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CCA Mission Statement:
The Canadian Celiac Association is the national voice for people who are adversely affected by gluten, and is dedicated to improving diagnosis and quality of life.

CCA Vision Statement:

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NEWSLETTER SUBMISSION DEADLINES
The Vancouver Celiac News will now be distributed 6 times per year.

- June 1st - Travel & Summer
- August 1st - BBQs & Back to School
- October 1st - Halloween & Thanksgiving
- December 1st - Christmas & Holidays
- February 1st - Valentine’s Day
- April 1st - Easter & Mother’s Day

Please submit your content to us a minimum of 3 weekends prior to the edition you’d like to be featured in. We will also accept early submissions for upcoming editions as well. Just let us know which issue you’d like to be in. You can submit your stories, recipes, photos, etc. in a variety of ways, and if you have any questions: EMAIL: glutenfreegranny@aol.com or info@vancouverceliac.ca

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President’s Message

We have had a beautiful extended summer. Fall is definitely in the air….Vancouver rains are back even if for a day. Hopefully our kids will be back in school next week. They have had an extended month’s holiday. Many have been kept active with their extra-curricular activities of various sports, music, dancing and hopefully a little study time before they get back into the classrooms.

The Celiac Scene and Ellen Bayens, will be very much missed. Her restaurant site has been a great resource for many of us over the years, as well as, the many tourists who have travelled to our city and across Canada. I know Ellen will be concentrating on her new ventures of bringing more awareness and promoting gluten free events on Vancouver Island. We wish her well. We the Vancouver Chapter will benefit from her list of Vancouver restaurants. We will post the list on our Chapter website www.vancouverceliac.ca and Lynda Maria Neilson will be updating the list for us. All is not lost with the work Ellen has done. Follow Ellen on Facebook…. she has started a parent group.

Supports groups have been the recipients of a new product from Gourmet Creations of Simply Vegetable Spreads by Walter Freybe and his partner Heinz Stein. We thank them for their donation. They will be at the Fraser Valley Food Show, please stop by and try their product. www.gourmetcreationshealthyfood.com

Thank you to all who contributed to this Issue of the Celiac News. As this is your newsletter, your contributions are appreciated. Please continue to submit your articles, tips, recipes, etc.

Holidays will be upon us. Holiday times can be stressful. With a little change you can still enjoy your turkey dinner with pumpkin pie. You can plan the dinner and invite people over. Get your whole family involved. The kids can be a very big resource when planning your dinner. Do not leave them out. Ask for suggestions. Your guests can be asked to bring a gf item from one of the many good dedicated bakeries we have in the Vancouver area such as: Choices Rice Bakery on West 16th Avenue; Panne Rizo on Cornwall Street; Gluten free Epicurean on East 15th Avenue; Float-On on Fraser Street, Zenas in Maple Ridge, Cloud 9 in New Westminster, Sweettooth Cakery in North Vancouver and more. All will be taking advanced orders for the holidays. Your local Farmers markets can provide you with fresh veggies, fruits in season, cheese, meats, etc. Local is better, fresher and much more flavorful. As a locavore, I say support your local farmers.

Halloween October 31 is time for those little scary goblins, ghosts, witches, robots, princess to have fun. Parents make sure this is a fun and safe time for all children. A couple of tips: feed your child at home before leaving for trick or treating. When tummies are full, they won’t be tempted to get into their treat bags before you do. You want to separate the safe gf candy from the unsafe gluten candy. You have a few options to dispense with the unsafe candy. Have a candy bowl at work, some dentists will buy your child’s candy, save for events with non-celiac friends, etc. As in the past, the current candy list is not available but I have listed a few sites in the newsletter for you to check. Beware these are not Canadian sites. You will have to check for the notations.

House Keeping:

Support groups have started up again. Currently the groups in Powell River, Vancouver, Abbotsford and Chilliwack continue to meet once a month. Check Support Groups in newsletter for dates and times.

On Line Training Module: further information at http://www.celiac.ca/wp/

Dates to Remember:

- October 3 - 5 – Fraser Valley Food Show at the Tradex in Abbotsford
- December 1, 2014 – CCA Christmas Dinner – Italian Cultural Center
- January 17-18, 2015 – Gluten Free Expo / Non GMO show – Canada Place
- AGM – February 2015 TBA

Happy Thanksgiving
Happy Halloween
Lorraine Didrikson
Membership Report

Membership has its Benefits
We need your support. We value your membership.

If you have received your renewal from National, we encourage you to renew your membership.

• You can renew it online at www.celiac.ca
• Call the National Office at 1-800-363-7296
• By mail: 5025 Orbitor Dr., Bldg. 1 – Suite 400, Mississauga, ON L4W 4Y5

Renewal fee is $50. New Membership is $65. New members will receive an Information Kit about the gluten free diet, a copy of the Pocket Dictionary, subscription to the National Newsletter “Celiac News”, and a membership in their local Celiac Chapter. Chapters provide local information and a subscription to any newsletters produced by the chapter.

• Your membership helps support our National Office. You can access the CCA publications on celiac disease and dermatitis herpetiformis; receive up-to-date product information and food recalls, contribute to research on celiac disease, attend chapter meetings for information and support, and more.

• Your membership also helps run the local Chapter Office. The portion, the Chapter receives helps to provide local celiac awareness, attend various Trade Shows, organize Member’s Events and publish 6 yearly chapter newsletters. If you have any questions about your membership please email: Lorraine Didrikson membership@vancouverceiac.ca or call our National Office at 1-800-363-7296
How to Donate

Think of and support the Vancouver Chapter!
It’s easy.

There are several ways to donate and support.

By cheque.
Send your donation to our office. Make the cheque payable to the Canadian Celiac Association – Vancouver Chapter. The office address is: 360-1385 8th Ave., Vancouver, BC V6H 3V9
Within a few weeks, a receipt for your donation for income tax purposes will be sent to you.

Donate on-line
• Either go to our website at www.vancouverceliac.ca and click on the “Donate Now” button or go to the Canada Helps website at www.canadahelps.org. Type in Canadian Celiac Association, Vancouver Chapter.
• You can designate funds for either the chapter or research.
• CanadaHelps issues you a receipt as soon as you finish donating.
• CanadaHelps takes a small % of the donation for administration.

Corporate Matching Programs
• Many corporations have corporate matching programs. In BC, TELUS and BC Hydro are companies who have these types of programs. Ask your employer if you are not aware of what charitable programs are provided. If there are none, ask your employer if you donate, will they provide a matching donation.
  You will be required to provide the following information:
  i. Charitable Name: Canadian Celiac Association – Vancouver Chapter
  ii. Charitable Registration Number (BN): 855544896 RR0001
• TELUS also has a Dollars for Doers program. If you volunteer over 200 hours in a year, TELUS will donate on your behalf to the Charity of your choice. Again the Charitable Name and Number information will be required.

United Way Campaign
The United Way corporate campaign provides an option to donate to a charity of your choice in their annual giving campaign.
You will be required to provide the following information:
  i. Charitable Name: Canadian Celiac Association – Vancouver Chapter
  ii. Charitable Registration Number (BN): 855544896 RR0001

NOTE: unless the charity is specifically identified, your donation will go to their general campaign. Note: the option to give to another charity does not seem to be available on their on-line donations. An administrative fee of $15 - $25 does apply which is retained by United Way.

Other ways to support our chapter
• Volunteer: If you would prefer to give of your time, send us an email at info@vancouverceliac.ca and we would be happy to discuss what opportunities for volunteering exist.
• Advertise in our newsletter
• Host a Celiac Awareness Event or Fundraising Event
Greetings to all members of the CCA Vancouver Chapter. After many years as a resident of the lower mainland and a volunteer with the Vancouver Chapter of the Canadian Celiac Association, I, Barbara Geroux (aka Sorensen) packed up my van and headed north to experience the Yukon.

My adventures in Canada’s "Larger than Life" Yukon continue to amaze me and the residents are truly welcoming. That being said, when I started to investigate how well understood the requirement of gluten free food for a diagnosed celiac was, I knew that more awareness was needed.

After a very busy 2 year initiation into the world of working for Wildland Fire Management and building a workshop for my pursuit of artistic pastimes, I have now found the time to start up The CCA Yukon Support Group in Whitehorse.

As I reside in Tagish, and the winters here can be a little cold for the 1.5 hour commute into Whitehorse from my residence, I am only organizing meetings from April to September annually (unless a volunteer comes forward to continue in the winter months that lives in Whitehorse—this has not happened yet).

We have had 4 monthly CCA Yukon Support Group meetings to date, and the consensus brought to the table is that there is a definite need for more information regarding the research and its findings regarding celiac disease and the long term medical complications that may be associated with this multi-system autoimmune disorder.

