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Celiac News

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Canadian Celiac Association

L'Association canadienne de la maladie coeliaque

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Thanks to our Facebook moderators Lynda Neilson and Julie Clement.

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NEXT ISSUE:

If you have any recipes, restaurant reviews/articles for the June 2020 issue, please have them submitted by May 15, 2020.

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

Newsletter Contributors

Newsletter Editor - Val Vaartnou



CCA Vision Statement:
The gluten solution: Find. Treat. Cure.

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- 604-736-2229 / 877-736-2240
- CCA British Columbia
Letters to the Editor
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Newsletters will be distributed:

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June 1st - Travel & Summer

September 1st - Fall & Back to School
December 1st - Christmas & Holidays

Also, please submit your content to us a minimum of 3 weekends prior to the edition you'd like to be featured in. We will 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. If you have any questions: EMAIL: val_vaartnou@telus.net or info@bcceliac.ca

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President's Message



Hi there! I'm very honoured and excited to begin my first message as President of the Canadian Celiac Association British Columbia. More of my story is included in my interview with Val Vaartnou later in this newsletter, but I have been a member of the Board since 2015. I've helped in many areas of our Chapter's activities but have been primarily involved in creating and sharing content across our social media platforms. I'm thrilled at taking on this new challenge as our Board's President.

2020 has kicked off on a high note so far! We attended the Vancouver Gluten Free Expo on January 11th and 12th and had the chance to meet so many lovely members of the public who had questions about what we do. Perhaps some of you reading this now discovered us through this event, and we welcome you to our community and are here to answer any questions you may have.

On January 21st, Val Vaartnou and Lizbeth Wall hosted a session of 'Gluten Free: Fad, Fiction, or Required?' at Choices Kitsilano. We were pleased to welcome over 30 attendees to explore the gluten free diet, with treats provided by Cloud 9 Gluten Free Foods Inc. We hope the presentation proved to be an informative introduction to all things gluten free.

For the coming months, we have even more events lined up. Building upon past success, we will be continuing to offer meet-up groups for children, as well as monthly dinner events at celiac-friendly restaurants. Registration is also now open to join our Vancouver Scotiabank Marathon & 5K team. This continues to be our largest fundraising event of the year and is incredibly important in supporting our local initiatives and contributions to national celiac disease research. If you ever thought about participating, we encourage you to bring your family and friends and fundraise for our team!

2020 is going to be a transformative year for the CCA, as our National organization is removing their membership model to focus on generating donations and awareness for the celiac cause. We support their decision 100% but have chosen to keep our membership in BC to help us foster a sense of community at the local level. But this means we'll also be working hard to bring the best benefits we can to our members and reach as many people as we can who need our support. We are ready and waiting to hear your feedback from what we can do more of, or better at info@bcceliac.ca.

We thank you all for your continued involvement in our organization. Here's to a bright future for the CCA BC in 2020 and beyond!



Meet Our Incoming President: Jessica Mejia

Interview with Val Vaartnou, February 9, 2019

"I hold the belief that getting to 100% of anything is impossible. There are always ways we can learn, grow, and improve upon the work we've done in the past, including what we've done to improve ourselves. I've always been a hard worker with great ambitions, and am constantly seeking out new opportunities to connect with bright minds and develop my skill set.

The most important lesson I've learned in life is to always put your best foot forward in whatever you do. Whether it's in an email, a report, a presentation, or a proposal that could get you a promotion, there is nothing too small that doesn't deserve your time and attention to make exceptional. You never know who may be watching!"

This is the message on Jessica's LinkedIn page and having known Jessica since 2015 when she joined the Board of the Canadian Celiac Association – Vancouver Chapter (CCA BC), I know she lives by these beliefs.

It was during this time that she met a peer at university in her visual media club who also had celiac disease and was on the Board of Directors of the CCA – Vancouver Chapter. She was leaving to pursue medical training at the University of Manitoba and had asked Jessica if she was interested in attending a meeting of the Board of Directors and potentially joining the Board. Jessica agreed to join and has been instrumental in improving our website, managing our social media accounts, and providing a professional document to promote the Scotiabank Charity Challenge to our business partners. In 2019, Jessica offered to take on the responsibility of President of our Chapter. Her five years' experience on the Board puts her in a good position to be successful.

When Jessica first joined the Board, she was attending the University of British Columbia at the Sauder School of Business. Each year she was on the Deans Honor Roll, and in 2015 she was awarded the Jimmy Grewal Memorial Award in Business for her volunteer work in sustainability. She obtained her Bachelor of Commerce in Marketing with Honors in June 2016.

Jessica does not shy away from challenges. Soon after university, she joined an accelerated development program at Intact Insurance in the commercial lines department. This was a two-year program, providing her with the train-

ing necessary to become an intermediate underwriter. Her work involves preparing quotes and managing policies for small to medium-sized businesses across British Columbia and the rest of Canada. She is excited by the work that she does and appreciates that there is something new to learn every day in her role.

Jessica was diagnosed with celiac disease (CD) in 2014 while in university, although she believes her symptoms started in 2011. It was at that time that she required reconstructive jaw surgery due to a severe underbite that developed as a teenager. Such a surgery requires a drastic change in diet for several weeks after the procedure, and it is difficult to avoid sudden weight loss. The toll on Jessica's body was evident, and she knew something was off even when her jaw had fully recovered six months later.

Her symptoms were relatively mild, mainly digestive "crampiness", and so she did not take much action at first. But the pain slowly reached a severity where she sought medical attention. Her GP luckily performed the appropriate testing right away, and quickly got her an appointment with a gastroenterologist who diagnosed her celiac disease. She was the first in her family to be diagnosed with CD, although her aunt has been recently diagnosed. Today, she is thankful that her noticeable symptoms are largely gone from following a stringent gluten free diet.

Jessica is looking forward to helping the CCA BC evolve in 2020. She is personally very interested in the research being done across the country and hopes to see our Chapter's support strengthen here in British Columbia to reach any and all individuals impacted by CD and gluten sensitivity that need assistance. The changes occurring nationally and locally this year in CCA membership will be challenging; however, she wants to help make the transition as smooth as possible for everyone. Continually improving by listening to the needs and feedback from our members will be critical during this time. If you have ideas already to help us kick start our year, including any initiatives you'd like to see from the CCA BC, Jessica is ready to hear them and share with the Board at info@bcceliac.ca.

A huge thank you to Jessica for taking on the challenge to volunteer her time and for stepping forward to take on the responsibilities of President of our Chapter!

nuPasta

**Gluten free and
al dente every time!**



✓ Gluten Free

✓ Low Carb

✓ Vegan



Ask Jess: Nutrition Corner



Jess Pirnak is a Registered Dietitian who kindly volunteers her time to write newsletter articles for us and answers questions from our members. Jess can be reached at nutrition@vancouverceliac.ca if you have any questions.

She can be contacted for consultation at: <https://www.foodyourself.com/contact-1/>

Q) There are so many probiotics out there! How do I choose a good one?

A) A general rule of thumb regarding vitamins, minerals, probiotics and prebiotics is always food first! But for individuals who either don't like probiotic-rich foods or don't get enough probiotics from foods, taking a daily probiotic supplement may help.

The International Scientific Association for Probiotics and Prebiotics, recommends looking at the following four criteria before choosing a probiotic:

1. **Probiotic strain.** Match the particular strain with published scientific research. In Canada and the US, we have an excellent resource that provides the research for evidence-based probiotics on the market called the Probiotic Chart.
2. **Proof of efficacy.** Probiotics must be tested (and be shown effective) in humans to determine health benefits. The above Probiotic Chart will point you in the right direction and if you can, stick to the products with level I or II evidence.
3. **Quality and quantity.** Probiotics can be effective at varying strengths. Scientific studies have determined health benefits from 50 million to more than 1 trillion live active cells per day. A probiotic with higher CFUs doesn't necessarily equal better quality or effectiveness.
4. **Package information.** Strain, quantity of live active cells, serving size, health benefits, proper storage conditions, expiration date, and additional corporate contact information all should be provided on the label.

Probiotics and good digestion go together like PB & J - on gluten-free bread of course!

Celiac Disease in the News

Submitted by Val Vaartnou

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

Atopic Dermatitis and Celiac Disease: A Cross-Sectional Study of 116,816 Patients

1909 adults had moderate to severe atopic dermatitis. Those with atopic dermatitis were associated with significantly higher prevalence of CD (1.6 times more likely to have CD). This association emphasizes the need for timely screening of gastrointestinal issues, especially CD.

For more information: <https://www.ncbi.nlm.nih.gov/pubmed/31679111> American Journal of Clinical Dermatology Feb 2020 21(1):133-138. doi: 10.1007/s40257-019-00474-2.

Treatment of Neurological Manifestations of Gluten Sensitivity and Coeliac Disease

This paper outlines the neurological manifestations of CD and NCGS. Co-authored by expert Dr. Marios Hadjivassiliou. The paper reviews gluten ataxia, gluten neuropathy, cognitive impairment and headaches including chronic migraines resulting from autoimmune responses to gluten.

For more information: <https://link.springer.com/article/10.1007/s11940-019-0552-7>

Infection, Antibiotic Exposure and the Risk of Celiac Disease

This study looked at published research in PubMed, Embase and Cochrane databases from their inception to April 2019. These results provide strong evidence that early infection and/or antibiotic exposure increase the odds of developing celiac disease and suggest that disruption of intestinal immune processes or gut microbiota may play a role in celiac disease development. Further study is required on other causal factors.

