



Celiac News

Thunder Bay Chapter of the Canadian Celiac Association
January 2008

EXECUTIVE 2007-2008

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Vice President

Deb Paris: 767-1068

Treasurer

Sonja Van Rooyen: 475-3105

Secretary

Kathleen Romano: 473-5123

Membership

Sharon Whent: 475-3800

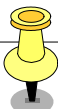
Newsletter

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The Canadian Celiac Association is a national organization dedicated to providing services and support to persons with celiac disease and dermatitis herpetiformis through programs of awareness, advocacy, education, and research. Find us on the web at www.celiac.ca



**Our next meeting will be held on:
Wednesday, February 6 at 7:00 P.M.**

**Royal Canadian Branch Legion No.5
235 Van Norman Street**

Guest speaker:

Marcia Wilson, Pharmacist

Everyone Welcome!

Celiac Christmas Party

Our chapter's annual Christmas party was held on December 2, 2007 at the Vahalla Inn. Despite the very stormy weather, 59 adults and 28 children attended. The Scandia Room was beautifully decorated with a gorgeous Christmas tree in one corner. A sit down turkey dinner was served, with G.F. dinner rolls provide by Judy Gardner. Dessert was a crustless orange cheesecake.

Diane Berube donated several artistically decorated gingerbread houses for the Penny Auction. They were certainly a hit, and we gratefully recognize the time it took Diane to make them. There were well over 50 items donated for the Auction, and lots of tickets sold. Congratulations to the lucky winners, and many thanks to all who made donations.

A big thank you to Sharon Whent, for putting together both the adult and the children's baskets for the door prize. Thanks Sharon for all the items you personally donated. The baskets included GF mixes donated by Duinkerkon and Cadcan Marketing and Sales. Kathleen Romano generously contributed a beautifully crafted necklace and earring set for the adult basket.

Deb Paris made sugar cookies for the children to decorate. The cookie decorating seemed to be a big hit for the children; and some of the adults too!

Our bake table was smaller this year, and the items sold quickly. Thanks to all who contributed baking.

Guy McLean a.k.a. Santa Claus visited the party, much to the delight of the children. Gifts were handed out to all the children present by Cory Mayer, Santa's helper. Thank you Cory for being our Christmas Gift shopper.



The party would not have happened without the hard work and planning of our chapter executive;

with Cheryl Kibsey at the helm. Thanks to Sonja Van Rooyen for looking after the ticket sales and managing the financial end of things. We are very lucky to have such a hard working crew who ensure our chapter has a Christmas party on an annual basis.

President's Message

Happy New Year to all. I hope this newsletter finds everyone happy and well!!

As newly elected President, I am happy to report 2007 was a very busy year for the Thunder Bay Chapter of the Canadian Celiac Association. We kicked off summer with our 2nd Annual Walk-a-thon in June. With only ten people able to participate, almost \$1,000 in pledges was raised. Our 3rd Annual Garden party was held in August. Even though the day started out cold and rainy, the weather cleared in time for a lovely evening in the beautiful gardens of the Sleeping Giant Bed and Breakfast. In October we celebrated Celiac Awareness Month with a spaghetti dinner at Caesar's Place. How great it was to go for a sit-down spaghetti dinner including Caesar salad, garlic bread, and dessert, and not have to worry about gluten. Bonnie Knott joined our Chapter and took over the task of desk-top publishing our newsletter. We hope you like what you see. Our Christmas dinner/party saw a great turn out, even though the day started out with the biggest snowstorm of the year. Many thanks to the executive, membership, family and friends who helped to make our Christmas Party such a success. Judy and Diane, you did an awesome job on the gingerbread houses and trees. Thanks for all your hard work. Thanks also to Tim Berbue for helping Santa and assisting with the penny auction.

The year 2008 is looking to be a busy year as well, as we have a number of events underway. We are working towards a Thunder Bay Chapter web site enabling us to share *local* information. We are also planning a number of fundraising events. At our next general membership meeting on Wednesday, February 6, we will be fortunate to have Marcia Wilson and Pam Stranges, Pharmacists from Safeway on Arthur Street, as our guest speakers. Hope to see you all there, and as always, anyone is welcome to attend.