Our group is going to use our fundraising dollars to purchase reference books that will be part of our own library for the members to take out for one month and bring back the next month.

I am seeking any duplicate reference material donations that you may have within your Chapter as a donation to our CCA Yukon Support Group. Should we receive any duplication, we will forward them to the rural locations within the Yukon for those requiring gluten free food and information on celiac disease.

It pleases me to find that there are 6 stores in the Whitehorse area that supply gluten free food and there are 4 or 5 restaurants that really do make every effort to be knowledgeable at and provide gluten free dining options. There are a few dining establishments that I would not dine at even though they may offer gluten free options because their environment includes a high cross contamination factor of gluten containing foods.

That being said, my chosen way of life here in the Yukon does not find me in the city looking for a restaurant to dine in very often. I so very much prefer the tranquility and adventure of the rural landscape and all that it has to offer.

I do hope that if a visit to the Yukon is one you are planning, that you will follow through on it. Our country has so many treasures and the Yukon is one of them.

TIPS!!!

BC Place – Going to a Whitecaps or BC Lions game soon? Check out the Concession at section 209 (with the gluten free banner and selling wine) which now is their “Specialty Food” concession and carries both Bard and New Grist beers (plus Omission for those who are not Celiac). Hot food options are still being worked on (the list they are going to try has been reviewed), they currently have several cold food options – whether it be Lays Chips or Smart Food popcorn or one of 2 pre-made in a GF situation, covered salad or meat plates that come with rice and nut thin crackers. The meat selection comes from a European butcher who does not use wheat or gluten and thus only produces GF products. You can find out more information on the butcher and all the food mentioned, including ingredients at Section 209 Concession! Please say hi to Cheri and her staff and let them know how much you appreciate the work they have done this year. Very soon, what has been learned and tested at BC Place will hopefully be put in place at Rodgers Arena in order for the Canucks season to begin! Lynda from The Celiac Scene Lynda@theceliacscene.com

Heads Up Celiacs! Loose-fill packing 'peanuts' can be made from wheat, corn or potato starch. If you are a celiac who has developed contact allergies to gluten, this would compromise the safety of your home. A big bouquet to Bob's Red Mill who has already addressed this issue! http://blog.bobsredmill.com/featured-articles/mystery-solved-packing-peanuts/
GREAT BEER doesn’t need GLUTEN.

Imported by TrucCraft Beverages™, Vancouver.
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Celiac in the Kitchen

Chocolate Pumpkin Cake

Ingredients:

- 1 3/4 cups gf flour of choice
- 2/3 cup cocoa
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup buttermilk
- 1 cup canned pure pumpkin
- 2 tsp. pure vanilla
- 3/4 cup softened butter
- 1 cup dark brown sugar (Demerara- I use this sugar because of the moisture it adds to your cake and flavor)
- 1 cup granulated sugar
- 3 large eggs
- 1 egg yolk
- 1 tsp xantham gum

Directions:

1. Line the bottoms of two 8-inch cake pans with parchment paper and lightly butter.
2. Sift the flour, cocoa, baking powder, baking soda, salt, xantham gum together in bowl.
3. Stir the buttermilk, pumpkin and vanilla together in a small bowl.
4. Beat the butter and sugars together using an electric mixer on medium speed until light and fluffy.
5. Beat in the eggs and yolk, one at a time.
6. Reduce the mixer speed to low and alternately beat in the flour and buttermilk mixtures in thirds.
7. Pour batter into prepared pans. Bake until a tester, inserted in the center, comes out clean, about 35 minutes at 350 degrees. Depending on your oven, you may have to turn it down by 10 degrees.
8. Cool layers completely before icing.

Frosting

- Beat 1-6oz softened cream cheese using a mixer set on medium/high speed until fluffy.
- Add 1 ½ cups confectioners’ sugar
- 2 -1/4 tsp. cocoa
- 1/4 tsp cinnamon
- 3/4 tsp. vanilla

1. Beat on low speed until well combined.
2. Separate bowl –beat 1 ½ cups heavy cream with ¾ cup confectioners’ sugar and a ¼ tsp. orange food coloring on medium-high to soft peaks. Wilton is gf but still check.
3. Gently fold the whipped cream into the cream cheese mixture until well combined.
4. Spread 1 cup of frosting between the two layers and use the remaining frosting to ice the top and sides of cake. Chill 30 minutes. Makes 3 cups. If your family likes lots of icing you may have to make a double batch. The more layers you have the more filling you need. (I cut my layers into 4 – makes the cake moister with having 3 layers of frosting) You can also make simple syrup of 1 cup sugar and 1 cup hot water. Cool and brush onto your layers. You can add a flavoring or an alcohol flavor to the syrup. Keep rest in refrigerator.

Glaze:

- Place 4 ounces of chopped bittersweet chocolate of choice. (I use 72% cocoa butter)
- 1 tbsp. cold unsalted butter.
- 3 tbsp. corn syrup in a medium heatproof bowl.
- Bring ½ cup heavy cream to a boil; pour over the chocolate and let sit for 3 minutes.

1. Gently stir, using a whisk until smooth. Let sit for 3-5 minutes until the glaze thickens slightly.
2. Pour the glaze onto the center of the frosted cake and smooth out to the edges to allow the glaze to drop over the sides. Makes 1 cup.
**Chocolate Zucchini Bread**


**Ingredients:**
- 3 eggs
- 1 cup vegetable oil (you can also use ½ cup extra virgin olive oil, ¼ cup grapeseed oil, and ¼ cup unsweetened applesauce-authors suggestion)
- 2 cups sugar (try 1 ⅓ cups coconut sugar plus ¼ cup granulated sugar)
- 1 tbsp Vanilla
- 2 cups shredded, peeled zucchini (about one medium size)
- 2 ½ cups gf flour mix of choice
- 1/2 cup cocoa powder
- 1 ½ tsp. xanthan gum
- 1 tsp. salt
- 1 tsp. ground cinnamon
- 1 tsp. baking soda
- 1/4 tsp. baking powder

**Directions:**
1. In a large mixing bowl, beat eggs, oil, sugar, and vanilla
2. Add in zucchini; mix
3. Add dry ingredients and mix well.
4. Pour into two greased loaf pans
5. Bake at 350 degrees for one hour or until bread tests done. Cool.

**Option:** I always add the apple sauce to my loaves and muffins by cutting the oil in half and adding the balance with applesauce. ½ cup vegetable oil and ½ cup unsweetened applesauce.

**Other Suggestions for Zucchinis:** zucchini noodles for pasta sauces; zucchini pesto; zoo sticks – baked with a seasoned flour (Namaste/Better Batter to name a couple) (dip in milk, egg, seasoned flour and gf bread crumbs and bake); stir fry in olive oil as a side dish and a tomato sauce for your zucchini noodles or gf noodles.

**Pumpkin Crème Brûlée**

**Ingredients:**
- 1 small pie pumpkin or 1 ½ cups pure canned pumpkin
- 1 ½ tsp. vanilla
- 3/4 tsp pumpkin pie spice (Epicure is gf) - you can also make your own blend with nutmeg, ginger, cinnamon and cloves optional.
- 2 cups whipping cream
- 8 egg yolks
- 1/3 cup white sugar plus more for sprinkling on top to finish

**Directions:**
1. If using pie pumpkin, cut in half, remove seeds and place face down on a baking tray that is lined with parchment paper. Poke the pumpkin with a fork and bake it for about 40 minutes at 350 degrees. Cool and process until smooth. Measure out 1 ½ cups.
2. Place eight 6 oz. Ramekins in a large pan with sides. Preheat oven to 350 degrees. Boil water in a kettle.
3. Heat cream until steaming in a small saucepan over medium heat.
4. In a large bowl, whisk egg yolks with sugar and slowly add heated milk while continuing to whisk. Add to the pumpkin mixture bowl and stir well.
5. Pour through a fine sieve into a container that pours well. A jug works well. Pour into cups. Add enough hot water to the pan to come half way up the sides of the ramekins.
6. Bake about 35 minutes until the custard is just set but still jiggles in the center. A knife inserted into the center should come out creamy.
7. Remove from water and cool on racks. Place plastic wrap against surface of custard. At this point the custards can be refrigerated for several days. Be sure the custard is well protected from the air.
8. Once chilled, sprinkle surface with white sugar and using a kitchen blowtorch, heat the sugar until it begins to bubble and the surface is caramelized. The result will be a crisp top with creamy pumpkin custard.
9. Refrigerate up to 3 hours.