For more information: <https://onlinelibrary.wiley.com/doi/epdf/10.1111>

Latiglutenase Treatment for Celiac Disease: symptom and quality of life improvement for seropositive patients on a gluten-free diet

Although this study was not powered to definitively establish the benefit of latiglutenase in seropositive CD patients, such patients appear to show symptomatic and QOL benefit from using latiglutenase with meals.

For more information: <https://onlinelibrary.wiley.com/doi/abs/10.1002/ygh2.371>

Significant Association Shown Between Psoriasis and Celiac Disease

A review of published studies of Celiac Disease and Psoriasis showed that patients with psoriasis with bowel com-

plaints might benefit from screening for CD through questionnaires or interviews with subsequent gastroenterology consultation. Of 754 citations 18 were reviewed in detail. Odds were 2.16 times that psoriasis patients would have CD and 1.8 times more likely to find psoriasis in CD patients than the general population.

For more information: [https://www.jaad.org/article/S0190-9622\(19\)33131-7/fulltext?rss=yes](https://www.jaad.org/article/S0190-9622(19)33131-7/fulltext?rss=yes)

Incidence of Celiac Disease is Increasing over Time

In the 21st century, of 11,189 citations, 86 eligible studies were identified and 50 were deemed suitable for analyses. Female incidence of CD was 17.4 per 100,000 person-years, compared with 7.8 in males. Child-specific incidence was 21.3 per 100,000 persons compared with 12.9 in adults. The average annual percent changes showed the incidence of CD to be increasing by 7.5% per year over the past several decades.

For more information: American Journal of Gastroenterology, Feb 4, 2020

https://journals.lww.com/ajg/Abstract/publishahead/Incidence_of_Celiac_Disease_Is_Increasing_Over.99422.aspx

IV-infused agent (TAK-101, Takeda Pharmaceutical) has Successful Phase 2 Trial

“If our findings are confirmed by subsequent studies, this treatment may represent a revolutionary change in how we manage celiac disease,” said Ciaran Kelly, MD, of Beth Israel Deaconess Medical Center, in Boston, who led the study (late-breaking abstract 18). Gliadin containing nanoparticles are infused through two IV infusions spaced one week apart and they are used to reduce the immune reaction to gluten. A gluten challenge followed for those taking the nanoparticles and a control group of patients with CD. The symptoms of the control group were significantly worse than those taking the nanoparticle infusions. While more research is needed to demonstrate the agent’s efficacy, the study offers an “important proof of concept that tolerization to gluten is a path worth pursuing in celiac disease,” said Benjamin Lebwohl, MD, MS, the director of clinical research at the Celiac Disease Center at Columbia University, in New York City, who was not involved in the study. Continued study is required.

Biomarker for Non-Celiac Gluten Sensitivity Found

A research team in Italy investigated the expression levels of selected miRNAs in duodenal biopsies and peripheral blood leukocytes collected from newly diagnosed patients with non-celiac wheat sensitivity (NCWS) and, as controls, from patients with celiac disease and gluten-independent gastrointestinal problems. They found that several miRNAs in those with NCWS were elevated. More study is required to determine if this will be useful for a test to identify those with NCWS. For more information: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6910677/>

Celiac Disease in the News

Incidence of Undiagnosed Celiac Disease Presenting as Bone Stress Injuries to a Sport and Exercise Medicine Clinic

In a UK study, the incidence of positive blood testing for CD for 100 patients with bone stress injuries from sport was 6%. The incidence confirmed by biopsy was 5%, therefore CD screening should be considered for all those with bone stress injuries.

For more information: <https://www.ncbi.nlm.nih.gov/pubmed/32032163>

Headache in Children with Celiac Disease

At least one-third of children and adolescents with celiac disease have recurrent headaches at the time of diagnosis. A gluten-free diet led to improved headache symptomatology in a significant number of these patients.

For more information: Journal of Child Neurology, 35 (1) 37 - 41 Jan 2020

Processed Food Additive Microbial Transglutaminase and Its Cross-Linked Gliadin Complexes Are Potential Public Health Concerns in Celiac Disease

According to the manufacturers' claims, microbial transglutaminase and its cross-linked products are safe, i.e., nonallergenic, nonimmunogenic, and nonpathogenic. The regulatory authorities declare it as "generally recognized as safe" for public users. The enzyme imitates its family member tTG, the autoantigen of CD and may enhance intestinal permeability, suppress immunological protective barriers, increase bacterial growth and augment the uptake of the

gliadin peptide. Scientific observations are accumulating concerning its undesirable effects on human health and more study is required to ensure its safety.

For more information: *Int. J. Mol. Sci.* 2020, 21(3), 1127; <https://doi.org/10.3390/ijms21031127>

Current Concepts of Dermatitis Herpetiformis

Dermatitis Herpetiformis (DH) is the skin manifestation of celiac disease. The article talks about TG3 autoantibody identification in the diagnosis of DH and covers the current diagnosis and treatment options.

For more information:

<https://www.medicaljournals.se/acta/content/html/10.2340/0015555-3401>

Psychiatric Manifestations of Coeliac Disease, a Systematic Review and Meta-Analysis

This systematic review identified a significant increased risk for autistic spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), depression, anxiety, and eating disorders amongst patients with CD compared to healthy controls. No significant risk was identified for bipolar disorder or schizophrenia. The cerebellum has emerged as one of the key brain regions affected in non-motor disorders, including autism spectrum disorder and attention deficit-hyperactivity disorder. The cerebellum is the principle brain target in both CD and gluten sensitivity.

For more information: <https://www.mdpi.com/2072-6643/12/1/142/htm>

Board Highlights - CCA British Columbia – November – February 2020

- Restaurant events held: OEB Breakfast Company, Bin 4
- Canada Revenue Agency has changed our name on the Listing of Charities to Canadian Celiac Association British Columbia. All accounts will gradually be changed over to our new name.
- Constitution and Bylaw changes were completed to change to members being at a local Chapter level rather than at National level and to change our name.
- Kids Meet Up group met at Children's Hospital on December 14th. Thanks to Delish who provided Christmas cookies for the children to decorate.
- Membership at the end of November was 355 and with over 120 new contacts identified at the Gluten Free Expo in January membership has increased significantly. Gluten Free Expo introduced many new celiacs to us who were very happy to receive information and support.
- The Choices presentation on January 21 Gluten Free: Fad, Fact or Required? had 36 registered attendees. Those in attendance were grateful for the information and several signed up to receive on-going information.
- Website and email accounts have now been changed over to bcceliac.ca. Those going to vancouverceliac.ca will be forwarded to the new site and emails will also be forwarded during a transitional period.

Cloud 9 Gluten Free Foods Inc.-Changing for the Future

Interview by Val Vaartnou, with Karen McKay General Manager and Mike Betcher President
February 7, 2020

Cloud 9 Gluten Free Foods Inc. have changed their name from Cloud 9 Specialty Bakery Ltd.

Cloud 9 is also making huge investments to support the gluten-free community both locally and across Canada and the US by increasing their manufacturing capabilities, introducing new products and ingredients to the market and upgrading their facility certifications. They were the second company in BC to achieve Gluten Free Certification and continue



to emphasize the importance of food safety through their stringent and ever improving quality assurance program.

They have been a huge supporter of the Canadian Celiac Association British Columbia from their inception. They have willingly supported our events and have been a major contributor to the Scotiabank Charity Challenge Run, our main fundraising event. Karen has walked with us, provided goodies for participants and since we've started has designed our t-shirts. Their commitment to the celiac community is greatly appreciated. I met with both Karen and Mike in February to understand the major strategic changes they are under-going.

You may be aware and disappointed that their bakery on Royal Avenue in New Westminster closed its doors February 1. This decision was not made lightly but was required in order to focus on their manufacturing expansion and their increasing breadth of packaged products. Their bakery always was their "test kitchen" and customers got to enjoy the results of their testing. Their objective was to always ensure their products were of the highest quality. With the lease of the New Westminster facility coming due and the decision to expand and move their manufacturing facility, their ability to manage both entities spread resources to thin. Another contributing factor was that the current bakery facility could not be commercial food manufacturing certified and creating a new baking facility was cost prohibitive with the expansion of the blending and packaging plant.

Their current blending and manufacturing plant in Burnaby is 2,000 square feet. Cloud 9 has recently leased a 12,000 square foot warehouse in Port Coquitlam, that will enable them to expand their product lines and focus on their core business. Currently they have one large flour blender and the new plant will expand to three blenders. It is a huge financial and time commitment that will enable them to keep ahead of the curve. Regulations for manufacturers will become more stringent later this year and the changes they are making will prepare them for this future.

Quality assurance is extremely important to Cloud 9 and meeting and exceeding the expectations and changes in regulations to be implemented by the Canadian Food Inspection Agency is their main focus. The move is also essential for growth of the business and will put them ahead of the curve. Both national and international distributors are ensuring all their manufacturers are certified gluten-free and have processes and procedures in place to ensure the quality of their products. This has always been a priority at Cloud 9.

