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L'Association canadienne de la maladie coeliaque

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Krista Hagg, CCA BC Member.

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NEXT ISSUE:

Your experience matters and we want to hear from you! Submit a personal piece for the September 2022 issue by August 15, 2022!

If you have any comments, praises or criticisms, quips or questions:

Newsletter Editor: Arica Sharma

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CCA Vision Statement:

To be the leading advocate for Canadians with celiac disease and gluten disorders.

Please submit to:

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- 604-736-2229 / 877-736-2240
- CCA British Columbia

Letters to the Editor

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aricasharma@live.ca or newsletter@bcceliac.ca

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President's Message

Where I live in Port Moody at this time of year I see all kinds of people training for various walks and runs. The Coquitlam Crunch is always full of people who need to really get their hearts pumping and want the steep incline; the trails behind my house lead to Buntzen Lake so the ultra-runners and trail runners are out in force at the crack of dawn every weekend morning; and the Shoreline Trail is a haven for families and those of us who prefer a flat, paved surface. But without exception the people that impress me the most are the ones who look like they are really struggling to keep going, who are out there whatever the weather, or who are using mobility aids.

Wherever you fall on the running/walking/wheeling spectrum I hope that you will consider joining us as we raise money for local initiatives in the celiac community like medical outreach, GF education and peer support. The Vancouver Half Marathon and 5k takes place on June 26th or can be "raced" virtually at any time between May 26th and June 26th. If you join our team using the link below we will automatically receive a \$5 referral fee, but any and all fundraising on top of that is gratefully received!

<https://raceroster.com/events/2022/55315/2022-vancouver-half-marathon?aff=M7XWB>

In our family, my husband is an ultra-runner so a Saturday or Sunday actually spent in each other's company is a rare treat, he's normally to be found on the trails and mountains around us. Me, I'm very much a walker - but having "walked the year" (2022 miles in 2022 etc) for the last two years, and well on my way to my third, I'm out there rain or shine most days and getting to be well-known in my own right - at least in that when I meet strangers in the neighbourhood they often comment that they've "seen me walking all over the place"!

As always, I hope that you find something of interest in this issue of our magazine, your Board very much enjoys collating the articles, trying the recipes and finding new suppliers for you. Your feedback and suggestions are always welcome at info@bcceliac.ca.

I want to take this opportunity to wish you all a wonderful, safe summer - whether you are travelling for the first time in a few years, staying close to home or getting projects completed in the house or garden.

This was me a few years back when I'd just finished a 5km "Colour Run" in Italy - truly celiac heaven!

-Julie





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Ask Jess: Nutrition Corner



Jess Pirnak is a Registered Dietitian and kindly volunteers her time to answer your questions at: nutrition@bcceliac.ca

She is a member of the Registered Dietitians of Canada and you can read her blog at: <https://www.foodyourself.com/> or gain more food, nutrition and health tips through her YouTube videos: <https://www.youtube.com/c/FoodYourself>

She is also available for a one on one discussion, which is free for members up to 30 minutes. She can be contacted at: <https://www.foodyourself.com/contact-1>

Summer is almost here! And staying well hydrated during hot days is definitely a must to prevent dehydration. Fluids help us stay healthy and energized by controlling our body temperature, aiding digestion, carrying nutrients around our bodies, cushioning our organs and joints and taking care of our largest organ - our skin!

Here's what you need to know to stay healthy and which fluids you should choose most often:

Nothing satisfies thirst better than a tall glass of cold water – plus it is sugar free! Add a slice of lemon, lime, cucumber & mint, frozen berries or a teaspoon of jam to make it more refreshing. You can also turn water into a nutritional goldmine by adding chia seeds for extra fibre, protein & heart healthy omega 3s.

Enjoy a beautiful bowl of local produce. Cucumbers, lettuce, celery, radishes, tomatoes, green pepper and watermelon, to name just a few, are more than 90% water! So besides helping us stay hydrated, these fruits and vegetables provide lots of fibre, vitamins & minerals and antioxidants.

Still craving something carbonated? Grab some kombucha! Kombucha is a cold, fermented tea that can satisfy any pop drinkers' carbonated craving. Besides being sugar and caffeine free, kombucha also provides us with gut-healthy probiotics, digestive enzymes to aid digestion and B vitamins for energy. For kids under 12, stick to ½ cup/day.

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OEB Breakfast Company

Interview with Rob Pawley by Lizbeth Wall, CCA BC Director.

Full disclosure, I was a fan of OEB before they ever opened their doors in Yaletown in May of 2019. I asked the question that we all ask when we see a new restaurant opening in our neighbourhood, "Can you accommodate someone who has celiac disease?" The answer was a resounding yes from the very cheerful and delightful General Manager, Darren Keane. However, I had my doubts, did they really understand what it meant to serve someone who has celiac Disease?

My first experience was over the top perfection and it has continued to be so over three years. I have returned several times and invited many of my celiac and non-celiac friends to join me.



My favourite story is the waffle.

Rob Pawley was serving (I did not realize he was an Operating Partner) and he told me I could order the waffle. I began to ask the required questions, "What is it made of?" and "How is it prepared?" I was immediately assured it is made with rice flour and safely

cooked avoiding any cross contamination. The waffle is light and fluffy and yet has a crispy texture that melts in your mouth.

I hope that you enjoy reading about Rob's passion for OEB as much I enjoyed talking to him.

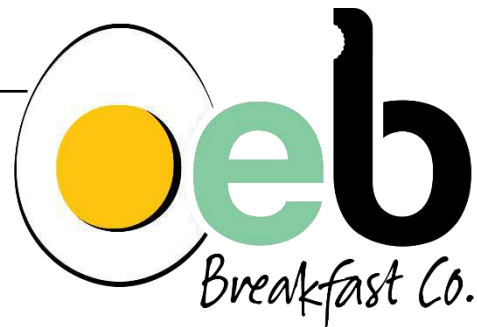
What does OEB stand for?

It actually stands for Outstanding People, Embracing Evolution and Bold Food Integrity if you want to add to it.

How did OEB Breakfast Co get started?

Chef and Founder Mauro Martina wanted to bring his culinary talents of traditional fine dining to the world of breakfast using elevated ingredients you won't find on your typical breakfast menu. Bringing ingredients like Beluga Caviar, Duck Confit, Sous Vide Short Rib, Digby Scallops or

Maritime Lobster along with our signature eggs, from our free-run flock of hens to the breakfast world at an accessible price was key.



How did you get involved with OEB?

I first met Mauro back in Toronto at the beginning of our Canadian culinary careers working alongside each other in a very inspiring group of restaurants. A few years passed, I knew he had opened his first OEB and I had the opportunity to pay him a surprise visit while visiting Calgary at the Stampede. After I finished our first OEB Breakfast experience, my wife leaned over and said, that was the BEST breakfast she ever had. I had to agree, and said, if OEB ever came to BC I would definitely want to become a part of the OEB family.