**Tip:** If you don’t have ramekins and do have wide mouth ½ pint jars use them. They will work too.
Gluten free Cranberry Scones

Ingredients:
- 1/3 cup dried cranberries
- 1 1/2 cups Robin Hood Gluten Free Nutri Flour Blend
- 1/4 cup xanthan gum
- 4 tsp baking powder
- 1/4 cup granulated sugar
- 1/2 tsp. salt
- 1/2 cup cold butter, cut into tiny cubes
- 2/3 cup buttermilk
- 1 large egg
- 1 tsp. vanilla
- 1 tsp. finely grated lemon zest
- 1 tsp. granulated sugar for sprinkling

Directions:
1. Preheat oven to 425F. Line a baking sheet with parchment paper. Chop cranberries into small pieces and set in a small bowl.
2. Place flour blend, xanthan gum, baking powder, 1/4 cup sugar and salt in a mixing bowl, whisk until combined.
3. With a pastry cutter, your fingers or 2 forks, work the butter into the flour mixture until thoroughly distributed.
4. Mix in the chopped cranberries.
5. Place the buttermilk, egg, vanilla and lemon zest in another bowl and beat to combine.
6. Pour wet ingredients over the flour mixture and mix well until a dough forms. (Consistency will be like cookie dough).
7. Transfer dough to prepared baking pan. Press and shape into a ball. Flatten and shape into a 7-inch wide disk. Cut dough in half, and then cut each half into 5 wedges. Set the wedges about 3” apart on the baking sheet. Sprinkle the top of each wedge with a little sugar.
8. Bake scones 12-13 minutes, until golden brown. Cool at least 10 minutes before serving.
### Italian Pizzelle Cookies

**By Carol Kicinski**
http://simplygluten-free.com/blog/2012/10/gluten-free-dairy-free-sweet-potato-sundaes.html

Sweet potatoes and marshmallows are a perfect match...

**Ingredients:**

**Sweet Potato Ice Cream**
- 2 medium sweet potatoes
- 1 – 14 ounce can full fat coconut milk, chilled
- 1/3 cup Raw Blue Agave
- 1 tbsp. pure vanilla
- 1/8 tsp. kosher salt

**Cinnamon Marshmallow Fluff**
- 3 tbsp cold water
- 1 packet unflavored gelatin
- 1/2 cup cinnamon flavored agave
- 1/2 cup chopped walnuts (optional or omit if you have a nut allergy)

**Directions:**

**Sweet Potato Ice Cream**
1. Cook the sweet potatoes until soft either by roasting in a 400 degree oven for 45 minutes or in a microwave for about 7 or 8 minutes. You can also use a sweet pie pumpkin instead of sweet potatoes. Cool
2. Scoop the flesh (1 ¼ cup) and put in a blender with the cold coconut milk, agave, vanilla and salt. Blend until smooth.
3. Pour the mixture into an ice cream maker and process according to the manufacturer’s directions. Put ice cream in a covered container in the freezer until firm, at least ½ hour.

**Note:** conversion of 2 medium sweet potatoes to cups is equivalent to 1 ¼ cups cooked and mashed

2 medium sweet potatoes = 3 to 4 canned = 1 ¼ cups cooked and mashed

**Cinnamon Marshmallow Fluff**
1. Combine the water and gelatin in a small bowl and microwave for 30 seconds.
2. Put in mixer with the cinnamon agave.
3. Turn mixer on low to combine then increase speed to high and beat for 15 minutes. You will need a kitchen aid or similar.
4. Fluff can be stored in a covered jar in refrigerator for up to a week.
5. Serve ice cream topped with marshmallow fluff and chopped walnuts (optional) in the little pizzelle baskets.

### Dairy Free Sweet Potato Ice Cream

**By Carol Kicinski**
http://simplygluten-free.com/blog/2012/10/gluten-free-dairy-free-sweet-potato-sundaes.html

Ute Tindorf has made these for years for the “Cycling for Celiac” Barbecues in Abbotsford.

**Ingredients:**

- 1 ½ cup gluten free flour of choice
- 2 tsp baking powder
- 3 large eggs
- 3/4 cup of granulated sugar
- 1 tbsp. Vanilla
- 1/2 cup butter melted
- Confectioner’s sugar for dusting

**Directions:**

1. You will need a pizzelle press. Warm it up and spray lightly with cooking spray.
2. In a medium bowl, whisk and sift together your flour, and baking powder.
3. Beat eggs and sugar together for 1-2 minutes until thick.
4. On low speed, add vanilla and melted butter to egg mixture in a steady stream and mix for 15 seconds.
5. Add the dry mixture to wet and blend into the batter until smooth.
6. Drop about one tablespoon of batter onto each circle of the iron. You might have to experiment with the amount of batter and baking time.
7. Bake about 20-45 seconds or until steam is no longer coming out of the iron. Carefully remove cookies from the iron. At this point you can make cones baskets, rolls before they harden or leave flat. Cool completely before storing in an airtight container. Optional forms. Fill with ice cream or fillings of choice.
Celiac in the Kitchen

Roasted Brussels Sprout Chips

Submitted by Lorraine Didrikson
http://www.vegetariantimes.com/recipe/roasted-brussels-sprout-chips/

This is a favorite of my family. It can be a bit time consuming breaking the sprouts apart so try cutting them into thin slices or quarters.

These crispy Brussels sprout leaves make a great snack or accompaniment to soups and sandwiches. Choose the largest Brussels sprouts you can find for the most usable leaves. Serve as soon as they’re cooked. If they soften, you can re-crisp them in a 325°F oven for 3 minutes.

Ingredients:
- 20 very large Brussels sprouts, trimmed
- 4 tsp. olive oil
- Grated Parmesan cheese, optional

Directions:
1. Position rack in top third of oven, and preheat to 325°F. Line baking sheet with foil. Pull 8 to 10 leaves off of each Brussels sprout, trimming end as needed to release leaves, and transfer leaves to large bowl. Add oil and toss until leaves are coated.
2. Spread leaves on prepared baking sheet (baking sheet will be crowded), and roast 15 minutes. Stir to separate leaves after they begin to shrink, reverse baking sheet in oven, and roast 5 minutes more. Transfer any crisp leaves to sheet of foil. Repeat, roasting 5 minutes at a time and removing crisp leaves, until all leaves are done. Sprinkle with Parmesan (if using).

My family loves roasted Brussels sprouts so as a side dish for Thanksgiving and Christmas I roast Brussels sprouts and carrots together tossed in olive oil, cracked pepper and ground salt for about 25 minutes at 400 degrees. They will caramelize. If you can get them on a stem and after a first frost, they will be so sweet and good.

Roasted Red Beet Hummus

deliciousliving.com October 2013

Ingredients:
- 1 pound red beets, washed peeled, and cut into chunks (try using other types of beets; golden is really good, a little sweeter; this might be a good item for your kids snacks; golden beets will be a neutral color; protein rich) Olive Oil for drizzling
- 1 (15oz) can chickpeas rinsed and drained
- 3 cloves garlic crushed
- 1/4 cup tahini
- 1/4 cup fresh lemon juice
- 1 tbsp ground cumin
- 2 tbsp olive oil
- 1/2 tsp salt

Directions:
1. Preheat oven to 400 degrees. Place beet chunks on a baking sheet, drizzle with olive oil and sprinkle with salt and pepper. Roast for 30-40 minutes, or until tender. Allow to cool slight.
2. Transfer roasted beets to a food processor and add all remaining ingredients. Blend until creamy, scraping down sides as needed. Adjust taste with lemon juice and salt. Refrigerate up to 3 days.
3. Top with black sesame seeds
4. Serve with gluten free crackers. Sesame, rice or nut crackers or veggies.

Few Suggestions for Beets: Beet Salad with goat cheese; borscht (Origin – Ukraine but all Slavic/Russian Cultures have a version; pickled canned beets/relish and of course as a side veggie dish. The whole beets with greens and roots have great nutritional benefits. They will lower your blood pressure; fight inflammation, boost energy; Vit. C, Fiber, essential mineral such as potassium (healthy nerve and muscle functions) and manganese (good for bones, liver, kidneys & pancreas); B vitamin foliate (reduce risk of birth defects); anti cancer properties. The American Heart Association has a 3-Day Diet of eating a cup of beets a day is good for you.
Cheesecake Factory

Submitted by Lorraine Didrikson

Cheesecake Factory was named the favorite casual dining restaurant in a survey done by Market Force and published on FSR magazine www.fsrmagazine.com/print/30601. April 2, 2013 saw The Cheesecake Factory announce a gluten free menu.

They do offer a disclaimer about their menu “We prepared this menu for guests with sensitivities to gluten. While we strive to provide accurate information, our ingredients change from time to time, our kitchens are NOT gluten free and cross contamination may occur. Some items may contain as much as 20ppm of gluten.