Cloud 9 has expanded its distribution network which now includes western representation by Horizon Distributors and their new partnership with Purity Life which has an extensive presence in Eastern Canada. They have opened new distribution channels for Cloud 9 through the Healthy Planet chain of 27 stores in Eastern Canada, where the full line of Cloud 9 products will be given shelf space. The chain focuses on vegan and allergen free products and provides taster samples and demos of the products to the customers with the support of the manufacturers.

Cloud 9 will be adding a vanilla cake and easy pie crust mix to their current allergen free product line.

As well, they will be implementing a whole new line of sugar-free mixes. Shortbread and lemon poppy seed mixes will be the first in this line of products. Sugar-free manufacturing is not easy as there are restrictions on how much sweetener can be used in any product. They are limited to 10% erythritol and .035% of Stevia which makes it a special challenge to produce enough sweetness without compromising taste, texture and functionality. Specially formulated to be a natural sweetener, Cloud 9's "Sweetin" will provide a cup-for-cup alternative to sugar. The product will also include chicory root which provides fiber and is a good source of prebiotics. It is all natural.

Gluten free without compromise has always been their motto. They take great pride in comparing their products to others on the market. Where competitive products are often hard and crumbly after one day, the Cloud 9 products remain moist and surpass in both taste and texture without the use of preservatives. They stand behind their brand and always ensure their products act and taste as good or better than their gluten counterparts.

Available at:

- Nesters Markets / Buy-low Foods
- Save On Foods
- Choices Markets
- Donald's Markets
- Stong's Markets
- Pomme Natural Market
- Meinhardt Fine Foods
- Famous Foods
- Dad's Organic Market



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CLEAN INGREDIENT DECK AND...

- NUT-FREE • SOY-FREE • DAIRY-FREE
- NO ARTIFICIAL COLOURS OR FLAVOURS



Cloud9GlutenFree.com



Easter Word Search

F L O W E R S G N I R P S Z O
S K C I H C T E B P A R A D E
Y T P B Z E T M P M G E H Y S
D G X P N A R J B S P A A E S
N E Z N R U A S U B T S P D A
A K O O A E D N N T D T P I R
C B C E B T I A N E A E Y Y G
X E G T B A T E Y K F R G L P
D G E N I L I B U S F T G I S
S C I E T O O Y V A O W E L U
S K C U D C N L I B D O M V N
U I Y K R O F L S P I L U T D
O H Y G V H T E V A L X J F A
K X R A W C F J A H U N T J Y
Y L I M A F A S P E E P S E M

Basket
Bonnet
Bunny
Candy
Chicks
Chocolate
Daffodil
Decorate
Ducks

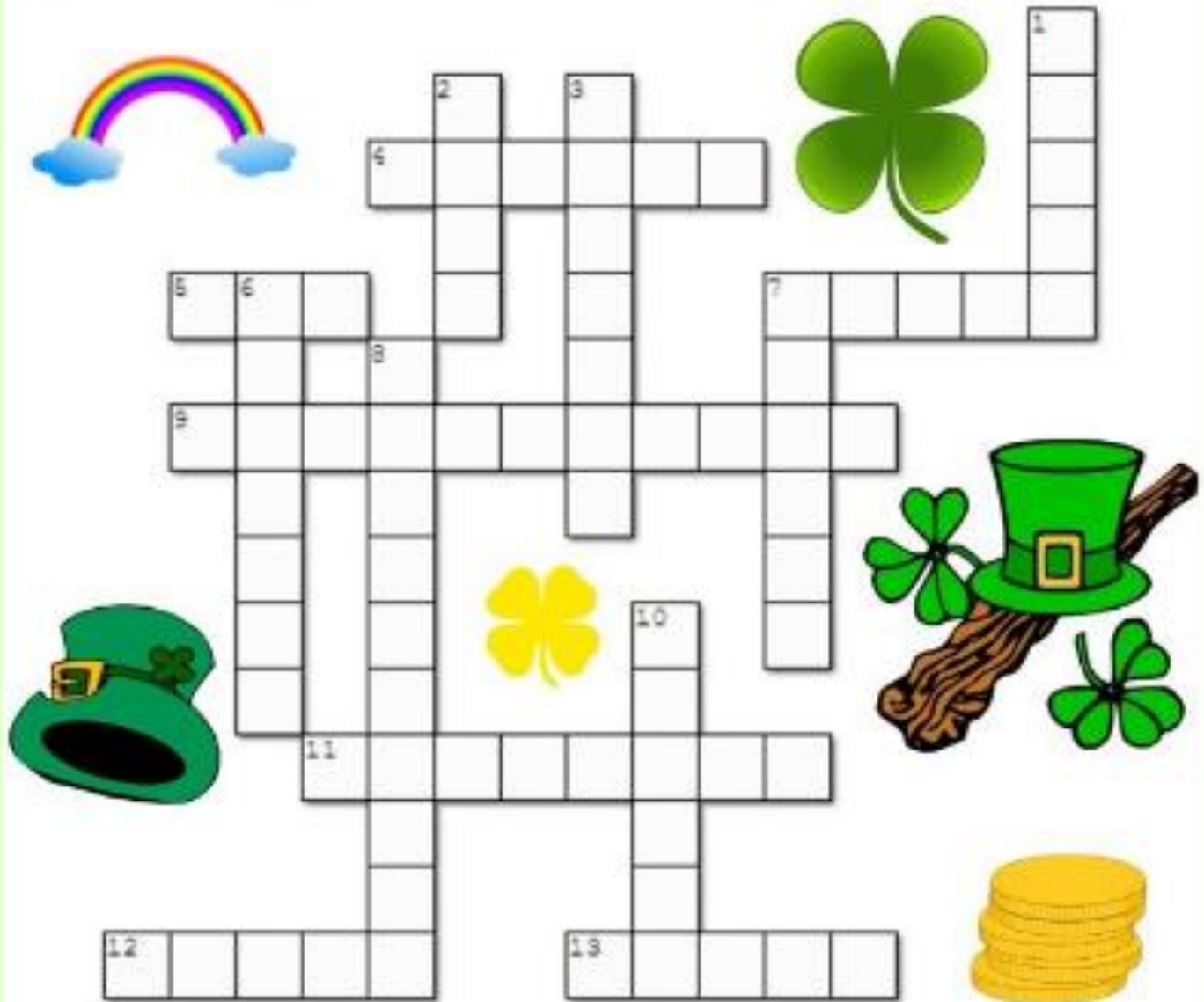


Dye
Easter
Egg Hunt
Eggs
Family
Flowers
Grass
Happy
Jellybeans

Lily
Parade
Peeps
Rabbit
Spring
Sunday
Tradition
Tulips



ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

Kids Corner—Riddles

Q: Why didn't the bunny hop?
A: No bunny knows.

Q: What do you call a rabbit with the sniffles?
A: A runny bunny.

Q: How do you catch a rabbit?
A: Make a noise like a carrot.

Q: Where does a bunny go if you give it a pair of socks?
A: A sock hop.

Q: What do you get if you pour boiling hot water down a rabbit hole?
A: Hot cross bunnies.

Q: What did the Easter Bunny say to the carrot?
A: "It's been nice gnawing you!"

Q: How does the Easter Bunny paint all the Easter eggs?
A: He hires Santa's elves during the off season.

Q: How do rabbits travel?
A: By HAREplanes.

Q: Where does the Easter bunny eat breakfast?
A: IHOP.

Q: What kind of stories do rabbits like best?
A: Ones with hopsy endings.

Q: How did the rabbit cross the road?
A: He hopped he could.

Q: What do you get when you cross a rabbit with an oyster?
A: The oyster bunny.



Namaste
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Recipe and photo courtesy of AmericasGlutenFreeSweetheart.com

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K www.namastefoods.com

hi hat smores cupcakes

Cupcake Ingredients

1 pkg. Namaste Foods Chocolate Cake Mix
4 eggs
1-1/3 cup water
2/3 cup oil (she uses grape seed)
1 heaping tsp. baking powder

Marshmallow Frosting

1 cup butter
1 container marshmallow fluff
4 cups powdered sugar
1 tsp. vanilla
1/2 Tbsp. almond milk, or other dairy free milk preference

Chocolate Shell

1 bag dairy free chocolate chips
1/4 cup coconut oil

Topping

A handful gluten free crushed graham crackers

Preheat oven to 350° F. Place cupcake liners in a cupcake tin and set aside. In a medium bowl, combine your cake mix with the baking powder, set aside.

In a large bowl, combine the eggs, water and oil. Slowly add cake mix into wet ingredients, blend well. Using a cookie scoop fill the cupcake liners with mix about 2/3 from the top. (Slightly more than half way). Place in the oven and bake 20-22 minutes (oven times may vary). When done let cool completely.

For the Marshmallow Frosting, mix the butter, marshmallow fluff, vanilla and milk. Slowly blend in powdered sugar. If you feel you want your frosting thinner, add 1/2 teaspoon increments of milk until desired consistency.

Once the cupcakes have cooled, frost them using a piping bag and tip. Place the cupcakes in the freezer for about an hour to solidify the frosting.

For the Chocolate Topping, melt the chocolate chips and coconut oil in a glass microwave safe bowl (20 second increments, stirring each time). Once completely melted set aside and let cool. Once cooled, take the cupcakes out of the freezer and dip them slowly into the chocolate mixture and immediately top with crushed graham crackers.

Place cupcakes in the refrigerator to set the chocolate shell. Approximately 1 hour.

Enjoy!