In 2018, I saw Mauro was planning to bring OEB to Vancouver. I reached out to see if he needed a tour guide for the Vancouver hospitality scene. One thing led to another, after a few meetings and trips to Calgary, my now business partner Allan Cho asked if I wanted to join forces and become the Operating Partner for OEB's expansion in British Columbia, and so it began.

You have three currently in the Vancouver area (Yaletown, Burnaby and North Vancouver), any plans for more OEB's?

YES! We are very excited to be opening up a new location in West Vancouver's Ambleside neighbourhood in early summer 2022, with another OEB hatching in the fall in the new outdoor food pavilion in the Willowbrook Shopping Centre in Langley. We do have plans for more in the lower mainland over the upcoming few years as well.



OEB Breakfast Company

Your GF program has a strong presence on your menu, why the focus?

It is important to create recipes with a variety of different ingredients, to be able to bring an elevated culinary experience; respecting people's food allergies and sensitivities is a part of this process. It shouldn't be an afterthought; it should be a focus. If we can create inspiring dishes by carefully selecting and preparing our ingredients, while accommodating our guests' dietary needs and allergies as well as create a safe place for the celiac community to dine out, we have a great relationship. It is an emphasis in our kitchens but also an integral part of our front of house training, we aim to be able to guide our guests through their choices and help select the best drinks and dishes most suited for their cravings.

What do you attribute your success to?

The recipe starts with an OUTSTANDING culinary program in which a tonne of effort is placed on continuing to maintain and evolve our flavours. We are constantly testing new dishes to keep giving our guests the best possible choices we can create. The next ingredient is the partnerships we build with our farmers and producers. We understand the great lengths it takes to grow the best possible ingredients, creating amazing products sourced with bold integrity to our program. The next step in this recipe is selecting and developing amazing people to work with us, we have been very fortunate to be able to offer our team the fun and excitement of full and busy restaurants matched with the ability to work a "days only" schedule, allowing our team to spend time with friends and family in the evenings, creating a real work life harmony which is hard to come by in the restaurant industry. The final step, tantamount to all the others, is to try to build relationships with our guests in every community we hatch an OEB. Whether it's the first time or the 100th, we are so lucky and grateful to have such wonderful patrons who choose us over our competitors, who appreciate the value and effort we put in to creating a welcoming space to spend time with friends, business colleagues and family.



Dine Outs: a post pandemic revival

Submitted by Natalie Milne, CCA BC Director.

Do you feel like you've been living under a rock? Yeah, me too. The pandemic has caused an extended period of time away from social activities for all of us. As we peer into the light, and consider the possibilities it is with a mix of excitement and caution.

It's a whole new world out there, As a family with one celiac, we were a little sad to discover a number of our trusted go-to restaurants had shut down during the pandemic. It is interesting that so many of the things we have been looking forward to revolve around food. From picnics, to weddings, family parties, the movies, festivals, shows, drinks on a date, to checking out a new restaurant in the neighbourhood, they all have one thing in common for a celiac...gluten. For those living gluten free, the already narrow road to food pinched even tighter during the pandemic.

We are turning a corner though, things are opening up. Restaurants were forced to expand their thinking, to really drive down to the core of what the customer wants. Many added take-out and delivery, or added new dishes.

Summer 2022 is approaching and there are so many exciting things happening in our beautiful city. Vancouver is considered one of the best places to eat gluten free in Canada. There are new restaurants, exciting new menus, food trucks, a massive uptick of choices in delivery and we are excited to vet places so you don't have to!

Our dine out events are all about great food and community. Your safety is our top priority. We take the time to pre-visit each restaurant and ask about menus, suppliers, staff training, cross contact, dedicated fryers and kitchen prep areas to ensure your dining experience is much smoother and safer. So you can relax and focus on good food and a great time with other celiacs!

Ready to dine out?

To start relaxing, celebrating, supporting local, trying good food, seeing Vancouver and beyond and making connections, all while knowing that the food is celiac safe?

We got you.

Stay tuned for upcoming dine out events!



Celiac In The News

Submitted by: Val Vaartnou, Past President CCA BC.

The following are summaries of research in progress or completed from credible medical journals and medical/celiac sites. Links are provided where further information can be found.

Management of patients with celiac disease is ‘a marathon not a sprint’

Dr. Alberto Rubio Tapia, MD, Director of the Celiac Program at the Cleveland Clinic, and assistant professor of medicine at the Mayo Clinic, stated “In brief, celiac disease starts with the ingestion of gluten. Gluten activates the innate immune system at the epithelial level and finds its way across the epithelial barrier to reach the DQ2 or DQ8 antigen-presenting molecules in the antigen-presenting cells. That leads to activation of the immune system and production of several cytokines responsible for the injury of the intestine.” “I strongly believe the best option in terms of health care delivery for celiac patients is a multidisciplinary approach for screening, diagnosis and management,” he said, explaining that includes not only a gastroenterologist, but also expert dietitians, GI pathologists and psychologists, and several other supporting specialists such as neurologists, dermatologists, and endocrinologists. For more information: <https://www.healio.com/news/gastroenterology/20220411/management-of-patients-with-celiac-disease-is-a-marathon-not-a-sprint>

Widely used food additive affects the human gut microbiota

Xanthan gum (food additive E415) is used in baked goods, ice cream and salad dressing, but it is often a substitute for gluten in gluten-free foods. A study in Nature Microbiology by the University of Michigan and other international partners, found that the additive affects bacteria in our intestines. That ability to digest xanthan gum is dependent on a member of the family *Ruminococcaceae* and species *Bacteroides intestinalis*. The study saw differences in the gut microbiota of people who eat xanthan gum but need to understand better the effects of the food additive on overall host health.

For more information: <https://medicalxpress.com/news/2022-04-widely-food-additive-affects-human.html> and <https://www.nature.com/nmicrobiol/> Nature Microbiology (2022). DOI: 10.1038/s41564-022-01093-0

Celiac Disease more prevalent in Patients with Juvenile Idiopathic Arthritis

In an Italian cohort study published in Pediatric Rheumatology, “Autoimmune disorders often share immune pathogenic mechanisms and predisposing factors, including common genetic susceptibility and environmental triggers,” investigators explained. “Understanding the extent of the co-occurrence and identifying factors associated with an increased susceptibility could be relevant to implement case-finding strategies in specific at-risk populations.” “Of 329 patients with juvenile idiopathic arthritis (JIA) (mean age 12.5 years, 74.8% female), 8 (2.4%) were diagnosed with CD, resulting in a higher prevalence of CD when compared with the general Italian population.” Autoimmunity of at least one first- or second-degree relative was found in 87.5% compared with only 45.8% of those without CD.