Six weeks ago I was in Salt Lake City and had the pleasure of eating there twice with no ill effects. The staff was very efficient, knowledgeable about celiac disease, gluten sensitivity and the gluten free diet. Remember each restaurant will be different concerning staff menu knowledge. Fries are done in a dedicated gf fryer but still check with your restaurant location. Personally, dairy is not my friend, so cheesecake is not a choice I would make. In pre-celiac days I might have chosen it because I loved Godiva Chocolate but as we all know Godiva has a disclaimer on their website saying “all of our products including solid chocolate pieces may contain gluten. Any person with a gluten allergy should not consume any of our products”. http://www.godiva.com/customer-assistance/faq.html Even though Godiva makes special gluten free chocolate for the cheesecake, does this chocolate come from the same facility that the rest of the chocolate does with the disclaimer. You may also see in some of the reviews that the gf cheesecake has wheat husks but no gluten,” I am uncertain about that too. I leave that in your hands whether you try the gluten free cheesecake. There are other options if you really must have a dessert. Personally, I know cheesecakes can be made without gluten that would be safe for us celiac patrons to consume. http://www.glutenfreegluten.com/cheesecake-factory-2013

The menu I ordered from is the link below. http://www.theglutenfreemenu.com/2013/11/the-cheesecake-factory-gluten-free-menu.html#VBOHdplpra72

I know there are times when you will have a problem with your gf menu choice. I am sure we all have stories about a restaurant visit. I have had a few with PF Changs but I still keep going back and have had many more successful visits. Even though I will not have the Godiva Chocolate Cheesecake I will return to the Cheesecake Factory in other locations.

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Celiac Traveler with Many other Anaphylactic Allergies

Submitted by Alexandra Senchyna

Alexandra is 16 years old and going into grade 11. Her two sisters are 14 and 12 and both are celiac with some allergies buy not as many as Alexandra. This is her journey to Disney World with her Family. For other Celiac Families, travel can be an enjoyable advantage. If you follow her journey, you will get a list of restaurants to visit and choice menu selections. Do your research, plan your itinerary and enjoy your adventure. Do not be afraid to travel!!

Lots of people living with allergies are afraid to travel for fear of having a reaction away from the safety of home. For me, travel is a very important aspect in my life and I don’t want my allergies to take those opportunities away from me. Recently my family travelled to Disney World as a last minute getaway before school starts. Disney is probably one of the best places for people with allergies to travel to, although it’s important to plan ahead and make sure you’ve done your research before you go. Disney is very conscious about food allergies and can modify and offer a lot of meals depending on the ingredients, all you have to do is notify a cast member and they will always have the chef go over the menu with you.

During this trip, we brought all 5 carry-ons full of gluten/nut/soy free foods. We brought cereal, granola, seeds, dried fruit, and wraps for the plane and apple scones from Zena’s Gluten Free Bakery for breakfast. We were all set for breakfast for the 10 days that we were there, and most days we would bring our snacks to the park and didn’t have a very big lunch. Disney offers a lot of Gluten-free options in the restaurants, although most of their products are rice-based, instead of the quinoa, tapioca, sorghum blend that we are used to at home.

At most of the resort restaurants they have gluten-free chicken strips with fries. The first time we got them, they did their fries in canola oil. The second time, at the same place, they did them in soy oil so they gave us fruit instead. I don’t know if this was a temporary change or if they are going to be using soy oil in all of their fryers, but I found that they used a lot of soy in Disney World even though it is one of the top 10 allergens. Another thing we had for lunch which is a must have when you go to Magic Kingdom is Dole Whip. It’s essentially orange, vanilla or pineapple Dole juice whipped into the texture of ice cream on top of a cup of pineapple juice. On a sweltering hot summer day in Florida, something cold like this was crucial.

One day we went to the Blizzard Beach Waterpark to cool off and they were able to do chicken burgers lettuce wrapped for us, which was good because we were missing our vegetables. A lot of parks offered fruit, and although it was pricey for the amount we were getting, it was really needed after walking around all day. Most of the food we ate we could find onsite, but we did have to take a taxi to a Wholefoods one evening so that we could pick up at a more reasonable price some yogurt, fruit and vegetables for our wraps to take for lunch.

A couple of days during the week we went to Universal Studios, more specifically to Harry Potter World. This was probably the highlight of the whole trip. The whole atmosphere feels so magical, you honestly feel as if you are part of the movie. I knew I couldn’t come to Diagon Alley without trying the world famous Butterbeer, and I was so happy when I found out I wasn’t allergic to it. We made sure it didn’t have anything we were allergic to, but it did have dairy so my mom couldn’t try it. Let me tell you that Butterbeer is so yummy! It tastes like shortbread, butterscotch and vanilla all together. It sounds like it’s really sweet but if you get it frozen instead of just the liquid version it is literally heaven. We also went for late lunch/ early dinner at the Hog’s Head, right out of the movie. They did have an allergy book just like all the restaurants at Disney and Universal, and when I checked the ingredients for the ranch dressing it said that it was soy free in bold letters. When I double-checked the ingredients on the back of the ranch packaging the first ingredient was soy oil. We had to use lemon juice instead of any dressing on our salads, which was alright because we don’t use much dressing at home, usually just oil and vinegar. We had chicken, salad, potatoes and corn cooked with the husks still on. I felt like we were eating a thanksgiving feast at one of the long tables like they do in the movies. The 2nd day at Universal we decided to go to Margaritaville, which is just outside the park. We’d been there many times during our trip to Las Vegas and had their gluten free nachos, which were done in canola oil. We checked with the chef at the Orlando restaurant and he said that they’ve changed all their restaurants over to using soy oil in the fryers because they all needed to use consistent ingredients. My biggest piece of advice is to make sure you never assume anything is safe. Although they try their hardest to be careful, mistakes do happen so always check and double-check all the ingredients.

Our family stayed at the Port Orleans Riverside resort and had an amazing dinner at the Boatwright’s Dining Hall one evening. At this point in our trip I was going through onion withdrawal and missing our typical vegetable meals we eat at home. The chef was kind enough to improvise and make me caramelized onions and prawns because I couldn’t have the French onion soup that looked so fabulous. Although they modified it to make it gluten free, it still had soy protein in it. My youngest sister, Carissa tried the jambalaya, and my Mom had catfish, which was delicious. My parents both tried the red and white sangrias, surprised that they did in fact offer a white one.
Another evening we were wandering around Downtown Disney and came across an Irish Pub called Raglan Road. We sat out on the patio and listened to an Irish band while we had our meal. Our server was amazing. He filled us in on his experience applying for a job with Disney and having to go through training with allergies. I was a little disappointed that I couldn’t have the gluten free onion rings or fish and chips since they used bob’s red mill mix which uses chickpea flour, and I'm allergic to all legumes including chickpeas. Carissa had them though and made a show of telling me how incredible they were and that I was missing out. I had a cheesy cauliflower appetizer and a salmon salad with whiskey dressing which was to die for. My other sister, Kirsten had shepherds pie which was modified so it wouldn’t have soy. They use soy oil in the mold that shapes it but we told them it didn’t have to look pretty, as long as it tasted delicious.

If you happen to travel to Disney World and are craving some sweets, Ghirardelli Chocolates in Downtown Disney has amazing ice cream sundaes, and although they don’t have peanuts, they do have nuts there, but they are really good about making sure it doesn’t come in contact with them. The biggest surprise we found was that we could have gluten free beignets! A French-creole pastry that I never thought I would ever be able to try. If you go to the Port Orleans French Quarter and talk to the chef at the quick service restaurant, they can use Bob’s Red Mill Pizza mix, which is brown rice-based, along with millet, sorghum and tapioca. Our beignets were topped with icing sugar. The chef felt bad because I couldn’t have the corn in them, so he made me my own special little batch of apple, cinnamon beignets with brown sugar. The prices were extremely reasonable too. We got 6 for only $4.99 and had to go back for 3 more orders. We had some left over for the next day and they held up well all we had to do was microwave them.