Dr. A. G. F. Davidson – A Tribute

October 3, 1937 – January 6, 2020

Submitted by Val Vaartnou, Past President & Director CCA BC



Dr. A. G. F. Davidson, George, passed away January 6, 2020 in Vancouver. He was predeceased by his wife Mary Rose and his brother Roy, and will be missed by his daughters Fiona and Flora and many friends and colleagues in the medical and academic community. His obituary can be found at:

<https://vancouver.sunandprovince.remembering.ca/obituary/alexander-george-davidson-1078252620>

Dr. Davidson had many achievements, academic and research credits to his name including being the founding father of our Chapter, Canadian Celiac Association (CCA) – Vancouver Chapter. He also contributed a great deal to Celiac Disease research. Even today his work is referenced in academic published medical journals. He moved on to contribute a great deal to Cystic Fibrosis patients and research, but his legacy to Celiac Disease, especially in BC was huge.

I had the pleasure to interview Dr. Davidson in 2015. I was writing a history of our local chapter. He graciously assisted me by providing background of the challenges for celiacs in Vancouver in the 1970's.

In the fall of 1979, Dr. A.G.F. Davidson saw the need for patients with Celiac Disease and PKU (phenylketonuria) and their families to have information and foods specific to their dietary requirements. He established the Special Products Distribution Center which was supported by Children's Hospital. The store sold gluten-free foods and provided information regarding Celiac Disease that Dr. Davidson had obtained from the United Kingdom Celiac Society. This "food bank" supported celiacs with a physician's referral and diagnosis confirmed by endoscopy. Under the direction of Dr. A.G.F. Davidson, Mavis Molloy, a Children's Hospital Dietitian and Mary Anne Stowe, who operated the store, identified parents who were interested in starting a support group for those impacted by the disease. The Canadian Celiac Association – Vancouver Chapter was formed.

The new Chapter had a very strong Medical Advisory Board which was chaired by Dr. Davidson. He was the Director of the Biochemical Diseases Clinical Service at Children's Hospital. Dr. Davidson was later a member of the CCA, National Medical Advisory Board and was designated a life-time member of the Canadian Celiac Association for his support, research and care of patients locally, nationally and internationally.

In addition to supporting the chapter, Dr. Davidson brought the tTG blood test, currently used to diagnose celiac disease, to BC. He developed the protocols, tested it at Children's Hospital and then ensured its use would continue, by transferring the responsibility for the test to the main Chemistry laboratory at Children's Hospital.

Dr. Davidson, Dr. Hugh Freeman and Dr. William Stewart (Dermatitis Herpetiformis expert) wrote excellent articles for the newsletter which provided direction to members and much of the advice is consistent with that we are aware of today. In some instances, some of the studies quoted provided additional information. A study in England, in 1979 found "If I can eat it and not have symptoms, the food (product) must be gluten-free and is not causing any damage." is a misconception. Another study showed that patients relapsed if gluten was ingested, yet villi damage varied significantly from patient to patient. Some patients showed immediate problems while others took weeks to have damage and in a few, no damage was seen when gluten was reintroduced. There was a lot to learn about the disease.

Dr. Davidson also spoke at CCA National conferences. He was active in the chapter for over two decades, when research and other professional demands took over as priorities.

Over the decade that I have been involved with the Canadian Celiac Association I have met many who Dr. Davidson's expertise and kindness touched. When I wrote the article on the chapter history, I had several members email me regarding how Dr. Davidson had changed theirs and/or their children's lives. He will be missed, but his legacy lives on.

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Celiac in the Kitchen

Dark Chocolate Fudge Cookies

Courtesy

<https://celiac.org/eat-gluten-free/recipes/deep-dark-chocolate-fudge-cookies/>

Ingredients:

- 1 1/2 cups Enjoy Life semi-sweet mini chips
- 3 large egg whites room temperature
- 2 cups powdered sugar divided
- 1/2 cup cocoa powder unsweetened
- 1 tbsp cornstarch
- 1/4 tsp salt

Directions:

1. Preheat oven to 350 degrees.
2. Spray two large baking sheets with non-stick spray.
3. Melt one cup chocolate chips in glass bowl in microwave, stirring twice, about two minutes. Cool slightly (this is best done by putting the chocolate in the fridge or freezer for a few minutes).
4. Using electric mixer, beat whites in large bowl to soft peaks. This may take a couple of minutes, so be patient. Gradually beat in 1/2 cup powdered sugar. Continue beating until mixture resembles soft marshmallow creme.
5. Whisk one cup powdered sugar, cocoa, cornstarch, and salt in medium bowl to blend. On low speed, beat dry ingredients into meringue.
6. Stir in lukewarm chocolate and 1/2 cup chocolate chips (if you like it extra chocolatey then feel free to add more). Dough will become very stiff as it cools.
7. For best results let the dough sit over night to ensure it is easy to work with when rolling the cookies.
8. Place 1/2 cup powdered sugar in bowl (there is a lot of left-over powdered sugar so if you don't want to waste it then just add the sugar as you need it).
9. Roll one rounded tablespoon into ball; roll in sugar, coating thickly. Place on prepared baking sheet. Repeat with remaining dough, spacing two inches apart.
10. Bake until puffed and tops crack, about 10 minutes.
11. Cool on sheets on rack 10 minutes. Transfer to rack; cool.



Almond Coconut Pecan Loaf

Lots of fibre and tasty too!

Ingredients:

- 2 cups blanched almond flour (not almond meal)
- 2 tbsp coconut flour
- 1/2 tsp sea salt
- 1 tsp baking soda
- 1/4 cup flaxseed meal
- 5 eggs plus 1 egg white, whisked
- 5 tsp apple cider vinegar
- 2 tbsp maple syrup or honey
- 2 tbsp avocado oil
- 1 tbsp cinnamon
- 1/3 cup crushed pecans and shredded coconut for topping

Directions:

1. Preheat your oven to 350F.
2. Line an 8x4 bread pan with parchment paper at the bottom.
3. In a large bowl, mix almond flour, coconut flour, salt, baking soda, flaxseed meal, and 1/2 tablespoon of cinnamon.
4. In another mixing bowl, whisk together your eggs and egg white. Add in your maple syrup, apple cider vinegar, and avocado oil.
5. Mix wet ingredients into dry, stirring until all lumps are gone.
6. Pour batter into the loaf pan.
7. Bake at 350° for 30-35 minutes, or until a toothpick inserted into center of loaf comes out clean.
8. Remove from oven and serve. Store for later wrapped in parchment paper or sealed in your fridge.



Celiac in the Kitchen

Potato-Crusted Quiche

Great for a breakfast, lunch or supper! Easy to make.

Ingredients:

Crust:

- 1 pound russet potatoes, peeled (about 3 medium potatoes)
- 1/4 teaspoon salt
- Freshly ground black pepper, to taste
- Non-stick spray coating

Filling (vegetables can be changed out per your preferences and availability):

- 1 teaspoon olive oil
- 1/2 medium zucchini, thinly sliced (about 1 cup sliced)
- 1/2 medium red bell pepper, chopped
- 2 cups fresh trimmed spinach leaves, coarsely chopped
- 1 egg
- 2 egg whites
- 1/2 cup fat-free milk
- 1 teaspoon Italian seasoning
- 1/2 cup shredded low-fat mozzarella cheese
- 1/4 cup shredded Parmesan cheese

Directions:

1. For crust, preheat oven to 425 degrees. Shred potatoes. (It will make about 2 cups shredded potatoes). Place shredded potatoes in a colander and drain well. Season potatoes with salt and pepper.
2. Spray a 9-inch pie plate with non-stick coating. Spoon potatoes into pie plate, patting evenly across the bottom of the plate and up the sides to resemble a crust. Generously spray with non-stick spray. Bake, uncovered, 40 to 45 minutes or until potatoes are light golden brown.
3. For filling: heat oil in a large non-stick skillet over medium high heat.
4. Add zucchini and red pepper and cook, stirring frequently, 5 minutes or until zucchini is tender.
5. Add spinach and cook, stirring frequently, 2 minutes or until spinach has wilted and any moisture evaporates.
6. Spoon cooked vegetables into center of potato crust, arranging evenly across the crust.
7. In a small bowl, whisk together egg, egg whites, milk and Italian seasoning.
8. Slowly pour egg-milk mixture evenly over vegetables, allowing mixture to seep down around vegetables.
9. Sprinkle evenly with mozzarella and Parmesan cheeses.
10. Bake, uncovered, 20 to 25 minutes or until knife inserted in center comes out clean.
11. Allow to stand 5 minutes before slicing.
Makes 6 servings



Celiac in the Kitchen

Old Fashioned Quebec Pea Soup

Adapted from Lighthearted Everyday Cooking by Anne Lindsay

Ingredients:

- 2 C. dried yellow soup peas or split pea
- 10 C. water (or combination of stock and water)
- 1 ham bone or 1/4 lb ham, chopped (omit if making vegetarian soup)
- 5 medium onions, chopped
- 3 medium carrots, peeled and chopped
- 2 stalks celery (including leaves), chopped
- 1 tsp summer savory
- 1 bay leaf
- Salt and pepper

Directions:

- Rinse peas.
- In large soup pot, combine peas, water, ham bone or ham, onions, carrots, celery, summer savory and bay leaf. Bring to boil.
- Skim off any scum.
- Cover and simmer 3 hours or until peas are soft and soup has thickened. If soup is too thick uncover and simmer 30 minutes longer.
- Season with salt and pepper to taste. Discard bay leaf and ham bone.