For more information: <https://www.rheumatologynetwork.com/view/celiac-disease-more-prevalent-in-patients-with-juvenile-idiopathic-arthritis>

Celiac Disease patients have similar response to hepatitis B Virus (HBV) vaccination and no greater risk of hepatitis B virus than non-celiac patients

Unlike some prior studies, this study found that “rate of HBV vaccination and immunity was similar in individuals with and without CD.” “During the study period, 3568 patients with CD were seen at Mayo Clinic and 3918 patients with CD were identified using the REP database. Of those patients with CD, only four (0.11%) at Mayo Clinic and nine (0.23%) of the REP patients had HBV infection.”

For more information:

https://journals.lww.com/jpgn/Abstract/2022/03000/Celiac_Disease_Risk_of_Hepatitis_B_Infection.4.aspx

Avoidant/restrictive food intake disorder characteristics and prevalence in adult CD patients

There is a need to further understand the social and food impacts on patients of CD as in this study 57% of CD patients showed avoidant and restrictive food intake characteristics. The study found that there were no increased metabolic complications, but it was only a 2-year snapshot.

For more information: <https://www.ghadvances.org/action/showPdf?pii=S2772-5723%2822%2900003-6>



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Our products are available on Amazon

www.LKOK.com

Celiac In The News

Submitted by: Val Vaartnou, Past President CCA BC.

Celiac Disease and Gluten Sensitivity – Dr. Stefano Guandalini, Professor Emeritus, U. of Chicago Celiac Disease Centre

The following Q and A is from the GIG newsletter. Dr. Guandalini is an expert in celiac disease, and he talks about the genetics, testing and after the celiac diagnosis. One of the excellent pieces of advice in the article with regards to cross-contamination is “Being nervous is never a good idea; being vigilant is.” “Do not put your child in a bubble, which causes social isolation.”

For more information: <https://gluten.org/2022/02/17/renowned-expert-weighs-in-on-celiac-disease-and-gluten-sensitivity/>

Low FODMAP diet improves gastrointestinal symptoms in patients with celiac disease

In addition to a strict gluten-free diet, a short term low FODMAP (low fermentable oligo-, di-, monosaccharides and polyols) diet may help those celiac patients who are having intestinal symptoms. Alberto Rubio Tapia, MD, in a perspective written on this study, stated that before starting a FODMAP diet that is further restrictive, a systematic evaluation must be completed for other issues: “small bowel bacterial overgrowth, exocrine pancreatic insufficiency, microscopic colitis, irritable bowel syndrome and, rarely, true refractory CeD.” Because the FODMAP diet is complex, it requires dietitian instruction and close clinical follow up to see if symptom improvement is seen.

For more information: <https://www.healio.com/news/gastroenterology/20220204/low-fodmap-diet-improves-gastrointestinal-symptoms-in-patients-with-celiac-disease>

Kids who had no symptoms when diagnosed with CD through screening often do not stick with the gluten-free diet as young adults

A 20-year Italian retrospective study indicates that children who have symptoms when diagnosed are more likely to manage their diet and disease. Being asymptomatic seemed to cause poorer adherence to the diet. 20% in the study abandoned the diet, and 40% never had follow-up testing of tTG antibody levels. They therefore need closer monitoring and better education after diagnosis and during transition to adult care. Interestingly, the Italian follow-up study also found that 16 percent of patients diagnosed through screening and 18 percent diagnosed with symptoms had developed other autoimmune diseases. These included Hashimoto thyroiditis, type 1 diabetes, psoriasis, Graves’ disease, and vitiligo. Compliance with the gluten-free diet did not correlate with development of other autoimmune conditions, the study says.

For more information: https://journals.lww.com/jpgn/Abstract/2022/01000/20_Year_Follow_up_Study_of_Celiac_Patients

Journal of Pediatric Gastroenterology and Nutrition: January 2022 - Volume 74 - Issue 1 - p 91-95

doi: 10.1097/MPG.0000000000003295

Organoid technologies for the study of intestinal microbiota–host interactions

Intestinal organoids are models of the gut made from intestinal stem cells that enable the study of the microbiota. This technology is used for unraveling the effect of microbial communities on [homeostasis](#), inflammation, [idiopathic diseases](#) including celiac disease, and cancer in the gut.

For more information: Valentina Bozzetti, Stefania Senger, Organoid technologies for the study of intestinal microbiota–host interactions, Trends in Molecular Medicine, Volume 28, Issue 4, 2022, Pages 290-303, ISSN 1471-4914,

<https://doi.org/10.1016/j.molmed.2022.02.001> . (<https://www.sciencedirect.com/science/article/pii/S1471491422000405>)

Study of effect of gluten-free diet on vitamin D levels and bone mineral density in celiac disease patients

A study in the pediatrics department showed that after 6 months on a GFD, patients had positive effects on hemoglobin, Vit D levels, and DEXA scan parameters (bone density)

For more information: J Family Med Prim Care. 2022 Feb;11(2):603-607. doi: 10.4103/jfmpc.jfmpc_1190_21 Epub 2022 Feb

16. <https://pubmed.ncbi.nlm.nih.gov/35360767/>

Cancer risk in over 47K individual with celiac disease is low

Increased risk of cancer in those with CD is confined to those diagnosed with CD after age 40 and it is primarily found within the first year of diagnosis, with the highest risk in those diagnosed after 60 years. Cancer risk is not any higher in those with CD who are under 40 years. After the gut has started to heal, the risk of cancer reduces to that of the general population.

For more information: Alimentary Tract, volume 20, Issue 2, E111-E131, February 1, 2022, DOI:

<https://doi.org/10.1016/j.cgh.2021.05.034> [https://www.cghjournal.org/article/S1542-3565\(21\)00572-3/fulltext](https://www.cghjournal.org/article/S1542-3565(21)00572-3/fulltext)

Celiac Blood Test Ontario

Thanks to the Canadian Celiac Association, the celiac blood test will be covered by OHIP until March 31, 2023. This test is covered in all other provinces.

For more information: <https://www.celiac.ca/celiac-blood-test-covered-by-ohip-for-next-6-months-in-ontario/> (extended)

CLOUD 9
GLUTEN-FREE

10

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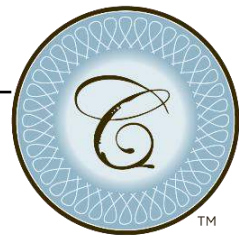
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Cloud 9: 10th Anniversary Celebration!



Interview with Karen McKay from Cloud 9 Gluten Free by Arica Sharma, CCA BC Director.

Cloud 9 Gluten Free fast facts:

- ✓ Cloud 9 is a long-term supporter of the CCA BC.
- ✓ The 2nd company in BC to achieve Gluten Free Certification!
- ✓ Actively participates + donates to our charity challenges, events and races.
- ✓ Offers a wide variety of uncompromisingly high quality product with outstanding taste and texture.
- ✓ Products are available in Canada for [online delivery](#).
- ✓ Visit their [website's Recipes page](#) for inspiration!

CLOUD 9
GLUTEN FREE FOODS INC.