I can definitely say the best meal I ever had was at Cat Cora’s restaurant, Kouzzina at the boardwalk. Going from having a lot of starchy foods throughout the week to being able to have a Greek dinner with tons of vegetables was certainly needed. To start us off, our server brought out Udi’s pizza shells to mimic wheat pita bread so that we could dunk with different types of olive oil. We had a goat cheese sto fourno as an appetizer, and we fought over who got the olives on the side. We all tried very different meals. I had a slow cooked lamb shank with potatoes. Normally I’m not a big fan of potatoes but these were so crispy and soft on the inside I’m so glad I had them. My Mom tried the fisherman’s stew, which had scallops, shellfish and fish. I may be guilty of sneaking some of her scallops when she wasn’t looking. My Dad had the cinnamon stewed chicken with quinoa pasta instead of orzo, so that us girls could try some. I honestly didn’t think that cinnamon with chicken would taste good but it was delicious. Kirsten and Carissa shared a Greek salad and the traditional whole fish, which in our case was snapper. The chef brought it to our table, cooked with the head, fins still attached and filleted it right in front of us. The look on my sisters’ faces was priceless. They wouldn’t even go swimming in the ocean in Mexico because they were scared of the fish so the fact that they ate one that had the eyes still in was a miracle. We ended the meal off with an Arabic coffee, too stuffed to even think about desert. The whole dinner was quite expensive, but it’s nice to treat ourselves to an authentic meal once in a while, and it was well worth it. It was neat to read all about Cat Cora’s Greek heritage and her journey to opening the restaurant on the side of the menu, and seeing old family photographs on the walls. Unfortunately Kouzzina’s is closing at the end of September, due to their contract ending. The chef told us that there would be a new Italian restaurant opening in its place. In addition to that, they were going to make sure it had its own gluten free pizza ovens and a larger gluten free menu. This is definitely something to try if you ever make it down to the boardwalk.

Going into this trip I thought that we’d have a lot more complications with menus and wouldn’t be able to eat much because of my other allergies on top of being celiac, however I was pleasantly surprised. There were so many families with young kids in the same position as ours and every cast member was willing to help us. Everywhere we went, whether it was to the top restaurants or the quick service ones in the resorts, they were cooperative and understanding of our needs and eager to ensure we had safe meals. It could have been very frustrating and time-consuming every time we ate, but everyone in Florida wanted to make sure we were well informed of the menus and that we could feel satisfied when we left. Travelling with allergies doesn’t have to be difficult; in fact it can be a really fun experience trying new foods and getting out of your comfort zone. I only wish that I can travel to more places in the future and see what exotic dishes I can have around the world.

Just a few items available and the highlight has to be gf beignets, very famous in the south.
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Presentation Review - Article on Shelley Case

Submitted by Sarah Makepeace

Review of Shelley Case’s first presentation on “Celiac Disease, non-Celiac Gluten Sensitivity and the Gluten-free Diet” at the CCA’s National Conference in Calgary.

When I was first diagnosed with Celiac Disease back in February 2005, I was completely overwhelmed. I remember reading Shelley Case’s book and it changed everything, for the better. She immediately became an idol of mine.

When I went to the CCA National Conference this year in Calgary, I was one happy girl. I was finally going to see and possibly meet, Shelly Case. I was so excited I could barely concentrate, let alone sit still when I finally got to the conference room.

The presentation was so popular, it needed extra chairs for the never-ending flow of people trying to find a spot. Those that couldn’t were left standing near the walls in what seemed like the nose bleeds of the room. Being an eager beaver assured me a modest spot in the room and I even managed to save a seat for my boyfriend (non celiac). And then I waited...anxiously.

Her presentation was 1.5 hours and it flew by! I really enjoyed it and found her both engaging and also quite entertaining. I’m sure she’s done this talk many times, but she made it seem so personal, as if she was speaking directly to me with genuine passion about Celiac Disease. Her passion alone confirmed what I only thought in my head about her from her book. She never seemed bored with any of the topics and she is so incredibly knowledgeable about everything and anything related to Celiac Disease!

Even though I’ve been diagnosed for 9.5 years, I still took away quite a few things from the presentation (and hopefully I’ve got all of this right):

- Most common presentation of Celiac Disease is: anemia (iron, folate, vitamin B12 deficiency)
- the importance of screening or testing all first-degree relatives of those with Celiac Disease (hint hint...do it!)
- That only 5-10% of those with Celiac Disease are actually diagnosed.
- The average time of diagnosis is ~12 years.
- Most newly diagnosed adults don’t have gastrointestinal symptoms.
- Safe for Celiacs, wheat-free oats (in Canada): creamhill estates, avena foods.
- Difference in labelling laws between Canada and USA (particularly around “safe” oats): this was really informative, but there was so much information that it was hard to remember every detail. Main point – labelling laws are different between each country, so do your research about what’s safe there and what isn’t!
- Glutenfreepassport.com: is amazing and has really good dining cards (to take with you internationally)

My non-Celiac boyfriend, who decided to come with me to the presentation, said the presentation “wasn’t overwhelming, but it was informative and easy to understand.” I know he learned quite a bit at that presentation – so that’s a bonus for me.

I would definitely recommend her presentation to anyone, particularly for those newly diagnosed Celiacs or for anyone that knows someone with Celiac Disease (friend, relative, significant others etc.). So if the opportunity to see one of Shelley’s talks ever arises, I would highly recommend you take it. (And for those who are wondering, yes, I did get to meet her! I went up after the presentation and introduced myself, sweaty palms and all).
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How Gluten Free is your Flour?

By Lynda Marie Neilson Lynda@theceliacsscene.com

What an interesting article that Shelley Case wrote along with Tricia Thompson’s research (in the USA) about testing flours originally marked gluten free. To give you the executive overview, both Canada and the USA now have gluten free labelling laws, which for a gluten free label, require a test under 20 ppm (parts per million). Also both countries employ “may contain” statements, however in the US, with fewer allergens, for a Celiac, only wheat will be listed where Canada also requires barley and rye to be included.

Earlier this year, Tricia sent out “22 packages of gluten-free grains, flours and seeds that were not labeled “gluten-free” for gluten analysis.” Thirteen samples – “including white and brown rice; amaranth, rice, sorghum and soy flours – contained under 5 parts per million of gluten” and “9 samples tested above 5 ppm of gluten, with 7 samples at or above 20 ppm.”

From Tricia’s small study, it does show that items we consider to be naturally gluten free, can have more than the tolerable amount of gluten in them and that “voluntary” “may contain” warning statement does not always correlate with the level of contamination.”

The interesting thing is that Health Canada in 2013 published a very similar study using similar testing as Tricia and at that time, out of 640 Canadian samples that ranged from multiple batches of the same flour to every naturally occurring gluten free flour and ingredient you can think of, including some mixes, 61 of the samples came in at OVER 20ppm. So of 640 samples, that is just under 10%.

But wait – it is not that bad - for the 268 samples that contained gluten free statement in the study, only 3 samples had more than 20ppm of gluten. When there were no gluten free claim or “may contain” wheat, barley or rye statement, 58 of the remaining 372 packages were greater than 20ppm.

So this shows that only 1% of the samples that had a gluten free statement were over 20ppm for gluten, where 16% of the samples that were deemed naturally GF and contained no GF claim or “may contain” statement DID have gluten greater than 20ppm.

Should you stop eating flours, nuts and seeds? NO, I do not think so and neither does Shelley or Tricia. However this does go to show where the danger resides when out shopping for gluten free ingredients – stay with products that are labeled gluten free!

If you want more information on Shopping for GF grains, flours and starches please check out the link:

As gluten’s stigma declines, wheat is put in spotlight

Submitted by Lynda Marie Neilson

“It’s been blamed for everything from bloating to brain fog, a suspect in symptoms including joint pain, rashes, headaches and even anxiety. Gluten, the infamous protein that lurks within wheat, has a reputation so bad it drove sales of more than $10 billion in gluten-free foods last year alone.”

So being this article, which discusses while there are roughly 3 million Americans that are diagnosed with celiac disease, which means avoiding gluten there are upwards of 40 million Americans buying gluten-free foods. Whether it is the media, celebrities, non celiac gluten sensitivity, an array of digestive issues or other ailments that is causing this trend, no one knows for sure, however researchers (and doctors) are now starting to take note.

Is this a scam, as Dr. Oz recently called it, when he previously said gluten intolerance, or what you want to call it, was an epidemic? Or is this the next buzzword for eating “healthy” thinking “avoiding gluten will improve their well-being overall” or add to weight loss?

What is arising though is a discussion among medical experts and researchers is the fact that going without gluten “won’t cure our health problems, ease our anxiety or help us shed pounds”.

But what about wheat and those who just cannot tolerate it? Such as those with IBC (irritable bowel syndrome) and other digestive issues who just cannot eat bread and pasta – their pain is real however their numbers, according to the researchers, is actually much smaller than the market currently shows. From the International Celiac Symposium, we learned that there is an estimate of between 1 and 5 percent of the population, which the lower end is closer to Celiac Disease diagnosis rates.

What these researchers spoke about in Chicago, at the Celiac Symposium was the class of carbohydrates called fermentable oligosaccharides, disaccharides, monosaccharides and polyols, or FODMAPs for short. They are found in wheat as well as some fruits, legumes and dairy products and these carbs can be difficult for the small intestine to absorb and digest. A study recently published in the Journal of Gastroenterology, where 37 self-identified gluten sensitive people, who were diagnosed with IBS, found that they all improved except 3 on a low-FODMAP diet. The 3 people who did react to gluten were followed up for Celiac Disease. Another study, where children diagnosed with IBS at an East Coast hospital, were put on a low-FODMAP diet found that their symptoms, including bloating, brain fog, attention issues and abdominal pain, decreased significantly.