Note: Soup may be pureed with a stick blender to make it smooth



Beef Nacho Casserole

Originally in Kelowna Chapter Newsletter



A simple meal that the kids will love!

Ingredients:

- 1 pound ground beef
- 1 ½ cups chunky salsa
- 1 10-ounce can whole kernel corn, drained
- 2 cups crushed tortilla chips
- 1 tsp chili powder
- 2 cups Colby cheese
- ¾ cup Miracle Whip

Directions:

- 1.
2. Preheat oven to 350F.
3. Place ground beef in a large skillet over medium-high heat.
4. Cook, stirring to crumble, until evenly browned. Drain grease.
5. Remove from heat, stir in the salsa, corn, mayo and chili powder.
6. In a 2 quart casserole dish, layer the ground beef mixture, tortilla chip and cheese twice, ending with cheese on top.
7. Bake in 350F oven uncovered, until cheese is melted, and dish is thoroughly heated.

Note: Monterey Jack cheese can easily be substituted for the Colby cheese.

Celiac in the Kitchen

Gluten-Free Moroccan Millet

Valerie Rosser and Beth Armour

Preparation Time: 15 minutes Cooking Time: 40 minutes

Ingredients:

- 2 tbsp. coconut OR olive oil
- 1 EACH, large red and green bell pepper, sliced into strips
- 1 large onion, sliced into half-moons
- 2 tbsp. crushed garlic
- 2 tsp. paprika
- ½ tsp. salt
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ¼ tsp. ground turmeric
- ¼ tsp. ground ginger
- 1/8 tsp. ground cayenne
- 1½ cups millet
- 3 cups GF vegetable stock*
- 1 ¾ cups drained cooked chickpeas OR a 15 oz. can
- ¼ cup raisins OR chopped GF dates
- ¼ cup sunflower seeds, pumpkin seeds OR pine nuts (optional)
- salt and pepper to taste



Directions:

1. Place 1 tbsp. of the oil in a large roasting pan. Add the peppers, onion, garlic, paprika and salt. Toss until everything is evenly coated with the oil and well combined.
2. Place in a preheated 450°F oven to roast for 20 minutes, stirring 2 or 3 times during the cooking time.
3. Remove the vegetables from the oven and allow them to cool until safe to handle; then chop them coarsely.
4. Meanwhile, heat the remaining tablespoon of oil in a large saucepan. Add the cumin, cinnamon, turmeric, ginger and cayenne. Stir over medium high heat until the spices are uniform in colour and well combined, about 30 seconds.
5. Add the millet and stir quickly to coat, about 1 minute.
6. Immediately pour in the vegetable stock and bring to a boil. Reduce the heat, cover and cook the millet until all the liquid is absorbed, about 20 minutes.
7. Place the millet in a large bowl and fluff with a fork.
8. Add the roasted vegetables, chickpeas, raisins and optional seeds. Season with salt and pepper to taste.
9. Toss gently and serve.

* **Author's Note:** Choose a lower-sodium gluten-free vegetable stock or broth, if available.

Millet

Modified from: Valerie Rosser, McGill Dietetic Student and Beth Armour, Dietitian, (From "Quebec Celiac News June 2012)

What is millet?

Millet is a whole grain belonging to the grass family of flowering plants known as Poaceae, which includes rice, wheat, oats, barley and sugarcane. Although many of us think of millet as a type of bird seed, this grain has a long history of human consumption. A tiny, round seed with a mild, nutty, flavour, pearl millet is the type most widely available in North American stores.



Is millet gluten-free?

Millet is naturally gluten-free. However, cross-contamination could occur if millet is processed and/or packaged in a facility which also handles gluten-containing products, especially flours. It is highly recommended that the product should state it is gluten-free.

Is millet healthy for me?

Whole grains (such as millet) are typically low in fat and high in dietary fiber, magnesium, B vitamins, and antioxidants, which together may help to reduce the risk of cardiovascular disease (CVD); for this reason, dietary guidelines generally recommend the consumption of at least three ½ cup servings of whole grains per day. Millet is rich in protein and the B vitamins, thiamine and niacin, as well as copper, magnesium, manganese, and phosphorus. It also contains phenolic acids and flavones, which act as antioxidants in the body.

How can I add millet to my diet?

Cooked millet can be eaten as a hot breakfast cereal (like oatmeal). Add some low-fat milk or soya beverage and a small amount of sweetener (like pure maple syrup or honey) and try using toppings like raisins, fresh or frozen berries, banana, sesame seeds, or anything else you can think of.

Use millet as a side dish, instead of rice or potatoes. Top with fresh or dried herbs to create a savory accent to your meal. Millet can be cooked with vegetables and/or beans to make thick, hearty soups or stews. Interestingly, millet, rather than corn, was used as the base for the original polenta of Italian cuisine!

Where can I buy millet?

Millet can be found in some grocery stores, as well as many natural food and specialty shops, where it is sold pre-packaged or in bulk containers. Before purchasing items from bulk containers, ensure that the establishment takes precautions against gluten cross-contamination.

Where can I get more information?

Here are a few websites with recipes, nutrition information, and interesting facts about millet:

<http://www.wholegrainscouncil.org/>

<https://www.wellandgood.com/good-food/healthy-millet-recipes/>

<https://www.foodnetwork.com/topics/millet> Please confirm recipe is gluten-free

Celiac in the Kitchen

Easy Gluten-Free “Bread Maker” Bread

Originally in Ottawa Chapter newsletter, November 2011 – submitted by Mark Johnson



Ingredients:

- 1 ½ cups water (80-90 degrees F)
- 3 large eggs, at room temperature
- ¼ cup vegetable oil
- 1 tsp cider vinegar
- 2 cups white rice flour
- 2/3 cup dry skim milk powder
- 1 ½ tsp salt
- ½ cup potato starch
- ½ cup tapioca flour
- 1/3 cup cornstarch
- 3 tbsp sugar
- 1 tbsp xanthan gum
- 2 ¼ tsp active dry or bread machine yeast – at room temperature

Directions:

- Mix the dry ingredients in a bowl.
- In another bowl, mix the wet ingredients.
- Mix the yeast into the wet ingredients.
- Let sit for 1-2 minutes.
- Put the wet ingredients into the dry, and mix quickly (take less than 1 minute)
- Put into bread maker, at 1.5 LB setting, medium crust.

Bits and Bites

Navigating plant-based milk alternatives – November 19, 2019

Whether you're eating around dietary restrictions or simply looking for new flavors Registered Dietitian Jess Pirnak runs down what you need to know about the many products masquerading as milk.

<https://globalnews.ca/video/6189338/navigating-plant-based-milk-alternatives>

For more information: **Other global news videos by Jess Pirnak, RD** <https://globalnews.ca/search/Jess%20pirnak/?type=video>

Debbie Simpson – Gluten-free Respect

Debbie Simpson was undiagnosed with Celiac Disease (CD) for over 40 years. She writes many articles regarding CD and the emotional side of the disease as well as articles like the link above to assist those with CD. You can subscribe to her blog at this site.

For more information:

<https://www.glutenfreerespect.com/child-has-to-be-gluten-free-dear-teacher/>

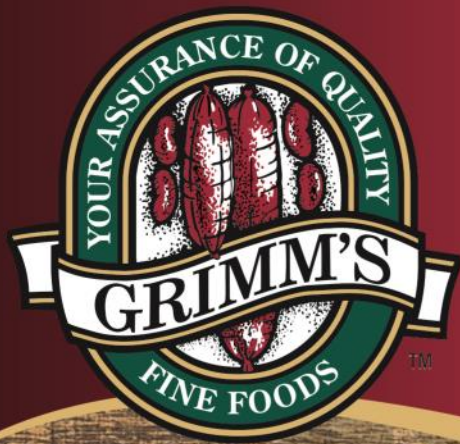
Gluten Free and Dairy Free: What's the connection?

According to Amy Keller, MS, RDN, LD, a dietitian, celiac support group leader and regular contributor to *Gluten-Free Living*, lactose intolerance may be temporary. The gut needs time to heal while a patient follows a strict gluten-free diet.

“A new celiac diagnosis indicates that there is damage to your small intestinal villi. These villi have many functions related to the absorption of nutrients, and they also house our lactase enzyme,” she [wrote in a recent column for *Gluten-Free Living*](#). “Continuing on your gluten-free diet will help heal these villi, and the lactase enzyme should become more readily available over time.”

Keller notes that there are different degrees of lactose intolerance, and some people might find they can eat small amounts of dairy with no problems.

“If tolerated, lower-lactose dairy products, such as aged cheeses (cheddar, Swiss, Parmesan), cream cheese, half-and-half and sour cream, can be enjoyed,” she says. “Furthermore, plant-based milk such as almond or soy milk can be a good alternative.” For more information: <https://www.glutenfreeliving.com/gluten-free/beyond-gluten-free/gluten-free-and-dairy-free-whats-the-connection/>



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Celiac Disease and Brain Fog

By Bana Jabri, MD, PhD, Reprinted with Permission: University of Chicago Medical Celiac Disease Centre – cureceliacdisease.org

Can autoimmunity cause neurological problems?