If you are currently a member, we hope you will continue to enjoy the benefits of membership and will become an active member of this Chapter. If you are not a member, we hope you will consider joining...we have a lot to offer and more is in store for 2008.

Cheryl Kibsey, President

Future fund raising initiative

Sonja Van Rooyen has graciously donated one of the beautiful original paintings she has created, as a raffle item for the local chapter. Tickets will be going on sale soon. Please help support the local chapter by purchasing a ticket. You may end up being the lucky winner!



Help your local Chapter become more green

We would like to save a few trees, and a few dollars as well. Receiving this newsletter electronically can really help. Please send your email address to Sherry Loyst at sloyst@tbaytel.net if you would like to receive this newsletter electronically. This will help save the chapter a considerable amount of money each year.

We respect your privacy and do not share our membership lists or email addresses with anyone.

Red Meat Rampage

My husband and I have taken a number of cooking classes in the past at Giorg Ristorante and it has always been great fun. We decided it was time to take another class, this one was called Red Meat Rampage, but now I am celiac.

I didn't think my newly diagnosis would be a big deal. At previous classes, there was always lots of food and many dishes to pick from, so I thought I would be okay. When we got to class I looked through the book of recipes for the night. First item, short ribs, marinated in soy sauce and oyster sauce. This could be a problem. Next recipe, beef braised in wine; I think I'm safe with this one. The next recipe, veal stew, which had flour as an ingredient; no good for me. On the next page, beef and barley soup, (oh, no). The next two items were meatloaf and beef roll, both containing bread crumbs. Finally, T-bone steak, and steak caesar salad with croutons and Lea & Perrins in the dressing. This was not looking good.

After years of going to the classes, it never even crossed my mind to check the menu in advance; but now it is different for me, I have celiac disease. We explained this to Don and Terry (the Manager and Chef) and they said they could accommodate me, but also told me we really should have advised them in advance so they could be better prepared.

When the first course (short ribs) was served, I was served shrimp wrapped with prosciutto grilled on skewers. When the second course was served (beef and barley soup), I was served a talapia fish fillet. When it came time to make the beef roll and caesar salad, chef Terry Crompton, made 2 versions, one gluten free and one regular. It turned out another person attending the class was also gluten intolerant. (I don't think he had advised of his condition in advance either.)

The restaurant was extremely accommodating to my gluten intolerance, even without being given prior notice. The Manager advised that they regularly try to keep some gluten free pasta in stock, but if you give them advance notice, they will make sure they have it. I would highly recommend taking any of the many



cooking classes Giorg's Ristorante has to offer, just give them a heads up of any intolerances you may have when you register.

For information on up coming classes, call Giorg Ristorante at 623-8052.

Outback Steakhouse

Rumour had it that the *Outback Steakhouse* had a gluten free brownie on their menu, so on a recent trip to Toronto, I made sure I had the time to check it out for myself. When I received the menu, the first place I turned to was the desserts. Much to my disappointment, I didn't see the brownie listed. When I asked the waitress if they had a gf brownie she said she would "bring me the gluten free menu"— A gluten free menu! Are you kidding me? A whole menu?! She brought me an entire special menu, listing all gluten free meals or substitutions to easily make your meal gf, such as "substitute aussie fries with a baked potatoe". Included on the menu was La Messagère (the gf beer) and the flourless brownie. What a surprise!

According to their web site, "Outback Steakhouse is an Australian steakhouse restaurant. Although beef and steak items make up a good portion of the menu, the concept offers a variety of chicken, ribs, seafood, and pasta dishes. The Company's strategy is to differentiate its restaurants by emphasizing consistently high-quality food and service, generous portions at moderate prices and a casual atmosphere suggestive of the Australian Outback."

Outback Steakhouse is actually an American chain, with restaurants starting to pop up in Canada – mainly Eastern Ontario and Edmonton. Outbacks can be found in Ottawa, London, Kitchener, Windsor, Niagara Falls, and Toronto. Closer to home, there is an Outback in Duluth, Minnesota; Eau Claire, Wisconsin; and several in the Minneapolis and St. Paul area.

If you're going to be traveling, I would recommend looking for an Outback. Their website is www.outback.com

By the way, I never did end up having the brownie. I was way too full after my meal, but now I have an excuse to go back...to try the gf brownie.