In the USA, testing has been started to differentiate between wheat and gluten sensitive so that people can be put onto the correct diet – either Gluten Free or FODMAP - which is a much more restrictive diet.

People on a low-FODMAP diet must avoid not only fructan - a carbohydrate found, like gluten, in wheat, barley and rye - but also fructose, lactose and sugar alcohols. This puts a slew of foods off-limits, from apples to artichokes, milk to mushrooms.

For more information ask your dietician or call the BC Health Line and ask to speak to a dietician!

Incidence of Malignancies in Diagnosed Celiac Patients: A Population-based Estimate

By Lynda Marie Neilson Lynda@theceliacscene.com

Worried about your Celiac Diagnosis and risk of Cancer?

New Study released in the American Journal of Gastroenterology the week of September 8th, 2014 has some interesting information for you!

The association between celiac disease and cancer is well recognized. In Finland, where this study occurred, they have a biopsy diagnosed Celiac population of 0.06%, or 32,439 adults, which they based this study projection on for cancer risk. They compared the Finnish Cancer Registry and Celiac patients diagnosed after 2004 (n=11,991). Lifestyle factors, including smoking habits and obesity, were not obtainable.

The following cancer incidences were increased with a Celiac Disease diagnosis:

- Non-Hodgkin lymphoma
- Small-intestinal cancer
- Colon cancer
- Basal cell carcinoma of the skin

Where the prevalence of the following cancers decreased with a Celiac Disease diagnosis:

- Lung cancer
- Pancreatic cancer
- Bladder cancer
- Renal cancer
- Breast cancer

There was no increased incidence of cancer in the whole study; however an incidence of cancer was seen 5 years after a celiac disease diagnosis. The risk of breast and lung cancers was decreased. The risk of small-intestinal cancer and Non-Hodgkin’s Lymphoma was increased, but to a lesser extent than previously described.

For further information and to read the study overview it is located here: http://bit.ly/WPYQcF (accessed September 8, 2014).

New Gluten-free Ingredient May Cause Allergic Reaction, Expert Warns

By Lynda Marie Neilson

“A popular new ingredient in gluten-free products could be causing an allergic reaction, according to a Kansas State University food safety specialist.”

Lupin, which is a legume, is a popular ingredient in other countries and is starting to show up more in North American gluten free food. The protein within lupin, which belongs to the peanut family, can cause an allergic reaction in people sensitive to peanuts and soybeans. Here is a warning displayed on a gluten free product from the USA.

This research was done due to an alert that was issued by the US Food and Drug administration warning all consumers who have peanut and soybean sensitivities to read product labels carefully before purchasing.

"Lupin is a yellow-colored bean that's very popular in Europe, Mediterranean countries, Australia and New Zealand,” said Karen Blakeslee, Kansas State University extension specialist in food science and coordinator of the Rapid Response Center.

In addition to those with soybean and peanut sensitivities, one needs to remember that anyone can become allergic to something, so you have to be on the watch at all times and contact your doctor immediately if you have concerns.

Lupin is expected to be used more in the gluten free food industry due to it being low in fat while high in protein and it also contains dietary fiber which will help lower cholesterol. This will also hopefully add to more healthy gluten free products on the market for some consumers.

Manufacturers in the USA and Canada are required to list lupin on food labels, as may contains statements are voluntary, it is up to the manufacturer whether they will follow through with an example as provided above.

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The verdict: A bit unorthodox to be sure, but it’s our No. 1

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FOODS
At time of our publication, no 2014 candy lists were available. The links below are from last year. This will give you some information. Beware, the USA candy list will vary from the Canadian. Check out the links on How to Make your Celiac Child’s Halloween Fun. Check out our website www.vancouerceliac.ca newsletters from 2012 and 2013 you will see Halloween Candy Lists. Check out Costco they have a selection of gluten free candies/chips.

http://www.myglutenfacts.com/halloween/Halloween2012CDA.pdf
http://www.celiaccentral.org/halloween/
http://celiacfamily.com/gluten-free-halloween-candy/
http://celiacdisease.about.com/od/glutenfreefoodshopping/a/GFcandies.htm
http://glutenaway.blogspot.ca/2012/10/gluten-free-candy-list.html
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http://celiacdisease.about.com/b/2013/10/03/gluten-free-halloween-candy-list-just-updated.htm
http://celiacdisease.about.com/od/raisingaglutenfreechild/tp/Halloween-Does-Not-Have-To-Be-Scary-If-You-Are-Gluten-Free.htm
http://celiacdisease.about.com/od/raisingaglutenfreechild/tp/Gluten-Free-This-Halloween-Five-Tips-To-Enjoy-The-Holiday.htm
http://glutenfreecooking.about.com/od/glutenfreekids/tp/glutenfreehalloweenrecipes.htm
Thanksgiving Deals

Thank you to all our customers and community members, for the support over the past year. We are so proud to be able to open our second location in Burnaby, to serve you better. To show our Thanks, we are extending these amazing low prices to you.
Happy Thanksgiving!

-The people who eat and serve genuine food :)

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Odds and Ends

Kinnikinnick’s has introduced a few new items Cinnamon Raisin and Whole Grain Breads (launched August 20, 2014), along with Vanilla Wafers.


If not in your local store, ask your manager to bring in the new items. Check out the recipe Vanilla Banana Pudding that uses the Wafers.

If traveling to the USA, be aware that the gluten free definition has been standardized for all gluten free foods. http://www.bakingbusiness.com/articles/news_home/Regulatory/2014/08/Gluten-free_labeling_rules_tak.aspx?ID={4BA62A8D-A1B7-4D66-9D5E-9BBF55E4E4EC}

August 5, 2014 marked the deadline for manufacturers making voluntary gluten free label claims to ensure they meet the FDA’s definition of a gluten free food (less than 20 parts per million of gluten). Products labeled as gluten-free must now meet federal standards. The rule also requires foods with the claims "no gluten," “free of gluten,” and “without gluten” to meet the definition for “gluten-free.”

If you happen to find yourself in Downtown Salt Lake City, you will find a number of restaurants that provide gf options such as: PF Changs, Olive Garden, Blue Iguana, Blue Lemon and more all within walking distance from the local hotels, mall and Mormon Temple. Harmons Grocery Store is also within that core center to pick up fruits, veggies, gf products and a deli section.

Looking for gluten free black licorice? A members has found it at the Licorice Parlour – 1002 Commercial Drive, Vancouver 604-558-2422

Pharmacists Clinic- Pharmaceutical Sciences Building. - The Future of Pharmacy Arrives at UBC. Patients can book hour-long session, receive advice but not drugs. This is the first clinic in Canada where you can receive free advice on your medications. Experts are on hand to help patients manage their prescription or over-the-counter medicines, supplements and natural health products. Larry Leung who has spoken to the Vancouver Chapter informed us of this clinic. Vancouver Sun also ran an article on the topic by Pamela Fayerman on April 28, 2014.

Be the CEO of your restaurant eating – this article was in The Province on Thursday August 28, 2014 (The Province.com). Health Tips from Dr. Oz and Dr. Roizen. Statement: “When eating out, you want to reshape a menu so it works for you, not against you”. You are paying for the meal, so you should have control over your dining experience and deserve to get what you want. This situation should also work for gluten free eating. We should be able to make the same requests as other patrons requesting their dietary needs. We need to take control of our meal, ask questions relating to the gf options, and request substitutions. Now that you are satisfied and ordered your meal with changes, you can now say you are the “CEO” of your plate! Remember advocate for yourself and the gluten free diet for celiacs.

October

November
Abstract:
Purpose of the review here is to review the clinical applications of small bowel capsule endoscopy. The review team provided an outlook on the exceptional future developments of small bowel capsule endoscopy and discussed clinical algorithms for diagnosis of small bowel disease. Multiple studies have shown the potential of capsule endoscopy for identification of the bleeding source located in the small bowel and the increased diagnostic yield over radiographic studies. Capsule endoscopy could detect villous atrophy and severe complications in patients with nonresponsive celiac disease. In addition, small bowel capsule endoscopy was proven as a valid tool to diagnose polyps and tumors and Crohn’s disease.