Celiac disease can be hard to diagnose because symptoms are so diffuse: anemia, osteoporosis, loss of dental enamel, heartburn, headaches, tingling hands, joint pain, a blistering skin rash, etc. Children may suffer vomiting, diarrhea, poor appetite, muscle wasting, and even failure to thrive; adolescents may be abnormally small for their age, with delayed puberty.

Among the hardest symptoms to pinpoint and link to celiac are encompassed in what some patients call “brain fog.” Those with the disease often report episodes of headaches, depression, moodiness, difficulty concentrating, fumbling to choose words, and/or feeling tired even though they just got out of bed. Sometimes only when people are diagnosed with celiac, change to a gluten-free diet, and then find these symptoms disappear do they realize how celiac inflammation affected the clarity of their neural processing.

The problem is total gluten elimination is hard to accomplish. While gluten-free foods and restaurants are becoming increasingly common, food is fundamental to most social relationships, and it’s hard to manage every interaction without seeming prickly or oversensitive. Moreover, a study found that 20 percent of food labeled “gluten-free” actually contained gluten.

And many non-food products use gluten as an edible “glue” to bind mixtures together, including some vitamins, medications, lipsticks and lip balms, even bouillon cubes. Then there are the products one might never suspect involve gluten, like pickles, hot cocoa mix (celiac patients often make their own), and soy sauce (one can substitute the safer tamari).

BANA JABRI, MD, PHD



Those with celiac disease often report episodes of headaches, depression, moodiness, difficulty concentrating, fumbling to choose words, and/or feeling tired.

So, what happens when a patient with celiac has an inadvertent exposure to gluten? Or the pizza shows up in your child’s school and resistance is low? Some people find themselves living through several days when their brains just don’t seem to function. Work and school become a challenge, even for people who are normally bright and creative. People accidentally exposed to gluten report symptoms from irritability to anxiety to full-blown panic attacks.

Bana Jabri, MD, PhD, research director of the Celiac Disease Center, has long been interested in understanding the neurological distress that sometimes follows accidental gluten exposure. She wants to find out if immune factors called cytokines, released in response to gluten exposure, affect brain chemistry and the nerve centers feeding back to the gut. Understanding the relationship would provide a better understanding of the neurological mechanisms involved not only in celiac disease, but also in other autoimmune conditions like multiple sclerosis and rheumatoid arthritis, in which patients also report similarly diffuse cognitive impairment.

Jabri has established a collaboration with Jean Decety, PhD, a UChicago neuroscientist internationally recognized for his work in using fMRI (functional magnetic resonance imaging) to understand affective behavior. While a handful of case studies have used fMRI to study extremely serious neurological symptoms in individual patients with celiac disease, no one has yet undertaken a larger study of how celiac creates the “brain fog” that seems such a common complaint.

The plan is to have patients undergo fMRI, immunological, and other testing before and after a controlled gluten ingestion to map the changes in all these factors. Jabri and Decety hope the results will help generate novel insights into the neurological impact of the disease and potential therapeutic avenues to prevent these negative outcomes.

Right now, they are searching for funding to support these studies. But what they find may make life a lot easier for the three million Americans living with celiac disease, some living in fear that they may accidentally ingest something that will put them in a fog for days.

People accidentally exposed to gluten report symptoms from irritability to anxiety to full-blown panic attacks.

Find celiac friendly restaurants near you.

100% GF or Dedicated GF PREP

Honeycomb is the choice of thousands of restaurant-goers in BC with celiac disease. Easily enter your dietary preferences (celiac + other) and find suitable restaurants and menu items. We only show you restaurants that are 100% Gluten Free or have a Dedicated Gluten Free Food Preparation method.

Visit honeycomb.ai to download!



 **honeycomb.ai**



Scotiabank Charity Challenge 2020

Submitted by Val Vaartnou, Past President & Director CCA BC

..... This year is our Fifth annual “fun”raising experience, The Scotiabank Run Half-Marathon (21K) and Run/Walk 5K – June 28th, 2020. This is your invitation to join us!

2019 in Review – Scotia Run



We hope you can support the Canadian Celiac Association British Columbia (CCA BC) in the Scotiabank Charity Challenge this year. Be a fundraiser, runner, volunteer or donor!

THE SIGN-UP PROCESS IS SLIGHTLY DIFFERENT THIS YEAR.

One system again makes it easier for you to register. **You must register using this URL or we do not get ANY credit for your participation:**

<https://raceroster.com/26313?aff=QHHEV>

Race Roster who manages the run is not giving a charity discount code. If you register using our URL, CCA BC gets a \$5 credit for your participation. If you fundraise \$200, we will reimburse you \$30 towards your entrance fee. Note: entrance fees rise as we get closer to race day June 28th, so register early! (See chart below.)

The Scotiabank Charity Challenge operates on a participant recruitment commitment model. All official charity partners must commit to recruiting a minimum of 5 paid registration in any distance. The Scotiabank pays all administrative costs for the run.

At the end it asks you for a “promo” code. There is no promo code unless you have one from elsewhere.

Any questions contact either Val Vaartnou val_vaartnou@telus.net (604-271-8828) or Lizbeth Wall info@bcceliac.ca (604-602-7175).



Scotiabank Charity Challenge 2020

How to sign up:

Go to the following link:

<https://raceroster.com/26313?aff=QHHEV>

Click register, select the Charity Challenge, select the Canadian Celiac Association British Columbia.

The questions asked are:

Teams and Fundraising

Are you participating as part of a team or fundraising for a charity? *

- I'm not joining a team or participating in the Scotiabank Charity Challenge
- I'd like to create a new general team or fundraising team
- I'd like to join an existing team, fundraising team or official charity team

Choose "I'd like to join an existing team, fundraising team or official charity team"

Team category – pick our charity

Select team Canadian Celiac Association British Columbia

Follow the directions. They are straight forward. If you have any problems, continue through registration and contact support@raceroster.com afterwards to verify that you are on the correct team.

Be sure to request the Scotiabank run t-shirt when you register! In order to provide more funds to research and local programming we are saving money on t-shirts this year (about \$1,000).

The registration price schedule is as follows:

	Feb. 12	Mar. 18	Apr. 22	May 13	Jun. 10	Jun. 24
	Mar. 17	Apr. 21	May 12	Jun. 9	Jun. 23	Jun. 27
SVHM	\$85.00	\$95.00	\$105.00	\$110.00	\$115.00	\$120.00
SV 5K	\$40.00	\$45.00	\$50.00	\$55.00	\$55.00	\$60.00

Above rates are for entry fees only. GST & Processing fees will be added.

5K under 12 years of age is \$35 throughout the time period.

From funds raised at last year's run, we donated:

- \$1,000 to the Operations of the Canadian Celiac Association for the development of webinars to support newly diagnosed and support those with Celiac Disease.
- \$5,000 to the J A Campbell Research Fund that provides funding to Celiac Disease research in Canada.

"A Grant of up to \$25,000 is offered by the Canadian Celiac Association for research projects in Canada of a scientific, applied science, and/or medical nature relevant to Celiac Disease, Dermatitis Herpetiformis, and/or non-celiac Gluten Sensitivity, or the socio-economic implications of delayed diagnosis and/or living with these conditions.

This Award is to encourage research and further the understanding of the full range of implications of Celiac Disease (gluten-induced enteropathy), Dermatitis Herpetiformis, and/or non-celiac Gluten Sensitivity."

The J A Campbell fund also provides Young Investigator Awards of \$5,000 to newly graduated students at universities in Canada. These grants often start a new researcher to investigate Celiac Disease.

The Event

All the information regarding this event is found at

<https://canadarunningseries.com/scotiabank-vancouver-half-marathon/> .

Tummy Troubles? There's an App for That.

Reprinted with Permission from <http://www.myhealthygut.com/tummy-troubles/>

Blog, By Justine Dowd, PhD, Postdoctoral Fellow, University of Calgary
www.justinedowd.ca; jdowd@ucalgary.ca

People with gut health issues are more likely to also have mental health struggles such as depression and anxiety (1). Unfortunately, this results in extra cards stacked against this population as mental health can impede accessing health services and acting on a health care plan (2). One of the (many) reasons that we created the MyHealthyGut app is to help reduce the burden that people feel when managing gut health issues.

MyHealthyGut is the result of a collaboration between Desiree Nielsen, RD (expert in digestive health), Darlene Higbee Clarkin, RHN (tech expert), and myself (I hold a doctorate in Health Psychology). I am extremely proud and excited to announce that both of the studies that documented the development and testing (randomized controlled trial; RCT) of the first version of the app have now been accepted for publication (see the [Development study here](#) and the [RCT here](#)).

Results from the study designed to investigate the effects of using the MyHealthyGut app for a 1-month period revealed that people who used the app reported improved mental health (lower levels of depression or anxiety) and quality of life. Furthermore, many participants reported reduced gastrointestinal symptoms and improved adherence to the gluten-free diet as well.

The MyHealthyGut app has five key features: educational content about gastrointestinal distress, gut health, celiac disease, and irritable bowel syndrome; evidence-based gut health-promoting foods and recipes; diet and symptom tracker; food lists; and the ability to share the information with health care professionals.

Newly diagnosed with celiac disease or struggling with gut health? Participants in the study recommend that this app is for you! [Download the app here](#) to start your all access 1 week free trial today!