“Cloud 9 is a gluten free flour and baking mix company based in Vancouver BC. Our premium ingredients are certified gluten free, free from the top 10 food allergens, and free from preservatives, artificial dyes, and flavours. All our products are vegan too! We believe our flour and mixes are a pantry staple and love that we make it easy for people to bake not only for those with celiac disease or gluten intolerance but for family and friends that will never know it's gluten free!”

When did your gluten free journey begin?

Personally, I do not suffer from any gluten intolerance however I have niece with celiac disease and a son who suffers from food allergies.



Gluten Free



Peanut Free



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Tree Nut Free



Mustard Free



Shellfish Free



Fish Free



Sesame Free



Sulphite Free



Soy Free



Artificial Colour & Preservative Free

The number of allergens that are NOT in your product is so impressive and inclusive! What sort of challenges did you encounter during R&D?

It is not an easy route to allergen free and not something that many manufacturers decide to strive for, but for us it was just something we decided on from the very beginning. We have very strict quality control measures and provide a supplier questionnaire prior to ordering ANYTHING - sometimes we do not get past the questionnaire! Allergen free means we do have more control points and paperwork, but we feel it is very important.

Where is your base of operations?

We work out of our home office in Richmond and our mixes are produced at a co-packer's facility located in Port Coquitlam.

How many people are on the Cloud 9 Team?

We streamlined our company when we started using a co-packer late in 2020. I personally fill all the positions (multi-tasking and pretty much working 24-7) and round out the company by employing freelance staff and consultants.

Cloud 9: 10th Anniversary Celebration

Interview with Karen McKay from Cloud 9 Gluten Free by Arica Sharma, CCA BC Director.

What is your favorite Cloud 9 product/ recipe?

Our family favourite is our Pancake & Waffle Mix as a go to breakfast. One of our sons created an easy cheesy savoury twist to the mix that I will put on the website soon. Yum!



Will Cloud 9 consider opening a bakery again?

We were very sad to have let the bakery go – and believe me I felt the loss in the community as it was the go-to treat stop for so many people, we closed as our lease was coming to an end and Covid had just hit. It takes a lot of resources and money to run a bakery and we just do not see that happening for us.

What is next for Cloud 9?

At Cloud 9 we continue to grow strategically into eastern Canada and plans in the very near future to start Amazon US.

We already have interest in the US so once we are ready (it takes a lot of resources – money to expand but it is on our horizon.

We also have some new products that we are close to launching. Always

learning, growing, and looking for opportunities to connect and help our community. We love what we do and find it so rewarding.



CCA YouTube Have you been watching?

YouTube has a lot of content to offer, but not all of it is verified. If you would like to learn more about celiac disease, or watch the 2021 conference, or any other event/ webinar you may have missed, subscribe to the CCA's YouTube channel to keep learning: <https://www.youtube.com/c/CanadianCeliacAssociation>

CCA After Dark

Did you know there is a link between undiagnosed celiac disease and low sexual satisfaction? Do you want to learn more about the connection between sexual health and celiac disease?

Registered dietitian Nicole Byrom chats with Dr. Stephen de Wit, a Board Certified Sexologist with a Master of Public Health in Human Sexuality and a Doctorate of Human Sexuality. Dr. de Wit is a master at creating a fun, safe, comfortable environment for people to take an honest look at their sex lives and transform what is not working.

If you missed this very friendly and informative webinar, check out the session on the CCA's YouTube channel:

<https://youtu.be/-azlqn1fRoM>

What Are My Options for Creating a Will?

Did you know that 51% of Canadians don't have a Will? Willfora has been working hard to democratize Will creation, and has partnered with the CCA to cover key topics of Will writing. Join Matt Renzoni, Head of Client Success at Willfora, who will look to answer the following questions:

1. Why should you have a Will?
2. Why do so many Canadians not have a Will?
3. What are your options for creating a Will?
4. What other considerations should you make after creating your Will?

Watch the Will Writing 101 here: <https://youtu.be/ILG2TMLvo0s>

CCA Tax Webinar

If you didn't get to claim some of your GF food expenses this year, take a look at the webinar so you can get prepped for the next round! <https://youtu.be/ldemuLAsm5l>

Join our registered dietitian Nicole Byrom, and tax expert Lynda Neilson to learn everything you will need to know about the incremental tax benefit for those living with celiac disease. We have a set of resources for you. Click on this link to receive forms straight your inbox. The resources include a video recording of a webinar, a spreadsheet sample and handouts.

<https://www.celiac.ca/living-gluten-free/incremental-medical-tax/>

Microscopic colitis & celiac disease

Submitted by: Arica Sharma, CCA BC Director.

Gluten free but still experiencing uncomfortable symptoms? There are a number of possible causes for this. If you tend to blame your discomfort on gluten contamination and haven't seen your GP in a while, then it's time to request a tTG-IgA test. The CCA recommends you do this annually, and offers a handy checklist for CD management: <https://www.celiac.ca/healthcare-professionals/management/>. During the pandemic, many people have been avoiding unnecessary trips to the doctor's office. If you have been GF for over a year now, are following the GF diet and not seeing much improvement, do not hesitate to make at least a phone appointment with your doctor to rule out other possible issues!

Microscopic colitis (MC) is an inflammatory condition with two subtypes, collagenous colitis and lymphocytic colitis. What are the symptoms? "The main symptom of collagenous colitis and lymphocytic colitis is chronic, watery diarrhea, as often as five to 10 watery bowel movements per day. More than half of patients cannot pinpoint when their symptoms began. The diarrhea is usually accompanied by cramps and abdominal pain. These episodes rarely occur at night. Patients are commonly given an incorrect diagnosis of irritable bowel syndrome." <https://www.hopkinsmedicine.org/health/conditions-and-diseases/collagenous-and-lymphocytic-colitis>

Some symptoms of MC listed by [cedars-sinai.org](https://www.cedars-sinai.org) may sound very familiar to a celiac, despite strict adherence to the GF diet:

- Diarrhea without blood
- Weight loss
- Belly pain
- Bloating
- Dehydration
- Nausea
- Fatigue or weakness
- Joint pain
- Not being able to control a bowel movement

Who is at risk for lymphocytic colitis?

"Having certain health issues may increase your risk for the disease. These include diabetes, celiac disease, irritable bowel syndrome, and certain types of thyroid disease. Being a smoker may increase your risk for the issue. Smoking interferes with the blood flow that your intestines need. Your risk for lymphocytic colitis may also be higher if someone in your family has the condition or another inflammatory bowel disease." <https://www.cedars-sinai.org/health-library/diseases-and-conditions/l/lymphocytic-colitis.html>

A 2009 study sites that "Microscopic colitis should be suspected in celiac disease when there is a poor response to a strict gluten-free diet. Several studies have demonstrated that MC is but one of several conditions that need to be excluded in patients who do not respond to a strict gluten-free diet. Similarly, celiac disease should be considered in patients who are diagnosed with microscopic colitis, though this sequence of diagnosis accounted for only 11% of patients in this series. Patients who undergo both upper endoscopy and colonoscopy with biopsies as evaluation of diarrhea may receive a simultaneous diagnosis of celiac disease and microscopic colitis." [https://www.cghjournal.org/article/S1542-3565\(09\)00667-3/fulltext#sec14033682e1022](https://www.cghjournal.org/article/S1542-3565(09)00667-3/fulltext#sec14033682e1022)



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Welcome New CCA BC Board Members!

