



Celiac Digest

Publication of the Canadian Celiac Association, Saskatoon Chapter
Box 8935 Saskatoon, SK S7K 1N6 (October 2011)



Mark your calendars! You are invited to the Saskatoon Chapter's Christmas Party!

When: Sunday, November 13, 2011 between 4:30 and 8:30 PM

Where: St. Paul's United Church (454 Egbert Avenue)

For those who like to bake, the dessert will be potluck



Cost for the dinner will be \$18.00/adult and children six and under r free

To ensure we order enough food, we need to pre-order, so please fill in the form below with the number of people that will be attending and **return** it with a completed cheque for the total amount **no later than November 7th, 2011.**

The Canadian Celiac Association – Saskatoon Chapter 2011 Christmas Party

Sunday, November 13, 2011 between 4:30 and 8:30 PM
St. Paul's United Church (454 Egbert Avenue)



Member's Name: _____

Number of people aged 11 years-old or older attending: ____ (cost: \$18/person)

Number of children ages 7 to 10 years-old attending: ____ (cost: \$10/person)

Number of children ages six years-old and under attending: ____ (cost: free)

Total number of children under 15 yrs-old attending ____ (to ensure a gift from santa)

Please return the completed form with your cheques payable to "The Canadian Celiac Assoc. – Saskatoon Chapter" no later than November 7th, 2011.

Please return this form to: Canadian Celiac Association, Saskatoon Chapter, Box 8935, Saskatoon, SK, S7K 1N6



Important Chapter Dates to Remember

December 4, 2011 – 12:00 – 3:00 pm - Saskatoon's Farmers Market (414 Ave B South) - will be hosting a gluten free food fair! Everyone is welcome to come out and try food from vendors from around Saskatoon.

January 21, 2012 at 2:00 pm– Annual General Meeting - St. Matthew's Anglican Church (135 – 109th Street) - join us for our annual general meeting, elections for executive. Coffee and desserts will be provided. Please consider running for an executive position!

May 25 – 27, 2012 - National Canadian Celiac Association Conference - Delta Grand Hotel in Kelowna, B.C - <http://kelownaceliac.org/kelowna-2012>.

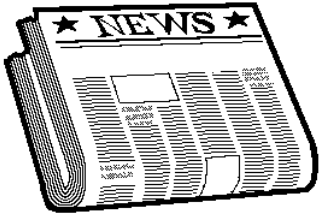


President's message

While sitting at my computer on a very blustery day I found myself thinking about the Canadian Celiac association and what exactly we stand for. Having recently spoken to a young CCA member on the phone, she mentioned that she was very upset with us as an organization. She said she doesn't feel that we strive hard enough to get Celiac information out to the younger generation nor do we host activities and events that would interest them. So, my challenge to everyone is to come up with additional ideas on how we can get the younger generation involved. We need our younger members to come out to our meetings, as they are our future and will continue to provide information and assistance through our CCA chapter. Most importantly, we need younger members to step forward and get involved so we can hear their ideas and implement them. We have a few positions open on the executive and would welcome their insight!

Our September meeting was very well attended and the food was awesome, as I'm sure everyone in attendance will agree. I would like to thank Barb for holding a meeting for new members and providing her very informative demo on how to use small appliances in gluten free food preparation and cooking. I think everyone went away with at least a few new ideas for quick menu items.

At this time I would like to thank all of you for your hard work for our Chapter, as we are only as strong as our membership. Volunteers keep this organization going and we can always use the help and knowledge you hold.



Announcements and Assorted News!