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Take Control of your Gut Health



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Kids Meet Up Group Rationale

Submitted by Jasmine Sidhu, Facilitator of Kids Meet Up and Children's Liaison



I am often asked to talk about the celiac kids meet up group that I initiated in 2019. Why did I do this? Well, when my daughter Alexandra was diagnosed just over two years ago, there were little, to no, resources for children.

Immediately following Alexandra's diagnosis, we took the time we needed to focus on her physical well-being. We also shifted to a gluten-free household, learned how to read labels, figured out ways to keep her as safe as possible at school, etc. During that time, I was aware that paying attention to her mental health was a big part of the picture as well. The burden of living celiac disease is something that is not often openly talked about; however, I strongly feel that it should not be overlooked. At certain times of life, this burden may be felt more strongly than others.

I began to ask myself how living with celiac disease might impact a child? It turns out I didn't have to search for answers for too long because my daughter started to share her feelings about this with me. Alexandra is the only student at her school who is living with celiac disease. There

is no question that because of her diagnosis, she grew up faster than she otherwise would have had to. She learned early on what it feels like to be the kid who always brings her own food to birthday parties, the school cafeteria, special lunch days, etc.

I imagined her experiences and feelings were not that different from what other children were facing and I asked myself if there was something, I could do to help her and other children living with celiac disease. I believe we all look to find our people: people who reflect something about ourselves back to us, people who we feel we have something in common with and people who are like us. So, it became clear that for her and for other children living with celiac disease, it would be an uplifting and positive experience to meet and over time, get to know each other. While the kids meet up group is not a support group, it does offer children living with celiac disease the opportunity to connect with each other and it does therefore support them in this way. It is also lovely for parents to come together to support these very positive experiences for our children.

I would love nothing more than to see this group grow over time. The more children who attend, the stronger the group will be and the more impact it will have. I have reached out to other meet up groups in Canada and in the United States. Every group has started small. And most start out just like this one. If we continue to come out and support each other, we can add more resources and help more children who are growing up with celiac disease feel less isolated and part of a greater community of peers who support each other through positive peer interactions. We would love for every child to come out to our quarterly meetups and we look forward to seeing you there! Look for our announcements on social media, in our emails, in Facebook groups, etc.

Please feel free to email Jasmine at celiackidsconnect@bcceliac.ca

Thank you!



A huge thank you to Terry! Plotnikoff, General Manager of Canadian Mattress Recycling!

She provides storage space for us at her facility. This saves our charity significant funds annually that can be used for our local support and awareness programs.

<https://canadianmattressrecycling.com/>

Guide for Someone with Celiac Disease Faced with a Hospital Stay

Originally in St. Catherine's Chapter Nov 2011 newsletter, by Cynthia Kupper, RD, CD

Being admitted to the hospital can be a frightening experience, especially those with celiac disease or other gluten intolerances. Whether you are there for a day-surgery or for three weeks in rehabilitation, the hospital should be doing everything they can to meet the needs of your specific gluten-free diet. Share this information with your family and your health care providers (Dietitian, Pharmacist, Physicians) to ensure the best possible care while you are staying at the hospital.



1. Make certain that your family members know where this guide is located and bring it with you to your hospital stay.
2. Keep this guide with your list of current medications and name and address of all health care providers.
3. Give this guide to the nurse manager for the area of the hospital where you will be staying. Also give a copy to the pre-admission nurse to make certain that a copy is placed on the front of your chart or documented in your computerized chart. Request that it be seen easily by everyone accessing your chart.
4. Request a written physician's order for a gluten-free diet. Make sure that the Dr.'s Orders label you as having an autoimmune disease so that all personnel in the hospital will be aware of your dietary restrictions. If you are planning an admission, make an appointment to see someone in each department listed here, as applicable, (pre-op, surgery, medical/surgery, pharmacy, nutrition services-dietitian, rehabilitation, etc.) prior to your admission.
5. Request an allergy wristband. You may also request that "Celiac Disease: All foods and medications must be verified gluten-free" be printed in BOLD writing on your chart, at your bedside, or on the front of your door.
6. Ask if you may use your medication from home and if you can bring food to be stored in your room. If allowed, mark all food with your full name and room number.
7. If this is an emergency visit, as soon as you are settled, contact the hospital Registered Dietitian. If you are too ill to do this, have a family member or care giver who understands your gluten-free diet do this. Not all dietary staff members may be familiar with this diet (Diet Technicians, Nutrition Assistants, Meal Assistants, etc.), so make sure you talk directly with the Dietitian.
8. Work with the Dietitian. Discuss the hospital procedures to decide which foods are gluten-free and how they are prepared in the kitchen. Find out who is responsible for approving the "gluten-free" foods.
9. Bring some survival basics from home if the situation permits. Gluten-free cookies, crackers, condiments, and a box of cereal are easy to store in hospital rooms. Mark all food with your full name and room number.
10. For a planned visit, ask if it is possible for the dietary department to order some special gluten-free pasta, muffin mix, cake mix, or bread to make during your stay. If a dietary staff person offers to make a trip to the store for you, remind them not to purchase bulk foods from bins.



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For further information refer to Flax Council Canada <https://flaxcouncil.ca>

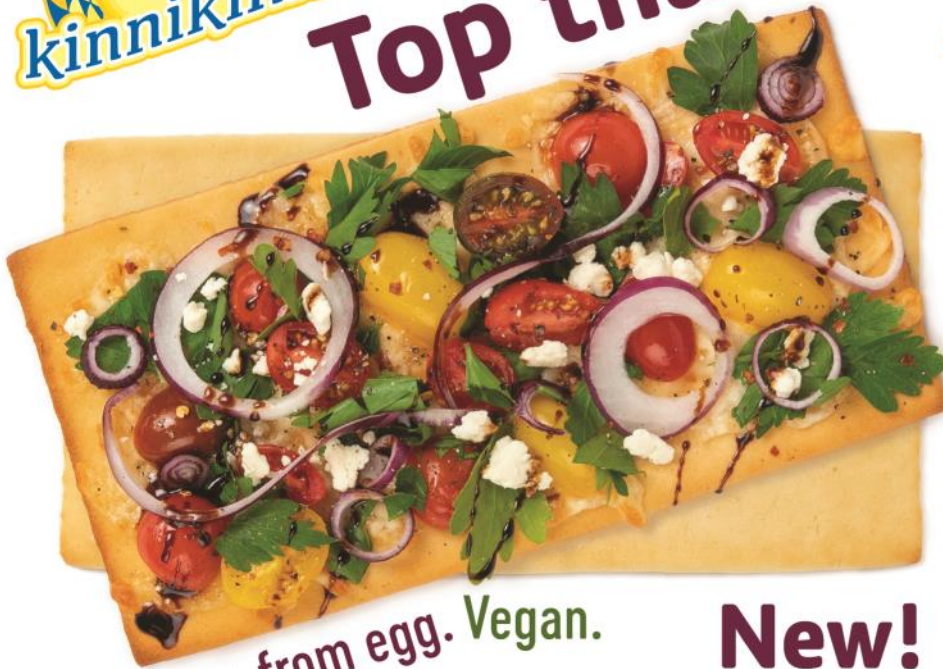
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Strawberry Lemon Cream Scones

- 1 package Namaste Muffin & Scone Mix
- 2 eggs, beaten (or egg replacer equivalent)
- 7 tablespoons butter
- 1/3 cup coconut milk
- 1 cup fresh strawberries, diced
- lemon cream icing**
- 1/4 teaspoon natural crystallized lemon
- 3/4 cup powdered sugar
- 2 Tbsp. unsweetened organic creamed coconut



Preheat oven to 400° F. Grease a cookie sheet and set aside.

Pour muffin mix into a medium bowl. Cut 7 tablespoons of cold butter into the dry mix using a fork until somewhat crumbly.

Add 2 beaten eggs and milk. Stir until just combined. Gently fold in strawberries.

Cut the dough in half and place each half on the grease cookie sheet. Press and shape them into two round discs about 1 to 2 inches thick. You may need to flour your hand to prevent sticking. Using a knife, cut 8 slices in each disc totaling 16 scones. Bake approximately 15 minutes or until they turn a very light brown. Let cool.

For Lemon Cream Icing, pour powdered sugar into a small bowl, add true lemon and creamed coconut (you may want to add more true lemon to your taste). Mix to a creamy smooth texture. Drizzle over the tops of your scones and enjoy!

Recipe and photo courtesy of americasglutenfreesweetheart.com • Visit us for more free recipes at namastefoods.com

Zonulin: Everyone has Leaky Gut!

Submitted by Val Vaartnou, Past President & Director CCA BC

Zonulin, no it is not the latest outer-space galaxy! What is it? Zonulin (haptoglobin 2 precursor) is a protein that modulates the permeability of tight junctions between cells of the wall of the digestive tract.

It was discovered in 2000 by Dr. Alessio Fasano and his team at the University of Maryland School of Medicine. Zonulin has been implicated in the pathogenesis of Celiac Disease and Type 1 Diabetes and several other autoimmune diseases. In fact, intestinal permeability, as it's known medically, is normal. Until it's not. If too much "stuff" (toxins, large food particles) passes from the digestive system into the blood, or if the wrong things get through, like harmful bacteria, infections and diseases may ensue — at least in theory.