Natalie's son Austin spent some time in the hospital with malnutrition before he was diagnosed with celiac disease at 9 years old. He was the first person in the family to be diagnosed celiac, which meant there was a learning curve to overcome when it came to cooking gluten free in order to bring him back to good health. Year one was hard and found Natalie researching websites like the CCA for reliable information. She was lucky enough to have found another mom of a celiac and took the opportunity to ask seemingly endless questions. It's been 15 years since and Austin is healthy and happily off to college. Natalie is now focused on giving back to the celiac community, and the CCA BC Chapter was a perfect fit!



Natalie Milne

What areas of the CCA BC are you interested in taking the lead?

I've jumped in to the Dine-out dinners that the chapter organizes. I'm a foodie at heart, and as a family we love to try new places. I realize being able to eat out with a celiac requires a certain amount of know-how to vet each place, to make it an enjoyable and safe place to eat as a family. I can put my experience to use for the CCA BC events!

I also have a heart for other moms that don't know anyone celiac, and I would come alongside like my friend did for me years ago.

What's something you wish more people knew about celiac disease?

That it's not an allergy or tummy ache, that its effects are felt in the whole body. I wish more people knew it is an autoimmune disorder.

How has your outlook toward a gluten free diet changed since your son was first diagnosed?

When my son was diagnosed he was critically ill. It all seemed very alarming and confusing, over the years we have found ways to eat all the same things he loved before, just gluten free. We love camping and boating and we have adapted everything we eat, everywhere we go. It has created a bond between us as mother and son, and has been a good learning experience for the extended family. We have had some epic fails, like the time I tried to make gluten free rolls, and they turned out so hard, he took it outside and used it as a hockey puck to make me laugh. We have had to adapt and learn and try, try again. We have found the gluten free diet to be very healthy, and delicious!



Karla Plag

I had been following the CCA BC on Instagram for a while (it was a really helpful resource right after she was first diagnosed) and saw there were openings for Board Members!

How has your outlook toward a gluten free diet changed since she was first diagnosed?

When my daughter was first diagnosed, we knew we had to cut out gluten immediately, but it wasn't until we spoke with a nutritionist at BC Children's and researched more on the Canadian Celiac Association website that we learned about all the potential risks for cross-contamination and how to avoid them. Birthday parties were hard at first when she couldn't eat the same birthday cake or cupcakes that everyone else was having. Now we make a special trip to Lemonade to grab her favourite chocolate gluten-free cupcake before a party and she is excited to have something that is uniquely hers (and often healthier and tastier than the other cupcakes anyway).

What areas of the CCA BC are you interested in taking the lead?

As a mom of a toddler with celiac disease, I hope to help get involved in building up the BC kids group and local meetups to create a sense of community for kids and parents in similar situations to connect and swap stories. I also hope to help find funding and interest in research. Such amazing work and advances have been made over the past ten years and I am excited to see what can be achieved in the next ten years.

What's something you wish more people knew about celiac disease?

My daughter (who was 2.5 years old at the time of diagnosis) had been falling under the 10th percentile and then 5th percentile for weight for about a year and then half a year, respectively, before diagnosis with celiac disease. Since the waitlist to see a pediatrician can often be long, I wish more family doctors would immediately consider running bloodwork for celiac disease whenever a parent is concerned about poor growth and the child is on such a low growth curve.

*Karla joins the CCA BC Board with a host of experience working with non-profit organizations from her time living in California, and was looking for an opportunity to do the same here in Canada. After her daughter's celiac diagnosis last year, Karla knew she and her daughter both had a lifetime ahead of navigating this disease... **Why did you get involved?***

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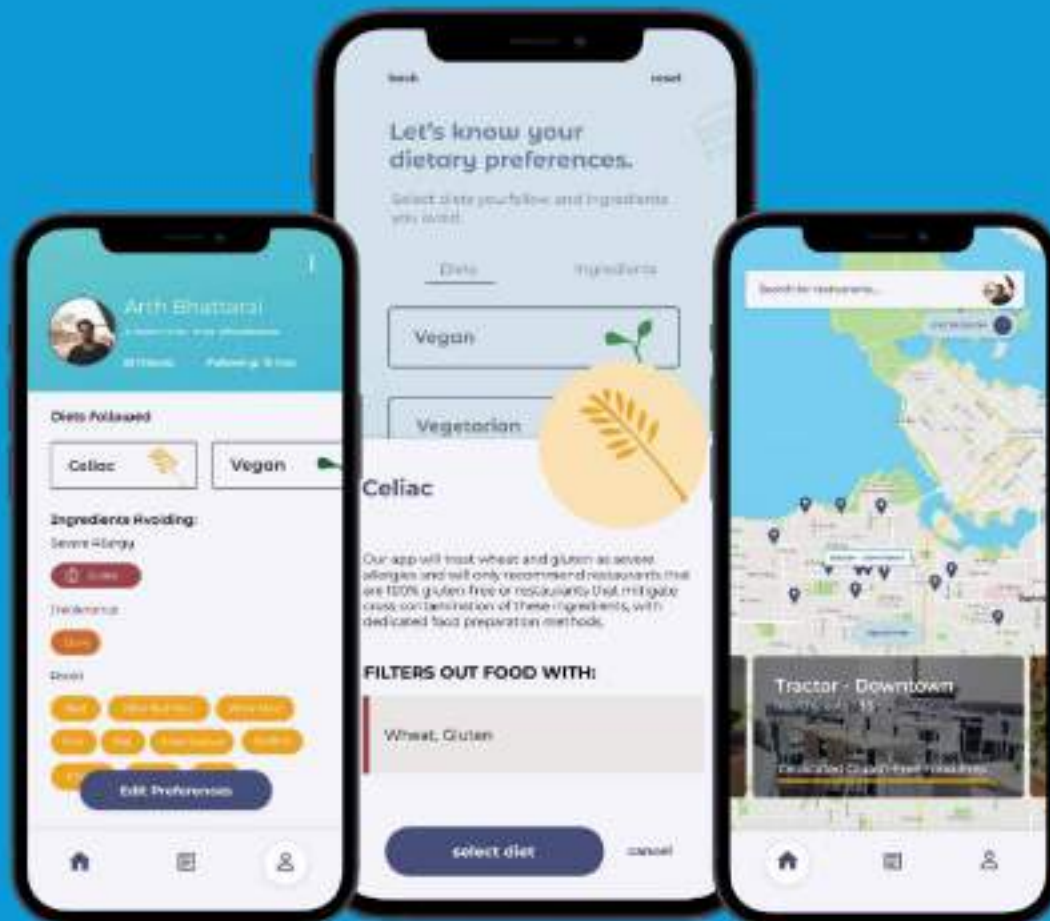
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Kid's Corner

Submitted by: Matthew Vyas, Contributing Writer CCA BC, May 16, 2022.