Submitted by Bonnie Knott

GF at M&M Meat Shop



A recent inquiry of the availability of GF products at M&M Meat Shop resulted in the following response:

Thank you for taking the time to contact us at M&M Meat Shops Ltd. We always appreciate hearing from our valued customers.

Customers with dietary restrictions, especially related to food allergies, sensitivities and intolerances, represent a growing portion of our customer base. In order to serve these customers better, we realize that accurate information on all ingredients in our food products, beyond the standard label declaration, is needed. With this in mind, we have requested of all our suppliers to search their ingredients for any sources of the eleven food ingredients commonly known to cause allergic reactions or sensitivities. Their individual responses have been compiled into our Product Information Manual. As well, if the manufacturer identifies a significant risk of cross contamination with one of these ingredients, it is identified as present in our listing for that M&M product.

A copy of this Product Information Manual is available behind the counter of every M&M Meat Shops' store. It lists presence/absence (as identified by the manufacturer of the food) of the eleven protein ingredients that commonly cause allergic reactions. Gluten/wheat is included in this listing. Therefore, the Product Consultants at any store will be able to check for any of these eleven ingredients, particularly gluten/wheat, in any product that is of interest to you, either over the phone, or in person.

Our stores now have access to a searchable nutrition and allergen database for all our products. Product Consultants are now able to provide you with a printed list of our products without certain allergenic ingredients such as gluten/wheat. In a recent search, approximately 158 of our 412 products do not contain gluten/wheat. Please feel free to contact your local M&M Meat Shop store to obtain this information when it is convenient for both you and the store.

I hope you will find the above information useful. Thank you for shopping the M&M way.

Sincerely,

M&M Meat Shops Ltd.

Carole Mozuraitis, Consumer Affairs Coordinator, Technical Services Department

Masala Grille

According to The Canadian Celiac Health Survey (published in *Digestive Diseases & Sciences* April 2007; 52(4):1087-1095) "eighty-one percent of respondents avoided going to restaurants some or most of the time". But that doesn't have to be the case if you eat East Indian Cuisine. Thunder Bay is very fortunate to have a fantastic East Indian and Thai Cuisine restaurant – The Masala Grille. This family owned restaurant is located at 170 North Algoma Street.

Traditionally East Indian Cuisine uses little wheat flour. Instead, a base of tomatoe, onions, and spices are used, and sometimes ground cashews. Traditional spices include chillies, turmeric, cardamom, ginger, cloves, and cinnamon, to name just a few. Generally, no thickening agents are used.

The restaurant offers a buffet for lunch and both buffet and family style meals for dinner. The cost of the lunch buffet is \$9.50 and dinner is \$19.50.

The buffet regularly features a saffron rice dish, a lentil dish, 2 vegetable dishes, a chicken dish (and a beef dish on the dinner buffet), naan bread (the only item on the buffet made with wheat flour), pakoras (vegetable fritters dredged in chick pea flour and deep fried in a dedicated fryer), garden salad and yogurt (raita).

If you have room after all that, there's always several great desserts – none of which contain gluten.

The hours of operation are Monday to Friday 11:30 to 2:00 pm and Saturdays 5:00 to 9:00 pm. The restaurant is closed on Sundays.

There are only a few items celiacs should avoid – naan bread, samosas, and vegetarian Thai spring rolls - that's about it.

If you have a desire for dining on some delicious naturally GF food, visit Chef Bimal Gomes and his crew at Masala Grille. If you feel like staying home, Masala also offers take out, delivery, and catering. Please call 344-FOOD (3663) for details.

In the near future, Masala Grille plans to offer East Indian cooking classes. Keep reading *Celiac News* for impending details.

Submitted by Bonnie Knott

Local Bits and Bites - Where to find GF Stuff

Local Home-Based Business Offers GF Foods

A **Gluten Free Harvest** is committed to providing their customers with gluten free and wheat free products that are nutritious, wholesome and great tasting. They provide a wide range of ready made foods and mixes that are made using quality ingredients and are priced to provide outstanding value.

At age 10, Karen's son was diagnosed with Celiac Disease. In a panic, she went to every Health Food store in our area and purchased a variety of gluten free products. After sampling the products, she found them to contain little nutritional value, often unpalatable and some products were rarely available. It was then that she promised her son that she would not rest until she created a gluten free flour mix and recipes for his favorite foods that tasted great and were nutritious. With a little work and a lot of determination Karen believes she has fulfilled that promise with the creation of "Karen's Originals".

