posted on internet a series of papers titled *The Cholesterol Myths*. (f) B. Sears, *The OmegaRx Zone*, p.87 (p.108 in the small paperback). (g) Readers using statin drugs should be interested in information given by Stephen Sinatra (M.D.) in *The Coenzyme Q₁₀ Phenomenon*, pp. 23-4; by Drs. Eades, (Note 6) pp 105 and 130 re coenzyme Q₁₀ and statins; by Enig and Fallon pp. 29, 31; by Leas, pp. 90-9; and on internet by S. Fallon and M. Enig, *How Statins Work*. * This paper was mentioned in an item outlining some of the virtues of coconut oil.)Victoria Times Colonist, Jan. 23, p. C2) However. please refer to Parts I and IV of my series for more detailed information on coconut oil, and see the section on free radicals and auto-oxidation in Part IV to refresh your memory concerning the reasons for **avoiding refined canola** and other oils mentioned.

Part VII Dairy products, margarines, vegetable shortenings.


Chapter member Dr. Wilma Elias, Organic Chemist.

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