My family went from March 23rd to April 23rd being gluten free.

Sure, they all did cheat at some point (my dad says his was by accident - he forgot there was wheat in soya sauce) but I'm sure they now know how hard it is. My dad recommended this idea a little while ago.

I was excited to see how it would go. Would they secretly cheat without telling me? Would they eat gluten every day?

Thankfully no. What was great about doing it in that time period was that it was Easter,

and the gluten free Easter KitKats were around, and we got millions of bags! I was sooooo happy that there were gluten free KitKats because KitKats were one of the things that I missed. My family ate gelato ice cream, cookies from friends, cupcakes, and more cheats.

But if they cheated, there was a cheating jar waiting for money. I counted around 27 dollars by the end of it. All the money goes toward the Canadian Celiac Association, not me.

The gluten free month inspired my dad to declare our house gluten free, and they can cheat outside the house, at restaurants and bakeries. I am very happy about that.

Hope they don't cheat too much.

Happy Celiac International Day!

habits would change forever did trigger anxiety and sadness in me. My family has been a major support in this journey. Other than them, a friend of mine, Siddharth Sikri, has really advocated for me at various restaurants. I used to give up very early when it came to explaining to the chef about my food options, but Siddharth was someone I could always count on for talking to chefs and explaining the ingredients to them in detail. Whenever I felt lost, or accidentally got glutened, he was there to motivate and cheer me up. I am grateful for such a loving family and friend in this not so easy journey. Siddharth has been a strong support since I got diagnosed and the best part is that he never took pity on me for having very limited food options at restaurants while everyone was enjoying. He is the one who introduced me to find Canadian Celiac Association page on Instagram and to find other support groups. Had it not been for my family and him, my journey with celiac would have been really hard." – Prachi Cooner

"My mom and my aunt! They taught me the beginnings of my gluten free journey." - @glutenfreeepicurean

"@delishglutenfree walked me thru gluten free eating! So blessed to have her knowledge and store help my daughter and her celiac journey!" - @mama.mccready



We asked to hear your stories about who has been an advocate, teacher, or otherwise an all-around hero in your celiac journey. Here's what you shared:

"My GF heroes are my parents:

When I was diagnosed in 2015, GF options were hard to come by in our small city. In addition to our usual grocery shopping, we would have to trek to the one store that carried GF products. There were only a handful of safe restaurants where I could eat within a few hours' drive. Often, we'd have to plan trips around where I could eat or take long detours so I could have a "real meal" instead of a snack. The lack of options also meant that nearly all meals had to be prepared at home. My mom spent countless hours in the kitchen, trying to convert old recipes to be gluten-free. After many years, she has found a way to make nearly everything undetectably GF, allowing our family recipes to live on.

Now that I live in BC for university, I rely on these recipes every week. Even from across the country, my parents continue to support me - I often receive care packages with my favourite GF snacks around exam times and holidays when I cannot go home. For those holidays when I do travel home, there is always a stocked cupboard and freezer of GF foods, so I don't feel left out of the festivities. Throughout my diagnosis, they have supported me by accommodating my needs, advocating for me, and validating my feelings during many moments of frustration. I am so thankful to them for all they have done and continue to do for me." – Sasha Dobisz

"I have been recently diagnosed with celiac disease and it has been quite a journey since then. I was diagnosed by my father and myself, since we both are physicians. My apprehension about GF food and the fact that my food





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Parisian Style Baguette Sandwich

Submitted by: [Promise Gluten Free](#)

Ingredients:

- 1 Promise Gluten Free Sourdough Baguette
- 2 oz. goat cheese
- 2 – 3 sundried tomatoes
- 4 slices of prosciutto or Parma-ham
- 2 oz. blue cheese
- Rocket (arugula)

Directions:

1. Warm sourdough baguette according to package instructions and slice lengthwise.
2. Spread goat cheese on bottom, top with prosciutto or Parma ham, sundried tomatoes, crumbled blue cheese, and rocket.



Summer Crab Rolls

Submitted by: [Promise Gluten Free](#)

Ingredients:

- 1 Promise Gluten Free Sourdough Soft White Roll
- 4 oz. white crab meat
- ½ cup mayonnaise
- 1 chili pepper, finely chopped
- 1-2 tbsp. lemon juice
- Salt and Pepper
- Parsley and lemon wedges for serving

Directions:

1. Warm sourdough soft white rolls to your liking and slice lengthwise.
2. Combine crab with mayonnaise, chili peppers, and lemon juice.
3. Add salt and pepper to taste.
4. Spread onto rolls and sprinkle with chopped parsley. Serve with lemon wedges.



Protein Chocolate Chip Cookies

Submitted by: [Ria Gill, CCA BC Director.](#)

Ingredients

- 3 bananas
- 1 scoop gluten free chocolate protein powder
- 1 cup gluten free oats
- 1/3 cup maple syrup
- 1/4 cup chocolate chips

Directions

1. Preheat oven to 350 degrees F
2. Mash the bananas
3. Mix in protein powder and oats
4. Mix in maple syrup
5. Fold in chocolate chips
6. Roll tablespoon sized pieces of dough into balls and flatten onto a baking sheet
7. Bake for 12-15 min

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Brownie Mint Ice Cream Cake

Submitted by Namaste Foods

Variations:

You can experiment with different ice cream and toppings!
Recipe may be divided in half to make an 8x8 pan.

Ingredients:

- 1 package [Namaste Foods Brownies Mix - prepared](#)
- 1/2 gallon mint chocolate chip ice cream – softened
- 1 container whipped topping, softened
- 15 crushed peppermint candies
- chocolate syrup (optional)

Directions:

1. Bake Brownies according to package directions in 9x13 pan. Best to line pan with parchment paper to make it easier to remove and slice cake. Cool brownies after baking.
2. Spread softened ice cream in an even layer over brownies.
3. Spread even layer of whipped topping over ice cream.
4. Drizzle chocolate syrup over cake.
5. Sprinkle crushed peppermint candies evenly on top.
6. Refreeze for at least one hour before serving!



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1 package Namaste Chocolate Cake Mix
1 cup gluten free chocolate chips
1-8oz pkg cream cheese, softened
1/3 cup sugar
4 eggs, divided
2/3 cup oil
1 1/2 cups water

Cinnamon Sugar Topping
1/2 teaspoon cinnamon
1/4 cup sugar
1/3 cup chopped walnuts (optional)
Increase sugar to 1/2 cup if not using walnuts

Combine chocolate cake mix, oil, water and 3 eggs as directed on package. In a separate bowl mix cream cheese, 1 egg, 1/3 cup sugar and chocolate chips. Blend well.