"We take great satisfaction in providing our products to people with gluten free and wheat free dietary needs in Thunder Bay and surrounding areas. Our bakery is dedicated to wheat free and gluten free baking to eliminate the possibility of contamination by gluten", stated Karen. Products, which include mixes, baking, and frozen foods are available for ordering by phone and by e-mail.

Contact:

Karen Romito, Owner & Operator of
A GLUTEN FREE HARVEST
WHEAT FREE/GLUTEN FREE PRODUCTS
212 Emerald Drive, Thunder Bay, ON P7G 1A9
Tel: 807-767-1394, Cell: 807-629-5033
Website: www.agfharvest.freewebsites.com
Email: agfharvest@yahoo.ca

East Indian Made Easy

Confederation College is offering an **East Indian Cuisine** cooking class on Wednesday, March 19 from 6 to 10 pm. Cost is \$79.24. For more information see the Winter 2008 edition of THE KEY or call the College at 475-6550.

Gluten Free Cooking with Chef Rachel Globensky

The Kitchen Nook, located at 186 S. Algoma Street is offering a GF cooking class on Friday, February 22 from 7 pm to 9 pm. The cost is \$70/person. The menu consists of:

Appetizer: Bread Sticks and Caponata
Main Course: Raspberry-Basil Chicken,
Sautéed Spinach,
Thyme Roasted Sweet Potatoes
Dessert: Caramelized Pear Torte

The class is limited to 12 so register early. If there is a demand, the class will run again.

For more information, contact the Kitchen Nook at 345-7179 or visit their website at www.thekitchenook.com

Celiac Association Raffle Dinner for 4

Cheryl has made arrangements with the Valhalla Inn to have a raffle for the Celiac Association—the prize being a dinner for four. It will be prepared and served at the winner's home by Chef Jodi, from the Valhalla, who will prepare an elegant four-course menu. Sounds like a great idea. Tickets are **\$15.00** each and will be for sale at our next meeting in February.

Menu

Forest Mushroom Bisque with diced Celery
Baby mixed greens with almonds, orange and grapefruit segments, cherry tomatoes drizzled with wasabi and apple vinaigrette
Tandoori chicken supreme
Cucumber Raita
Grilled baby bok choy
Basmati rice with pine nuts and crisp shallots
Coffee meringue filled with Kahlua cream topped with fresh Fruit, served with raspberry and passion coulis

Please note: The menu can be prepared either gluten free, or regular.

It takes more than calcium to fight osteoporosis

Getting enough vitamin D and protein is necessary to reduce the risk of developing the bone-thinning disease

If you're over 50, chances are you've heard about osteoporosis – the bone-thinning disease that increases the risk of fractures, particularly of the hip, spine and wrist.

It's estimated that 1.4 million Canadians, including one in four women and at least one in eight men aged 50 and older, have the disease.

According to a recent survey conducted by Ipsos Reid on behalf of Osteoporosis Canada, almost 90 per cent of Canadians over 50 know about osteoporosis, but only 30 per cent have been tested for the disease.

And while more than half of respondents were aware a lack of calcium and exercise were risk factors, far fewer could identify adequate vitamin D, a healthy diet and taking supplements as risk-reduction strategies.

It seems the issue is not making Canadians aware of osteoporosis, but getting those at risk to adopt habits to keep their bones strong.

Major risk factors for osteoporosis include being 65 or older, suffering a fracture after age 40, a family history of hip fractures, early menopause, having a medical condition that inhibits nutrient absorption (such as celiac disease or Crohn's disease), and long term use of steroid medications such as prednisone.

When it comes to diet, too little calcium and vitamin D, excess caffeine and alcohol, and being underweight can also boost risk.

If you're at risk for osteoporosis, a bone mineral density test will tell you whether or not you have the condition and how likely you are to develop it in the future.

Osteoporosis affects mainly older adults, but it can strike at any age. It's never too late – or too early – to implement nutritional strategies that can prevent bone loss and fractures. As you'll see, it takes more than calcium to guard against osteoporosis.