- The Canadian Celiac Association has opened an Amazon.ca store as a way of raising funds. They receive a small percentage of any book purchased through this link: <http://www.celiac.ca/amazonstore.php>. **If you click on a book you want to buy on the CCA web site it will take you to Amazon's regular site where the transaction will take place between you and Amazon.** If you have a book you would like to suggest they add to their store, send them an email (webmaster@celiac.ca). If you have concerns about a book you see listed, they would also like you to please send them an email. They take all comments seriously and review all concerns expressed within the framework of current scientific research.
- The Canadian Food Inspection Agency has issued a warning about PROLAB protein supplements for people with wheat and gluten allergies. For more details, check the CCA blog: <http://www.celiac.ca/blog/index.php/2011/10/03/recall-of-prolab-brand-protein-supplements>

Information and Recipes

Blue Cheese in the gluten-free diet - A research update

Adapted from the original article by Alex Anca, MHSc., RD and Advisor to the CCA Professional Advisory Board

Blue cheese has always been a hot topic in the gluten-free diet. Blue cheese is usually made from a blend of heat-treated (raw) or pasteurized skim milk and homogenized cream. Spore suspensions of *Penicillium roqueforti* are added to the vat at the same time as the starter cultures. The cheese contains no other ingredients except the spores and natural milk components.

Spores of *P. roqueforti* may be harvested from mould grown on mixed substrates: some may be gluten-free, while others may contain malt extract. For the latter type of media, the fermentation process usually breaks down gluten. Moreover, in order to multiply, *P. roqueforti* fungus uses the protein portion of the media (i.e., gluten) to grow. Following fermentation, the spores are collected and the medium is discarded. Cultures (or spores) are then diluted, based on manufacturer's specifications to 1:500,000 to 1:1,000,000 (where 1 unit is 1 g of *P. Roqueforti* culture). This is equivalent to 1 g of mould in 500 to 1,000 L of milk.

In order to assess and quantify whether blue cheese contains any residual amounts of gluten, three samples of blue cheese that use mould grown in gluten-containing media in addition to two samples of mould culture grown on wheat-based dextrose were sent to Dr. Terry Koerner's laboratory in the Food Research Division at Health Canada for analysis.

Based on the most sensitive tests currently available on the market and the minute amounts of mould spores used in the making of the cheese, the Canadian Celiac Association concludes that blue cheese is safe for consumption as part of the gluten-free diet. In the future, they may attempt to test more samples of blue cheese in order to validate their results. To read the original article go to:

<http://www.celiac.ca/bluecheese.php>.

Jacque's Festive Cookies

1 cup butter, softened	½ tsp salt
2 cup packed brown sugar	½ cup chopped candied cherries
½ cup granulated sugar	½ cup chopped blanched almonds
1 tsp vanilla extract	1/3 cup flaked coconut
1 tsp almond extract	¾ cup miniature semi-sweet chocolate chips
2 eggs	
2 ¼ cups rice flour	
1 tsp baking soda	

Preheat oven to 375⁰F. Beat butter, brown and white sugars together until creamed. Add eggs, vanilla and almond extracts, beat until light and fluffy. Mix in flour, baking soda and salt. Stir in chopped nuts, cherries, coconut and chocolate chips until evenly blended. Drop by heaped teaspoons onto ungreased cookie sheets, two inches apart. Bake for 8 to 10 minutes, or until lightly browned. Remove from oven; let stand for several minutes and remove carefully from pan to a cooling rack. Makes about 40. Also freezes well.

Source: Jacquie Beattie's (Saskatoon Chapter) recipe from the Canadian Celiac Association Cookbook titled Together We're Better For Life – 25 years and Growing.

Christmas Colouring Page





to the Canadian Celiac Association?

If you joined the CCA through our Chapter, you may have already met with a volunteer who provided some information about local shopping, dining, our Chapter's events and so on. If not, we'd like to meet you! Send an email or call one of the peer counsellors.

Peer Counsellors



- **Biggar - Barbara-Ann deHaan (coordinator) and/or Adrian deHaan:**
306-948-5291 bdehaan@sasktel.net
- **Meadow Lake - Laurel Rascher:** 306-236-1606 alrascher@hotmail.com
- **Saskatoon -**
 - Connie Cyr:** 306-477-0165 qwen21@shaw.ca;
 - Jennifer Holmes:** 306-653-4845 info@dreamdiscoveries.ca
 - Sharon Prosser:** 306-242-3781 shaprosser@shaw.ca
 - Verna Wall:** 306-934-4929 nvwall@sasktel.net
 - Cheryl Thompson:** 306-374-6623 cheryl.thompson@shaw.ca
- **Tisdale - Marilyn Thompson:** 306-873-4630 johntee@sasktel.net

HAVE YOU RENEWED YOUR MEMBERSHIP?