Spray cupcake pan with non-stick spray or insert paper liners. Fill cups 2/3 full with cake mixture. Add heaping teaspoon of filling to each and top cinnamon, sugar and chopped walnuts (if using) mixture.

Bake in 350° F oven for 20-24 minutes. Makes 24-30 cupcakes.

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Celiac in the Kitchen

GF Cinnamon Sugar Pretzel Bites

Submitted by: [Kinnikinnick](#)

Ingredients:

Dough:

- 1 package [Kinnikinnick All Purpose Flour Blend](#)
 - reserve 2 cups (454 g)
- 1 tbsp. xanthan gum (12 g)
- ½ tsp salt (2 g)
- 1 tsp cinnamon (3 g)
- 2½ tsp quick rise instant yeast (10 g)
- 3 tbsp. brown sugar - reserve ½ tbsp. (45 g)
- 1¼ cups warm water - reserve ¼ cup (50 g)
- 2 tbsp. butter - melted (30 g)

Boiling:

- 8 cups water (1920 g)
- ¼ cup baking soda (58 g)

Baking:

Water for brushing before and after bake

Cinnamon Sugar:

- 1 tbsp. cinnamon (12 g)
- 3 tbsp. granulated sugar (45 g)

Dough: Use a stand mixer and paddle attachment for best results.

1. In a small bowl combine yeast, ¼ cup water and reserved ½ tablespoon brown sugar. Let sit for 5 minutes.
2. In mixing bowl, combine reserved 2 cups Kinnikinnick All Purpose Flour Blend, xanthan gum, salt, cinnamon and 2½ tablespoons brown sugar. Mix until combined.
3. Add warm water, melted butter and yeast mixture. Mix for 1 minute.
4. Increase speed to medium-high and mix for 2 - 3 minutes (mixture will come together and pull away from edge of bowl).

Proof Dough:

1. Lightly flour counter top and scoop dough into a mound, onto the counter.
2. Sprinkle with Kinnikinnick All Purpose Flour Blend and lightly knead until dough is workable and less sticky (approx. ⅓ cup flour required).
3. Form dough into a ball and place in a lightly oiled bowl. Cover with plastic wrap.
4. Place dough in a warm area to proof for 30 minutes.

Preparation:

1. Once dough has proofed, recommend preparing the following.
2. Preheat oven to 400°F (204°C).
3. Place 8 cups water in a large pot and add baking soda. Bring to a boil.
4. Prepare a small bowl of water and pastry brush. Set aside.
5. Mix cinnamon and granulated sugar in a small bowl for coating Cinnamon Sugar Pretzel Bites. Set aside.

Assembly:

1. Punch down to deflate proofed dough Roll out on slightly floured surface into a log. Cut into 6 portions. Cover portions ([see tips](#)) until ready to use.
2. Work off first portion by rolling out into a rope (approx. 12 inches long). Do not use flour. Cut into 1 inch pieces.
3. Place pieces on a parchment lined baking tray.
4. Cover lightly with plastic wrap.
5. Work off remaining dough.

Boil:

1. Place Cinnamon Sugar Pretzel Bites in boiling soda water a dozen at a time.
2. Once pretzel bites float, boil for an additional 30 seconds.
3. Remove from soda water using a slotted spoon.
4. Place on parchment lined baking tray.
5. Repeat with remaining pretzel bites.

Bake:

1. Brush boiled pretzel bites with water.
2. Bake in preheated oven for 10 minutes.
3. Remove from oven.
4. Brush with additional water.
5. Toss warm pretzel bites in Cinnamon Sugar mixture.
6. For best results allow Bites to cool completely prior to eating.
7. Enjoy with your favourite dips.





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Celiac in the Kitchen

Jerk Chicken Submitted by: Arica Sharma, CCA BC Director.

The below is a modified version of a recipe from [Crook to Cook \(Snoop Dogg's cookbook\)](#).

If you prefer a less spicy dish, cut the thyme and allspice in half, and use one less habanero.

Ingredients:

- 5 chicken legs
- ¼ cup peanut oil (or cooking oil of choice)
- 2 generous tbsp. molasses
- half a lime's juice (more to taste)
- 3 dried habanero peppers, chopped
- 3 scallions, chopped
- 1 small yellow cooking onion (or a medium shallot), chopped
- 2 tbsp. of garlic-ginger paste (or equal parts of each)
- 2 tbsp. dried thyme
- 2 tbsp. ground allspice
- 1 tsp. salt
- 1 tsp. pepper

Directions:

1. Put all the ingredients except chicken and blend together in a food processor until thoroughly blended. Mixture should be thick.
2. Poke holes in the chicken and place in baking dish.
3. Pour mixture all over the chicken, coating it well throughout. Tip: if you can gently get some mixture under the skin, do so!
4. Marinate for at least an hour, or overnight.
5. Preheat oven to 375°F.
6. Bake chicken for about an hour or until cooked through, checking in at the 30 minute mark to baste the chicken again with the mixture already in pan.
7. Optional: Broil for the last few minutes to get a beautiful dark brown color.
8. Serve with rice and greens of your choice!



Messages from your Leaders

In-person and Zoom support group meetings are available!

Contact your local leader to join in, or email supportgroups@bcceliac.ca for more information.

Support Groups

Chilliwack Drop-In – 1st Saturday of each month. Contact: Geraldine David - 604-792-2119 or gddavid@uniserve.com

Powell River Zoom – Last Monday of the month at 10am - Contact: Liz Kennedy: lizkennedy@shaw.ca or Val Harding: valhar@shaw.ca

Richmond Drop-In – 2nd Monday of each month at 6:30 pm. Contact: Val Vaartnou: val_vaartnou@telus.net or phone 604-271-8828.

Richmond Support Group Meeting May 9, 2022, visiting The Flying Beaver:



South Surrey Drop-In – 3rd Tuesday of each month at 6:30 pm. Contact Pushpa Kapadia at pushpakapadia@gmail.com or phone 604-721-0098.

Contacts in areas where there is no Group Meeting:

All Areas: Val Vaartnou will teleconference with anyone newly diagnosed or who needs assistance with the gluten-

free diet. Contact Val at 604-271-8828 or email at val_vaartnou@telus.net

Help Line: If you have any questions, you can also phone our helpline at 604-736-2229 or 1-877-736-2240 and leave a message and a volunteer will get back to you.

The purpose of our helpline is to offer support to a newly diagnosed celiac and those who are having difficulty with the gluten-free diet. If you just feel the need to talk to someone with the same illness who has been on the diet and living well as a celiac, please leave a message with your name, phone number and a brief description of your inquiry.