CALCIUM

If your diet lacks calcium, the mineral will be moved from your bones into your bloodstream, where it's needed to conduct nerve impulses, contract muscles, assist in blood clotting and secrete hormones.

Adults aged 19 to 50 need 1,000 milligrams a day, while older adults need 1,500 milligrams. One cup (250 millilitres) of milk or fortified soy beverage, 3/4 cup (175 ml) plain yogurt or 1.5 ounces (45 grams) of cheese delivers roughly 300 milligrams of calcium. Almonds, leafy greens, canned salmon (with bones) and tofu also supply calcium.

If you aren't getting what you need from diet, make up the difference by taking a calcium supplement. If you need to take more than one calcium pill, divide your dose over the course of the day.

VITAMIN D

This nutrient maintains calcium balance in the bloodstream by enhancing calcium absorption from the foods you eat. Recent studies indicate that Canadians of all ages – even children – have insufficient levels of vitamin D because of our long winters and lack of sun exposure. (The body can synthesize vitamin D from the sun's ultraviolet rays.) Osteoporosis Canada recommends adults aged 19 to 50 get 400 international units of vitamin D each day and adults over 50 consume 800 IU. (The Canadian Cancer Society advises adults consider taking 1,000 IU of the nutrient in the fall and winter to help reduce cancer risk.)

Foods fortified with vitamin D include milk, soy and rice beverages (100 IU per 250 ml). Vitamin D is naturally present in oily fish, liver, egg yolks and butter. A 3.5-ounce (100-gram) serving of salmon has 360 IU of vitamin D; the same portion of sardines has 270 IU.

Because vitamin D is found in only a few foods – and our skin doesn't produce any in winter – get your daily vitamin D from supplements – a multivitamin, calcium pills and/or a separate vitamin D pill (Vitamin D₃ comes in 400, 800, and 1,000 IU doses).

MAGNESIUM

The fact the one-half of the body's magnesium is stored in our skeleton underscores its importance in bone health. In a recent study, older men and women who consumed more magnesium had significantly higher bone densities than those whose diets contained the least. A lack of magnesium is thought to impair the production of hormones involved in calcium balance.

The daily recommended intake for magnesium is 320 milligrams for women and 420 milligrams for men – an amount that many people don't get from their diet.

(Continued on page 7)

The best food sources include wheat germ, whole grain breads and cereals, almonds, sunflower seeds, black beans, soybeans, tofu and figs.

VITAMIN K

Best known for its ability to help the blood clot, vitamin K also stimulates the production of osteoclastin, a protein that strengthens bone. Research suggests that an intake of 150 to 250 micrograms per day guards against hip fracture in women.

The recommended daily intake for vitamin K is 90 and 120 micrograms, for women and men respectively. (Scientists suspect it takes about 200 micrograms daily to protect the bones.) The best food sources include leafy greens, cabbage and milk. Some multivitamins contain up to 120 micrograms.

PROTEIN

By maintaining the structural integrity of bone, consuming enough protein may help reduce the risk of hip fracture. Research even suggests that extra protein – 20 grams daily – can help speed recovery from hip fracture. Include a serving of protein at each meal. Food sources include poultry, fish, lean meat, eggs, legumes, nuts, soy foods and dairy products.

>>Leslie Beck, a Toronto-based dietician at the Medcan Clinic, is on CTV's Canada AM every Wednesday. Visit her website at lesliebeck.com

Source: Leslie Beck, *Food For Thought*, The Globe and Mail, Wednesday, Nov. 14, 2007, p L8.

Eating Out GF in Thunder Bay

The following Thunder Bay and area restaurants have been reported as offering GF meals and/or being GF knowledgeable and have been designed as "gluten-friendly" by celiac members:

Bistro One

555 Dunlop Street
622-2478
www.bistroone.ca

Bistro North

218 W. Frederica Street
628-0974

Caesar's Place

507 South Syndicate Avenue
623-4402

Caribou Restaurant & Wine Bar

727 Hewitson Street
628-8588
www.caribourestaurant.com

Elements Restaurant and Lounge

450 Memorial Avenue
345-3430
www.elementsrestaurant.ca

Giorg Ristorante

114 North Syndicate Avenue
623-8052

Masala Grille

170 North Algoma Street
344-3663
www.masalagrille.com

Metropolitan Moose Beanery & Café

Downtown Kakabeka Falls
473-5592

Moxie's Classic Grill

1000 Fort William Road, Intercity Shopping Centre
626-9222

Prospector Steak House

27 Cumberland Street
345-5833

This Old Barn

5089 Oliver Road, Murillo
935-3015 (please call ahead)

3Mangoes

2624 East Victoria Avenue
623-5780

Twin Dragons

59 S. Court Street
345-9988
www.twindragonsrestaurant.ca

Valhalla Inn

1 Valhalla Inn Road
577-1121

White Fox Inn

1345 Mountain Road
577-3699

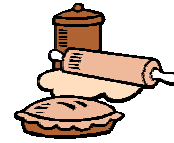
If you have had a good GF experience at a Thunder Bay restaurant please add to our list by emailing Bonnie at bmknott@tbaytel.net

Hints for Gluten-Free Baking

Converting Recipes Containing Wheat Flour

Alternative flours are heavier and less tasty than wheat flour. The finished baked product will still have the same taste and consistency of the wheat version by following these simple steps

1. For thickening sauces, substitute equal amounts of cornstarch or potato flour.
2. Increase baking powder and baking soda 1½ or 2 times.
3. Add more liquid or an extra egg.
4. Substitute liquid called for in a recipe with fruit juices for more flavour.
5. Substitute liquid called for in a recipe with carbonated drinks (not diet drinks) for a lighter texture.
6. Substitute buttermilk for regular milk to give a lighter texture.
7. Increase vanilla or almond flavouring 1½ to 2 times.
8. Add more flavour by increasing amount of spices, stirring in dried fruit, chocolate or liquors.
9. Bake at a little lower temperature for littler longer time.
10. Add xantham gum to hold pastries together.
 - A) No xantham gum on hand? Substitute unflavoured gelatin (2 tsp. unflavoured gelatin = 1 tsp. xantham gum)
 - B) No unflavoured gelatin on hand? Add 1 stiffly beaten egg white.
11. Sift alternative flours twice before adding to other ingredients.
12. Add 1 tbsp. of mayonnaise to cake recipes for lighter texture.
13. Soak raisins, dates and other dried fruits for 10 minutes in warm water, then drain. Dust them lightly with GF flour before adding to other ingredients so they will distribute evenly.



Hints for working with cookie dough:

1. If dough is too soft to roll, refrigerate for one hour.
2. To keep cookies from spreading during baking, form cookies on cookie sheets, then refrigerate for one hour.
3. If dough is sticky, keep spoon and fingers moistened with warm water while forming cookies.
4. Let hot cookies rest on the cookie sheet for 4 minutes before transferring to a wire rack so that they have time to 'set'.

Compliments of Connie Sarros author of numerous Wheat Free/Gluten Free cookbooks.

Website: <http://gfbooks.homestead.com/index.html>

(Thanks to: Kelowna Chapter, CCA April 2006).

Reprinted from Downeast Celiac News, newsletter of the Moncton Chapter, April 2007.

Upcoming Events

Watch for our new web site

Our Chapter is currently working on having its own web site. Get up-to-date information on local restaurants, places to shop for GF foods, and current Chapter events. See your next issue of *Celiac News* for the web address.

Future Chapter Meetings

Wednesday, February 6 (Safeway Pharmacist)

Wednesday, April 2, General Meeting

Wednesday, June 4, General Meeting

We'd like to hear from you!

Do you have a GF recipe or GF tip you'd like to share with other celiacs? Maybe you know of a new GF product available in the area, or a restaurant offering gluten free items. If so, we want to hear from you. Please email Bonnie at bmknott@tbaytel.net so we can share your information with our members in future issues of *Celiac News*.



Recipes

Mexican Corn Cakes

- 1 1/2 cups corn flour
- 1/2 cup rice flour
- 1 tsp baking
- 1/2 tsp Kosher salt
- 2 cups chopped, frozen kernel corn
- 1 oz finely grated lactose-free Swiss cheese
- 3/4 cup water
- 2 oz fine, diced red pepper
- 3 oz fine, chopped green onion

Combine all ingredients, form in to 2.5 oz patties and fry in pan with vegetable oil for two to four minutes (or until golden brown). Makes eight servings.