Summary: Major current clinical indications of capsule endoscopy in the small bowel include evaluation of obscure gastrointestinal bleeding, diagnosis and surveillance of small bowel polyps and tumors, celiac disease and Crohn’s disease. Recent developments have also passed the way for small bowel capsule endoscopy to become a therapeutic instrument. The full report can be viewed at: http://www.medscape.com/viewarticle/830673?src=wnl_edit_tpal&uac=199503FG

Wireless Capsule Endoscopy of the Small Intestine
Kids Corner

BACK TO SCHOOL

IF this is your child’s first year going to school as a celiac, take a deep breath. Make sure your child understands he or she cannot consume any gluten. Reach out to the school. First contact the school administration office and explain your child’s illness and special diet. This will contribute to your child’s happy successful year. You as a parent will have to take control and inform the school.

1. Talk to the principal
2. Talk to class teachers
3. Talk to “Room Parents” who oversee special activities and holiday celebrations.
4. Talk to the School Nurse if your school has one.

Cafeteria Staff – if your school has one. Set up a time to talk to the staff in charge. See the prep area for gluten free if they provide it. Explain cross contamination. You might be able to suggest some gluten free menu items that can be added to the regular menu. Elementary Schools usually do not have a cafeteria. The kid’s lunches are sent from home. For those schools that have a breakfast/lunch program you will have to contact the people involved.

Talk to the Art Teachers about supplies used that are not gluten free such as i.e.: play dough, glue, how is Paper Mache made, etc. Make suggestions as to what is gluten free. Explain that air-borne wheat flour is a big problem for a celiac individual.

Special events at school i.e.: pizza day, cupcakes, classroom birthdays, etc. Make sure you are aware and can bring items to the class teacher so your child doesn’t feel left out. All children want to be part of the party/event situation.

Field trips – you as a parent can volunteer to go along to monitor the event. Explain the situation to new friends/parents to create a good support system for your child. These are just a few tips.

Kids Corner – Back to School – 2012 & 2013 October Issue of the Vancouver Chapter Celiac News has a list of tips to keep the classroom allergen friendly; Kids Gluten Free Lunch Box suggestions; Sample letters and a kids card to be put in their backpacks. If you do not have a copy of these newsletters, go to www.vancouverceliac.ca these issues are now posted on the website.

For those first time parents check out Miss Milly at Schar


Also check out the websites for back to school tips at the links below. You can sign up for their newsletters which will provide you with lots of information and recipes.

- www.glutenfreeliving.com
- www.simplyglutenfree.com
- www.Livingwithout.com
- http://ca.rudisbakery.com/gluten-free/
- http://udisglutenfree.com/
**Kids Corner - Best Halloween Movies for Kids**

**Nightmare Before Christmas**
Dreamed up by Tim Burton, *The Nightmare Before Christmas* tells the story of Jack Skellington—the “King of Halloween”—who, tired with staging Halloween festivities year after year, finds a door to Christmas Town and decides to try his hand at that holiday, instead. Recommended Age: 7 and Up

**Pooh’s Heffalump Halloween Movie**
It’s Halloween in the Hundred Acre Wood, and everyone is excited to trick or treat. But Pooh eats all of the candy (oh, Pooh Bear!), so Roo and Lumpy set off on a quest to capture a scary Gobloon who will grant their wish for more. Recommended Age: 3 and Up

**Harry Potter**
There is something about Harry boarding the Hogwarts Express that really evokes that start-of-the-school-year, fall feeling. Oh…and there’s magic and witches, too! The first few movies are aimed at younger children while the later ones are better suited to their older, tween siblings. Recommended Age: Harry Potter and the Sorcerer’s Stone, 7 and Up; Harry Potter and the Chamber of Secrets, 8 and Up; Harry Potter and the Prisoner of Azkaban, 10 and Up; all movies after Harry Potter and the Goblet of Fire, 12 and Up

**It’s the Great Pumpkin, Charlie Brown**
What is a Halloween without the Great Pumpkin? Linus’ optimistic wait in the pumpkin patch is a staple of the season. Plus, there are other fun, festive antics like trick-or-treating, apple bobbing and Snoopy taking his costume a little too seriously. Recommended Age: 4 and Up

**Hocus Pocus**
A boy who is charged with keeping an eye on his nosy little sister on Halloween night accidentally unleashes the Sanderson Sisters—three witches from the Salem witch trials that suck the youth from little girls. Best part of the movie? The Sisters performing “I put a spell on you” at a Halloween party, hands down! Recommended Age: 11 and Up

**Beetlejuice**
A newly-dead husband and wife discover that a family of the living has moved into their house, so they hire a crude "bio-exorcist" to scare them off. The friendship between the deceased couple and Lydia—the epitome of a neglected and gloomy teenager—is heart-warming and the rockin' 80's styling will give you a good chuckle. But really…Beetlejuice! Beetlejuice! Beetlejuice! Do we need to say more? Recommended Age: 9 and Up

**Casper**
The iconic cartoon character stars in this sweet film. Poor Casper has always struggled with being lonely and when he finally finds a friend, he tries to bring himself back to life. But things do not go according to plan. At its heart, this is a tender ghost-meets-girl story. And Casper whispering "can I keep you" never fails to make us tear up! Recommended Age: 6 and Up

**Halloweentown**
Marnie Piper has always been obsessed with Halloween, much to her mother’s despair. But it turns out there is something her mom is keeping from her—she’s a witch! When grandmother Aggie arrives for her annual Halloween visit, Marnie follows her to a strange place called Halloweentown. This installment is the first of a magical trilogy—the two sequels will be better appreciated by kids 8 and up. recommended Age: 7 and Up

**The Worst Witch**
Before Harry Potter got his scar, there was Mildred Hubble. And while fame and fortune come easily to Harry, Mildred struggles with being the worst student at Miss Cackle’s Academy for Witches. This sweet movie about a triumphant underdog will entertain kiddos who may be too young for Hogwarts adventures. Plus, Tim Curry makes a campy (and musical) appearance as the hunkiest warlock around! Recommended Age: 6 and up

**Gremlins**
While the film doesn't revolve around Halloween, watching these little monsters cause chaos is totally in the spirit of this trick-or-treating holiday. Recommended Age: 9 and Up

**Ghostbusters**
Maybe too scary for the kids under 10 but ALWAYS a good laugh. Who ya gonna call? Recommended Age: 10 and Up
What's in it makes it delicious, what's not in it makes it amazing!

Keeping Life Delicious!

Our Canadian-made range of gluten-free pizza options are deliciously free from most common food allergens

Now available in select B.C. MarketPlace stores!
Online Courses

Submitted by Lorraine Didrikson

Canadian Celiac Association is offering a New Online Course focusing on:

Celiac Disease and the Gluten Free Diet

Welcome! Your interest in learning about celiac disease and the gluten free diet is appreciated.

This self learning course is designed for those people who have an interest in learning about celiac disease. This course will be of great use for health care workers such as personal support workers, licensed practical nurses, workers in senior’s residences, day care workers, schools and meals on wheels. In particular people who are involved in any way in the preparation and serving of meals to persons with celiac disease such as chefs, cooks, children day care workers, school cafeteria workers, volunteers, family and friends.

Registration

The fee for this online course is $50.00. If your institution has a continuing education department, they may be interested in paying a portion of this fee. Please register at http://www.celiac.ca/wp/ when you are ready.

Course Details

The purpose of this course is to acquire knowledge and continuing education about celiac disease so that you can assist your clients to eat a safe gluten-free diet. There are eight sections, each with an objective detailing what you will learn about celiac disease. When you have completed this course, you will be able to:

1. Describe the characteristics of celiac disease
2. List common symptoms of celiac disease.
3. Know how celiac disease is diagnosed.
4. Understand what is meant by a gluten-free diet.
5. Know which foods are gluten-free.
6. Know which foods are not gluten-free.
7. List common sources of cross contamination of gluten-free foods.
8. Describe ways to prevent cross contamination of gluten-free foods.

Organization of the course

Pre Learning Exercises:

Each of the eight sections of the course is preceded by pre-learning exercises. These consist of a set of statements that are answered by choosing either True or False. The purpose of the pre learning exercises is for you, the learner, to find out how much you already know about that section. The pre-learning exercises are for your own information. You can do these pre-learning exercises as often as you wish within the 3 weeks, or not at all. There are three sets of pre-learning exercises: sections one and two, sections three to six, and sections seven and eight.

The answers to each of the questions can be displayed, giving the rationale for the correct answer. You choose an option by clicking on your choice. A note will pop up, stating whether your choice is correct or wrong. The rationale for the correct answer will also be displayed.

Screens with course content:

Each screen on the computer has material relevant to the section discussed. New terminology is underlined and displayed in blue. Click on the word and the definition will pop up. If you want to learn more detail on a topic, more information can be found from one of the references listed at the end of the module.

If you wish to change the size of the font, click on the view menu at the top of the page, then click on zoom. You can choose your size of zoom from the menu.