UBC Student Support Group

Submitted by: Lia Fairbairn and Sasha Dobisz, CCA BC Directors.

The UBC Student Support Group recently celebrated its final event of the 2021/2022 academic year at Innocent Ice Cream. We have truly enjoyed getting to know celiac students across all ages and programs and look forward to seeing both familiar and new faces alike when we resume events in September.

Though we will not be hosting UBC-specific events over the summer, our support group attendees are always welcome to join the other support groups or dinner events run by the BC CCA.



If you need support, advice about student housing, or more information about eating safely at UBC over the summer break, feel free to send us a message at student.support@bcceliac.ca. Incoming first years are also welcome to get in touch to learn about living as a celiac on UBC campus.

Keep in touch over social media, and we'll see you soon!

The New York Rangers Rookie Who Eats Gluten Free...

The Real-Life Diet of Kaapo Kakko, the New York Rangers Rookie Who Eats Gluten-Free.

Read the complete and original interview published January 3rd, 2020 by Alex Shultz: <https://www.gq.com/story/real-life-diet-kaapo-kakko>

He doesn't remember the exact date. Five, maybe six years ago, still living in Finland (where he was born and raised), Kakko went to the doctor for a routine checkup. He swears he didn't feel sick, didn't think anything was out of the ordinary. His blood tests came back with surprising news:

He had type 1 diabetes *and* celiac disease.

Five, maybe six years later, Kakko, the No. 2 pick in the NHL Draft, is chatting with me in the Rangers locker room. It's mid-December of 2019, and Kakko's boyish face is the only physical reminder of his youth, given his 6-foot-3, 200-pound frame. I tell him I have a bunch of food allergies, and thus have an idea of what it's like to deal with dietary restrictions, especially

the anxiety they can cause. But Kaako insists those fateful lessons from his doctors were more than enough to quell his fears and keep his pro career hopes on track. Though he'd barely visited America prior to being a top-two pick, he's found the adjustment—at least food-wise—to be seamless.

I've heard McDonald's and other fast-food places are better in other countries. Is that true?

Maybe, but it's not much healthier in Finland. But everything can be made gluten-free at McDonald's in Finland if I ask it, so sometimes I do spend time there. [Ed. Note: Finnish McDonald's does indeed offer gluten-free options, including gluten-free buns.]

I know you said you don't remember exactly when you were diagnosed with type 1 diabetes and celiac, but do you remember how you felt when you got that news? When they said it, I didn't even know what celiac was. It was a little hard, I remember. I didn't expect it. But over the next couple weeks I tried learning about celiac and gluten-free food. I learned it wasn't so bad.

Did gluten make you feel sick when you were growing up?

Actually no. I know most people feel ill, but I didn't.

Were you worried at all at the time that this might affect your ability to be a professional hockey player someday?

I think diabetes was a bigger thing. It took some time to adjust, but it's turned out to be not so bad.

And celiac, it's very easy. I know so many guys who also eat gluten-free, including one of my friends. You get into a normal routine of what you eat, when you practice, and you figure it out.

What would you say to others who play sports and are growing up with diabetes or celiac?

When I got it, I thought, can I play anymore? But I trusted myself and kept going. If you trust in yourself, then it's easier. You can play hockey and do whatever you want to do.



Board Highlights - CCA BC – March 2022 – May 2022

- The Board welcomed two new Directors, Natalie Milne and Karla Plag at the AGM
- The UBC Student Support Group held their final event of the 2021/2022 academic year at Innocent Ice Cream on April 23rd
- A meeting to discuss planning of the Vancouver Half Marathon was held on May 12th
- Directors and members alike celebrated International Celiac Awareness Day with a dinner at Craft Beer Market in False Creek followed by a walk to see BC place lit up green.
- We have resumed discussions with YVR Airport to identify safe food outlets for those of us with celiac disease. We will be providing presentations to the staff to help them understand the many frustrations we have when trying to source safe food at YVR.
- We had a booth at the FoodBanks BC conference on May 29th - May 31st. There are approximately 150 attendees - managers, Coordinators and Board members
- We are resuming our dinner events across the Lower Mainland



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Celiac Disease Awareness Month Recap

Submitted by Lia Fairbairn and Sasha Dobisz, CCA BC Directors.

After a relatively quiet last few years, May 2022 saw our long-awaited return to in person events. We celebrated International Celiac Awareness Day (May 16th) at Craft Beer Market in False Creek, followed by a walk to see Science World lit up green.



Members of all ages had the chance to mingle with one another, meet CCA Registered Dietitian Nicole Byrom, as well as celiac Olympian Christine Nesbitt who let us all hold her gold and silver medals!

Thank you to Promise and our other sponsors for putting together swag bags for all those with celiac in attendance.

Our various social media accounts featured informative graphics about celiac disease,

such as overlooked symptoms, differences between celiac and a wheat allergy, and related autoimmune diseases. We also shared a study conducted by the

University of Alberta which our members were invited to participate in. As well, we featured various awareness initiatives taken on by our board and volunteers, such as a Hindi radio interview on 93.1FM on the Roshni Show (special thanks to Pushpa Kapadia for representing us during the interview) and city proclamations recognizing Celiac Awareness Month. Thank you for celebrating Celiac Awareness Month with us!



HOW TO JOIN THE CCA BC VANCOUVER RUN TEAM

- 01. Follow our referral link**
Using the link means a portion of your registration fee will be donated to us in charity. Find the link in our email or on social media.
- 02. Check 'Join an existing Charity Challenge fundraising team'**
This option will be at the bottom of the registration page once you've selected which discipline you'd like to compete in.
- 03. Select CCA BC from the dropdown menu**
Select the Canadian Celiac Association British Columbia from the options. Proceed with checkout.
- 04. Join our Facebook Group to keep up to date**
Go to our Facebook Page (Canadian Celiac Association British Columbia), click to 'go back' and join '2022 Vancouver Half Marathon'.

Vancouver Virtual Half Race: May 26th – June 26th, 2022!

If you haven't already signed up for this summer's marathon, what are you waiting for? We are revved up and ready to walk, run or roll again virtually this year, meaning you complete the marathon at your leisure! But oh no, does it get lonesome? It doesn't have to be! Join other members of the CCA BC on our Facebook Group

<https://www.facebook.com/groups/524675529229560/> and let's plan a date to walk it out together! Raise funds as an individual or donate toward one of our runners, spread awareness, and as always get on track to win some fabulous prizes! Sign up using our referral link to ensure we receive an added \$5:

<https://raceroster.com/events/2022/55315/2022-vancouver-half-marathon?aff=M7XWB>

When it's all over, how about we meet for a dedicated gluten free dinner? Support is in season and we can't wait to start seeing you again. Let us know your restaurant suggestions for a post-marathon meeting with an email to runningglutenfree@bcceliac.ca, or if you have any questions about the run at all, or are not using social media but want to stay in the loop, please don't hesitate to reach out!

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