Invest in your own health. Enjoy the support, new information, news, resources, education and friendship that membership brings. Be a part of the nation-wide unified voice promoting awareness, advocacy, education and celiac research. Log on to <http://www.celiac.ca> or contact the CCA national office at 1-800-363-7296. info@celiac.ca

Advertising Rates

Please contact Sharon Prosser by email at shaprosser@shaw.ca. Advertising rates are as follows:

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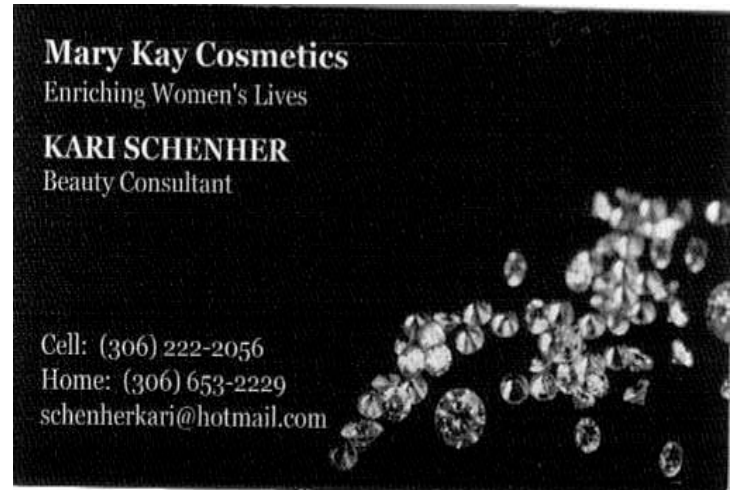
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See Saskatoon's London Drugs' for a wide selection of gluten free products!



Over the Hill Orchards is very proud to launch our new product line of fruit pies made with Gluten Free flour. By experimenting with many types of flours and working with long time Celiac sufferers to pick up tips on Celiac baking, we have finally found a recipe that we are absolutely thrilled about. In fact, we are so impressed that we have decided to discontinue our existing product line of pies that use Spelt flour, and become a Gluten Free facility.

We currently have two flavours available; our delicious Prairie Cherry Pie made with our own Certified Organic cherries, and the long time favourite Prairie Saskatoon Pie.

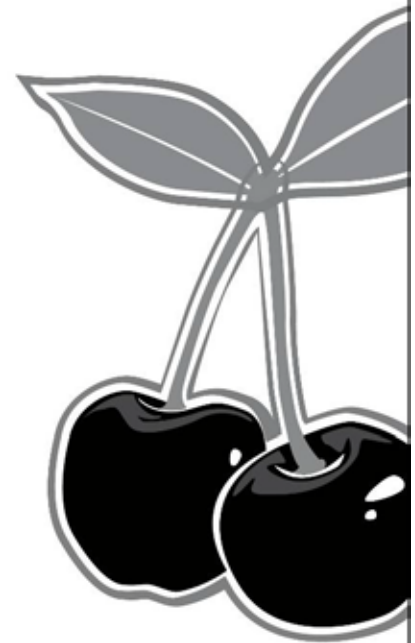
We invite you to look at our sample ingredient list, and contact us to find out where you can purchase our Gluten Free pies, Gluten Free Crepes, and also our low sugar, organic jams, syrups, chocolates, which happen to be Gluten Free as well!

We look forward to hearing all your comments and feedback, and please feel free to give us ideas on other Gluten Free products we can make for you.

Healthy Eating!

Dean & Sylvia Kreutzer
Lumsden, SK

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Past President – Verna Wall

314 Marcotte Crescent, Saskatoon, SK S7K 7P5 306-934-4929 nvwall@shaw.ca

Vice-President – Sharon Prosser

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Treasurer – VACANT (temporary fill by Penny Fairbrother 306-997-4833

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Secretary – Debbie Fehr

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306-343-1978 celiac2011@shaw.ca

Membership Coordinator – VACANT

Product Information – VACANT