You may complete each section as often as you wish and in the order you prefer, keeping in mind that some material builds on previous sections. There are two blue arrows, one to go back a page and one to go ahead a page. Click on the arrow appropriate for you. You will find a statement in the upper left of the computer screen which displays the section you are on and the page of that section.

Completion Test

When you have completed the course and feel you are ready to write the test to obtain your Statement of Achievement, click on the button displayed. You may find it helpful to redo the pre-learning exercises as a review.

The test has 29 multiple choice questions. Click on the one best option for each question. The option letter you choose will change from dark blue to black. At the bottom of the page for each question is a statement to tell you how many questions you have answered.

When you have completed the questions, you may follow the arrows back to the beginning of the test to review your answers. Once you are ready, click the submit tab for your test to be scored.

The passing score is 70%.

When you are successful, a screen will be displayed for you to fill in with your name and email address. This is how you will be sent your Statement of Achievement. Below this information, are the answers that you gave to each question. This statement can be kept for your own information or shown to your workplace leader as part of your continuing or in-service education. If your score is less than 70%, you can review the course and then try the test again.

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Make delicious gluten-free bread at home

With Cloud 9 All-Purpose Baking Mix, making all your recipes gluten free has never been easier. To make your own gluten-free bread at home, simply follow this easy-to-make recipe.

WHAT YOU'LL NEED:
- 3 cups Cloud 9 All-Purpose Baking Mix
- 1 Tbs sugar
- 2 tsp salt
- 1 package instant yeast (2 1/4 tsp)
- 1 3/4 cup warm water
- 2 eggs
- 1/4 cup oil

INSTRUCTIONS:
1. Preheat oven to 375°F.  
2. Lightly oil an 8x4 bread loaf pan.  
3. In bowl of stand mixer, measure first four ingredients and stir to combine.  
4. Add remaining ingredients and mix on medium speed with paddle attachment until mixture is smooth with no lumps.  
5. Empty mix into bread pan and spread evenly, smoothing the top with damp fingers or a spatula.  
6. Place loaf on stove top and cover with a clean towel.  
7. Leave to rise until loaf has doubled in size (30-40 min.), then place on middle rack in the centre of your oven. Bake uncovered for 40-50 min. (until internal temperature reaches 200°F.)  
8. Remove from pan and lay loaf on its side to cool. Allow loaf to fully cool before slicing.
Help Us Keep Up To Date!

The Canadian Celiac Association website has a new "Member Log-in" feature where members can update their contact information, renew their membership, purchase items through the online store, and much more! Go to the Canadian Celiac Association's website at www.celiac.ca and click on the "Member Log-in" link. You will be asked to create a user ID and password that will allow you to access your membership account.

Members are encouraged to use this function to keep their contact information up-to-date to ensure they get newsletters, food alerts and other important information that the Chapter sends out.

HEALTHY AND NUTRITIOUS
GOURMET CREATIONS
VEGETABLE SPREADS

NEW Delicious and Unique
All natural, gluten free, lactose free, allergen free, preservative free. Low in salt, fat, sugar. VEGAN

Food for parties, snack alternatives
Healthy sandwich spread for kids to take to school

Visit: gourmetcreationshealthyfood.com
Gourmet Creations Ltd. Langley BC
1. Gluten free Flour Power - Living Without’s guide to choosing and using gluten-free flours. By Beth Hillson
   http://www.livingwithout.com/issues/4_1/gluten_free_flour-10731.html?ET=livingwithout:216070:1078556a:&st=email&s=p_quicktip082714&t=t_button

2. Researchers Who Provided Key Evidence For Gluten Sensitivity Have Now Thoroughly Shown That It Doesn’t Exist by Jennifer Welsh (15/03/2014)

3. As gluten’s stigma declines, wheat is put in spotlight – Houston Chronicle by Jennifer Latson

4. Charlize Theron Calls “BS” on Gluten-free Diet Fadists – by Jefferson Adams


6. Can Blood Tests Accurately Predict Intestinal Healing in Children with Celiac Disease?

7. What Happens to Kids with Potential Celiac Disease Who Eat Gluten?


10. P.F. Chang’s Makes A Slight Change to Their Gluten Free Menu

11. Diagnosis and Management of Adult Coeliac Disease
Schedule of Events

- **Fraser Valley Food Show – Gluten-Free Living Show** – October 3-5, 2014 at the Tradex in Abbotsford, BC.  www.fraservalleyfoodshow.com  *(For further details, please refer to ad on pg 33)*

- **Christmas Dinner – ICC** – December 1st, 2014  Information will be forth coming.

- **Gluten Free Expo** – January 17-18, 2015.  999 Canada Place, Vancouver, BC.  This year’s show will co-exist with the Non-GMO Show and will be separated from the gluten free booths, as some products will contain gluten.  Tickets are on sale now for $12 and at door will be $15.  Children under the age of 10 with accompanying adults will be free.  www.glutenfreeexpo.com and www.nongmoshow.com

Messages From Your Leaders

Message from Eugenia – North Vancouver

North Vancouver Brunches (1st Saturday of the month at 11:30 am) will resume in October. Venue changes monthly. Please contact Eugenia Wednesday prior to the date of the event at 604-985-0719 if you will be attending.  She will inform you of the address and if any changes.

October 4, 2014 – Toby’s – North Vancouver  11:30am
November 1st, 2014 – White Spot – West Vancouver  11:30am
December 6th, 2014 – The Landing at the Pinnacle – North Vanc.  11:30am

Message from Geraldine – Chilliwack

Restaurant suggestions for Chilliwack area:

- Canton Gardens on Yale Road (do not order any deep fried-shared fryer)
- Shandhar Hutt (Indian Cuisine) on Young Road
- Swiss Chalet on Eagle Landing Parkway (near Wal-Mart)
- Original Joe’s on Eagle Landing Parkway (near Wal-Mart)  They have a gf menu with a disclaimer.
  White Spot – 45373 Luckakuck Way  

Hope, BC


Drop-In Groups

**North Shore Drop-In** - Call Eugenia Mooney at 604-985-0719 to set up an appointment to meet.  Currently, there are no official meetings for the North Shore Drop-In group.

**Vancouver Drop-In** - Second Thursday of each month at 6:30pm.
The Gluten Free Epicurean - 633 East 15th Avenue, Vancouver, BC RSVP: Val at val_vaartnou@telus.net .  Check our website for updates:  www.vancouverceliac.ca .  Coffee and goods are available for purchase.

**Powell River Drop-In** - Contact: Liz Kennedy: lizkennedy@shaw.ca  for correct location and time.  Venue might change monthly on the Last Monday of the month.

**Chilliwack Drop-In** -  First Saturday of each month, Location changes each month. Contact: Geraldine David 604-792-2119 or gdavid@uniserve.com

**Abbotsford Coffee Drop-In** -  First Tuesday of each month. Location changes each month. Contact: Ute Tindorf: utet@shaw.ca
Check the Vancouver Chapter website, www.vancouverceliac.ca for updates, events, and changes.  You can also phone the office at 604-736-2229.
## Schedule of Events

### October 2014

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- **October 3-5** - Fraser Valley Food Show – Tradex - Abbotsford
- **October 4** - Chilliwack Drop-in
- **October 7** - Abbotsford Drop-in
- **October 9** – Vancouver Drop-in
- **October 13** – Remembrance Day
- **October 15** – Thanksgiving Day
- **October 18** – Powell River Drop-in
- **October 31** – Halloween

### November 2014

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- **November 1** – Chilliwack Drop-in
- **November 1** – North Vancouver Lunch – White Spot – West Vancouver call Eugenia if attending at 604-985-0719 11:30am
- **November 4** – Abbotsford Drop-in
- **November 11** – Remembrance Day
- **November 13** – Vancouver Drop-in
- **November 24** – Powell River Drop-in
- **November 27** – US Thanksgiving Day
- **November 28** – Black Friday for all you shoppers.

### December

- **December 1** – Christmas Dinner – ICC
- **December 6** – North Vancouver Lunch – The Landing at the Pinnacle – 11.30am call Eugenia if attending – 604-985-0719
Please come out and support us at our 2nd Annual Christmas Buffet.

**Monday, December 1, 2014**

Doors @ 5:30 PM, Dinner @ 6 PM

Italian Cultural Centre
3075 Slocan Street, Vancouver, BC

$40.00 Ticket Includes:

- Free Door Prizes
- Silent Auction
- 50/50 draw
- Large buffet dinner
- No host bar, non-alcoholic punch
- Complimentary Parking

Please bring gluten free food donations to the food bank.

Tickets online at.....
https://www.eventbrite.ca/e/gluten-free-christmas-buffet-tickets-13099826935

Or email to reserve seats.....
info@vancouverceliac.ca