"Leaky gut is a syndrome that may be associated with any disease, acute or chronic, that affects intestinal wall function and therefore increases gut-to-blood penetration of microbiota-produced compounds," says Marcin Ufnal, MD, PhD, who leads the Department of Experimental Physiology and Pathophysiology at the Medical University of Warsaw in Poland. Ufnal acknowledges that "leaky gut" is not a scientific term. "However, it is commonly used not only by laypersons but also by scientists," he says, so he uses it when explaining the condition to the general public.

Graphic courtesy of: <https://draxe.com/>

Whatever you call it, much remains unknown about an overly permeable gut's complex chicken-or-egg interactions with the body's many organs, the immune system, and the entire ecosystem living in the stomach and bowels.

Environmental triggers seem to cause the overproduction of zonulin in the human body. Among the several potential intestinal stimuli that can trigger zonulin release, small intestinal exposure to bacteria and gluten are the 2 triggers that have been identified so far. (2) Infections have also been implicated in several conditions, including allergic, autoimmune, and inflammatory diseases, by causing impairment of the intestinal barrier. We have generated evidence that small intestines exposed to bacteria secreted zonulin. (2) This zonulin-driven opening of the spaces between the cells in the small intestine may be a defensive mechanism. It flushes out microorganisms causing an immune response against bacterial colonization of the small intestine.

Therefore, the following novel hypothesis can be formulated to explain the pathogenesis of autoimmune diseases that encompasses the following three key points (3):

Autoimmune diseases involve a miscommunication between innate and adaptive immunity.

The classical autoimmune theories, molecular mimicry or bystander effect alone may not explain entirely the complex events involved in the pathogenesis of autoimmune diseases. Rather, the continuous stimulation by non-self antigens (environmental triggers) appears necessary to perpetuate

the process. This concept implies that the autoimmune response can be theoretically stopped and perhaps reversed if the interplay between autoimmune predisposing genes and trigger(s) is prevented or eliminated.

In addition to genetic predisposition and the exposure to the triggering non-self antigen, the third key element necessary to develop autoimmunity is the loss of the protective function of mucosal barriers that interface with the environment (mainly the GI mucosa).

In a recent 2020 study Dr. Fasano states that "all disease starts with increased levels of Zonulin". (4) There is a great deal of research happening in this area, and there is so much more to learn. There are 549 studies of zonulin and autoimmune disease listed in PubMed so hopefully all this research activity will result in solutions, especially for us with Celiac Disease.

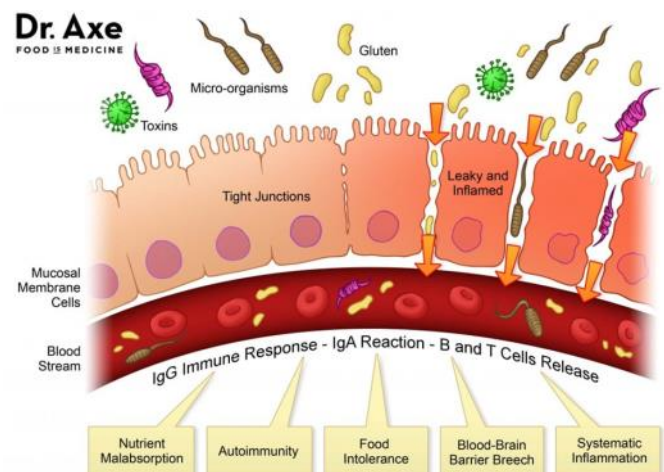
References:

Visser, Jeroen; Rozing, Jan; Sapone, Anna; Lammers, Karen; Fasano, Alessio (2009-05-01). "[Tight Junctions, Intestinal Permeability, and Autoimmunity Celiac Disease and Type 1 Diabetes Paradigms](#)". *Annals of the New York Academy of Sciences*. **1165**: 195–205. doi:10.1111/j.1749-6632.2009.04037.x. ISSN 0077-8923. PMC 2886850. PMID 19538307.

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Schedule of Events

Restaurant Events

When: March 9th at 6:00 p.m.
Where: **Harold's Bar & Kitchen**
7551 Westminster Highway
Richmond, BC

Please RSVP to [Val Vaartnou](mailto:Val.Vaartnou) to confirm your reservation. Menu can be found at: [Harold's Bar & Kitchen](#) click gluten free

When: March 10th at 6:00 p.m.
Where: **Rangoli**
1480 West 11th, Vancouver

Please RSVP to info@bcceliac.ca to let us know you are coming so we can prepare the restaurant for our visit.

Osteoporosis – The Celiac Disease Connection

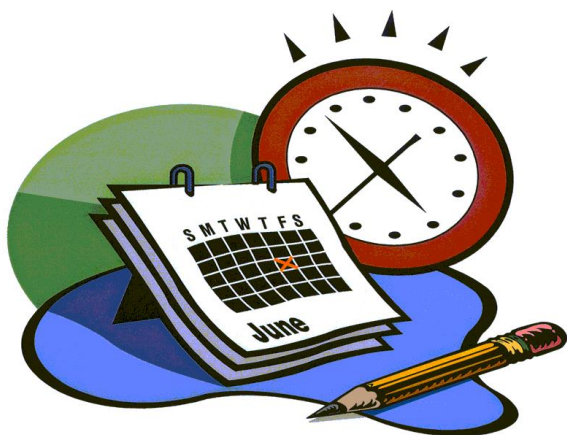
When: Tuesday, March 17, 2020 7:00 – 8:30 pm
Where: West End Community Centre, 870 Denman Street

No Registration is Required.

Presenters:

Lizbeth Wall, Past President
Val Vaartnou, Past President
Canadian Celiac Association British Columbia

Hosted by Osteoporosis Canada,
Downtown Vancouver



Celiac Disease – Now and In The Future – Biennial Symposium

For more information:
https://collectedmed.com/index.php/article/article/course_preview/category/12/1025/1526

Where: Faculty House at Columbia University, 64 Morningside Drive (between 116th and 118th Streets) New York, NY

When: Friday, March 6 and Saturday, March 7

This is a scientific program designed for those interested in the development of non-dietary therapies for celiac disease including physicians, scientists, industry (pharmaceutical, diagnostic, biotechnology and food & agriculture) and investor/venture capitalists.

Contact: Cynthia Beckman
cb2280@cumc.columbia.edu

Canadian Celiac Association – Regina Conference

When: June 5 – 7, 2020
Where: Double Tree Hilton
Registration coming soon to include education, reception, breakfast, lunch, dinner and fabulous GF Goodie Bags and networking.

Details:
<https://www.celiac.ca/news-events/national-conference/>

Celiac Disease Foundation - CDF Conference – Food, Facts and Fun

For more information:
<https://celiac.org/cdf-conference/attending-the-expo/>

When: Saturday, June 13, 2020
10:00am – 3:00pm
Sunday, June 14, 2020
10:00am – 3:00pm

Where: Pasadena Convention Center
300 E. Green St.
Pasadena, CA 91101

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MARK YOUR CALENDARS

2020 Canadian Celiac Association British Columbia Annual General Meeting

Sunday, March 1, 2020
1:00 pm
**Tommy Douglas
Public Library**
7311 Kingsway Burnaby BC



Messages From Your Leaders

The list below is the current support groups. Any changes are posted on bcceliac.ca (click on "JOIN US"). We, the Canadian Celiac Association BC, are here to provide support to anyone impacted by Celiac Disease and/or gluten sensitivity.

Drop-In Groups

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

Powell River Drop-In – Contact: Liz Kennedy: lizkennedy@shaw.ca or Val Harding: valhar@shaw.ca for location and time.

Richmond Drop-In – Second Monday of each month at 6:30 pm. The meeting is at Waves Coffee House in Steveston on Bayview and 1st, 1231 1st Ave, Richmond. Contact: Val at val_vaartnou@telus.net to let her know you will be attending the meeting. Tea, coffee and gluten-free cookies are available for purchase.

South Surrey Drop-In – Meetings are the 3rd Tuesday of each month, starting at 6:30 pm at the South Surrey Choices, 3248 King George Highway, Surrey. Please contact Pushpa Kapadia at pushpakapadia@gmail.com or phone her at 604-721-0098 to let her know you will be attending the meeting.

Victoria - Living Gluten Free in Victoria

Volunteers with the Canadian Celiac Association in Victoria present free workshops for those newly diagnosed with Celiac Disease or Gluten Intolerance. Workshops are offered on the 4th Saturday morning of alternate months. The sessions run from 10:00 to 12:00 noon. Those scheduled for 2020:

March 28	May 23	July 25
September 26	November 28	

Pre- registration by the preceding Monday. For the March 28 the deadline is March 22nd. Contact Rilla Murchison for

registration and meeting details at glutenfree278@gmail.com .

Contacts for Newly Diagnosed in areas where there is no Group Meeting:

Abbotsford: Ute Tindorf will continue to support newly diagnosed in Abbotsford. If you are newly diagnosed and would like the assistance of someone with many years of being and supporting celiacs', contact Ute at 604-853-2610 or email at utet@shaw.ca .

North Shore: Eugenia Mooney will meet those who would like help with the gluten-free diet or who have questions. Please contact her at 604-985-0719 to set up a convenient time and place to meet. If you are interested in a brunch meeting, please contact Eugenia. Depending on interest she will set up a time and location.

Vancouver: Val Vaartnou will meet 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 and leave a message and a volunteer will get back to you. The purpose of our helpline is to offer support to newly diagnosed celiacs 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.

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