Source: Gluten-free-food-recipes.com



Gluten-free Sugar Cookies

- 1 1/2 cups (375 ml) white rice flour
- 1/2 cup (125 ml) chilled butter or margarine
- 1/2 tsp (2.5 ml) cream of tartar
- 1/2 cup (125 ml) sugar
- 1/2 tsp (2.5 ml) baking soda
- 1 egg (keep in fridge until ready to use)
- 1 1/2 tsp (7.5 ml) xanthan gum
- 1/2 tsp (2.5 ml) vanilla
- 1/8 tsp (.6 ml) salt

In a mixing bowl, blend rice flour, cream of tartar, baking soda, xanthan gum and salt. Add chilled butter and blend with two forks or a pastry cutter until the mixture is crumbly. In another bowl, whip sugar, egg and vanilla until fluffy. Add to dry mixture and blend until the dough starts to pull away from the side of the bowl. Remove the dough, form into a ball and wrap in parchment or plastic wrap dusted in icing sugar and place into the fridge for one hour. Roll the dough to 1/4 inch thick and cut out shapes as desired. Bake in preheated oven at 350 for 12 minutes, Cool on wire rack. *Source: Calgary Herald*



Peanut Butter Fudge

- 1 cup creamy peanut butter
- 1/2 cup margarine or butter
- 1 cup semisweet chocolate chips
- 1 cup butterscotch chips
- 3 cups miniature marshmallows
- 1 cup chopped nuts

In an 8 X 12" glass dish, place peanut butter, margarine, chocolate chips & butterscotch chips. Microwave on High until melted (for 3 to 4 mins) stirring occasionally. Blend well. Add marshmallows. Microwave to melt. Stir in nuts. Place in refrigerator to set. Delicious!



Members of our sister chapters of the CCA, we are proud to announce the availability of:

The Celiac Lifestyle Calendar 2007 - 2009: Reflections & Recipes

The Victoria chapter announces the Celiac Lifestyle Calendar, hot off the presses and just in time for Christmas gift-giving!!! It contains eighteen months of brilliantly colourful pages, chocked full of recipes and helpful tips for living the gluten-free lifestyle fully and well. This keepsake calendar is dedicated to helping the newly diagnosed as well as the more experienced celiacs among us. An index is included for finding both your favourite recipes and useful tips. Family and friends will want copies, especially when their loved ones come to visit and gluten-free recipes are just what's needed!

We invite you all to peruse the webpage on our website, www.victoriaceliac.org, by clicking on "2008 GF Calendar" located on the left-hand side of the home page, just above the picture of the traditional Victorian Hanging Baskets. Have a look at the fabulous April 2009 month, entitled *The Taking of Tea - It's What We Do in Victoria!* You can order your very own copy, and copies for your chapter, by clicking on the "click to order" button on the very same page.

We welcome you to bring this little gem of Victoria in to your homes. Funds raised from the sale of the *Celiac Lifestyle Calendar* will help us roll out the red carpet to our guests as we host the Canada-wide *TGIF* conference on the week-end of May 9 - 11, 2008. Let's all join together and create *the best Gluten-Intolerance Festival ever!!*

Don't forget to renew your Canadian Celiac Association Membership!

Benefits of Membership:

- Current accurate resources on celiac disease and dermatitis herpetiformis through CCA publications and reviews of current literature.
- Up-to-date product information and food recalls.
- Opportunity to contribute to research on celiac disease.
- Chapter meetings which provide information, fellowship and support.
- Discounts on CCA print materials and National Conference registration fees.
- Access to help and information via the 1-800 number.

Your Membership will help CCA in advocating for:

- Better food labelling (i.e., disclosure of all sources of gluten in foods).
- Government recognition of extra costs and time involved in eating gluten-free.
- Safety, availability and enrichment of gluten-free products.
- Public awareness and understanding to make living gluten-free easier and safer.
- Medical awareness to ensure early diagnosis, and optimal continuum of care.



The Canadian Celiac Association, Thunder Bay Branch, endorses no products. Any mention of a product in these pages is for information only, and does not constitute approval of said product. Similarly, reports concerning medical or dietary research are intended to create awareness, and should not be interpreted as forming an official position of the Branch or of the Canadian Celiac Association. If in doubt, consult your physician.