

HAMILTON CELIAC NEWS



Calendar of Events

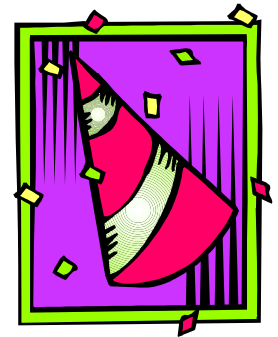
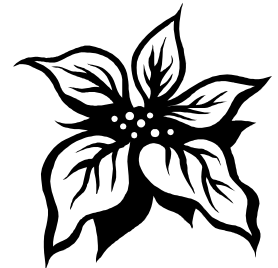
Jan 20, 2007 **Kids Bowling** **11:00 AM**
Prime Time Bowl, Burlington
*** See flyer inside ***

SIGN UP TODAY

Feb 5, 2007 **Celiac Support Meeting** **7:00 PM**
Burlington Arts Centre
Lakeshore Rd, Burlington

April 28, 2007 **Celiac Education Day**
Burlington Convention Centre
*** See info inside ***

May 25-27, 2007 **Canadian Celiac Association
National Conference**
Moncton, New Brunswick



The Canadian Celiac Association is a national organization dedicated to providing service and support to persons with celiac disease and dermatitis herpetiformis through programs of awareness, advocacy, education and research

Telephone Help Line: 905-572-6775

Supported by volunteers.
Calls picked up once or twice a week

Hamilton Chapter website: www.penny.ca/Hamilton.htm

Hamilton Chapter Executive

President	Marilyn Dion	905-527-7258	Vice President	- open
Treasurers	Jim McDonald	905-333-5531	Laura Harrison	905-525-4092
Membership	Cynthia Fulton	905-662-5931	Secretary	..open
Telephone Committee	Erica Reichling	905-332-3591	Newsletter Editor	- open
Product Info	Pam Penny	905-923-6999	Awareness, Publicity	- open
Self Help Line	Wendy Renault	905-318-2770		
Peer Counselors:	Jim McDonald	905-333-5531	Wendy Renault	905-318-2770
Literature Sales:	- open			
Members at Large	Bev Ruffo	905-572-6494	Valerie Fines	905-627-0228
	Tammy Goddard, Julie Holmstead, Bill Smouter, Bruce Waldron, Neil Bhakta Christine Ridsdale, Aziz Khambati, Sanjay Hiremath, Michelle Whetung			
MEDICAL ADVISORS	Dr. Trevor Seaton,	905-572-7258	Dr. R. Issenman,	905-521-2100
CHEF DE CUISINE:	Trevor Hamilton	905-545-4158		



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President's Message

As we start off a brand new year, 2007, I look ahead with anticipation as your executive works together to support you, our valued members.

I trust that everyone enjoyed the holidays as much as I did and perhaps you too are a bit sluggish getting back into a 'normal' routine.

I hope you will join me in looking forward to Bowling for Kids in January, a support meeting in February, our first ever Cycling for Celiacs event in this area in the summer; as well as our Spring Celiac Education Day with gluten free shopping. Should you want to get involved volunteering on any of these committees, I know you will be proud of the outcome and will enjoy the team effort to get the job done. Our new format of informal support circles at our meetings seems to be working well as we assist each other with the challenges of

living well on the gluten free diet.

The past year has been very busy and I take this opportunity to thank the Board members who have spent so many hours assisting new members, planning events for all members and promoting celiac awareness at restaurants, physicians offices, grocery stores and elsewhere in the community. I thank you too for posting flyers during awareness month. Getting people thinking about celiac disease can help someone to get closer to that diagnosis that we who have finally been diagnosed are so grateful to have.

It is also with pleasure that I announce that our Chapter, through a decision by the Board, has made a substantial donation to head office, to further the work that only a national office can accomplish. Thank you all, as your continued support through your memberships have made this possible.

I wish you joy, health and prosperity in the year ahead.

Sincerely,
Marilyn Dion

CELIAC EDUCATION DAY

We're planning a Celiac Education Day in April, with speakers addressing a variety of topics on celiac disease and the gluten-free diet. The cost will be low, with an option of a gluten-free lunch; we are also planning to have gluten-free suppliers attend and bring samples and/or products to purchase.

Here are the details to date:

DATE: SATURDAY, APRIL 28

LOCATION: BURLINGTON CONVENTION CENTRE
BURLOAK DRIVE, BURLINGTON

SPEAKERS: DR. ELENA VERDU

Doctor and research, McMaster University
SHELLEY CASE, R.D.

Dietitian, and author of "Gluten Free Diet"
BEV RUFFO

Presentation on International Symposium
PANEL - Tips, Q & A on living well gluten-free
- travel, dining out, etc.

Mark your calendars now !!
Look for more information in our next newsletter.

FYI

Check out an article from International Food Information Council (IFIC) Foundation

Functional Foods Fact Sheet: Probiotics and Prebiotics

<http://ific.org/publications/factsheets/preprobioticsfs.cfm>

A personal message from Bev Ruffo:



WANTED!

SOME HAMILTON CHAPTER CELIAC MEMBERS TO WORK ON A COMMITTEE
KNOWN AS
CYCLING FOR CELIACS

MEMBERS AND FRIENDS WHO COULD CYCLE
UP TO 100 KILOMETERS IN A DAY
IN ORDER TO RAISE FUNDS FOR RESEARCH INTO CELIAC DISEASE

Reply to Bruce Waldron @ 905 632 8468 or email to b.waldron@sympatico.ca

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Please don't hesitate to call or email with any questions, concerns, I would be happy to chat with you.

“with every cloud- there is a Silver Lining”

Myra Lewis
8095 Young St.
Grassie, Ont.L0R 1M0
905-945-CARE (2273)
myra.v.lewis@sympatico.ca

National Celiac Conference 2007
Moncton, New Brunswick

Celiac "Hub"Bub 2007.

Registration forms are available for downloading at www.monctonceliac.org.

Something for everyone children to the seniors, new celiacs and veterans, talks in French

Children' s program - celiac and non-celiac children from age 5 - 18

GF Meals at the conference featuring many Maritime foods,

Featured Speakers

Adele Alfano, Canada' s Diamond Coach, uplifting motivational session presented with warmth and humor.

Dr. Stefano Guandalini ("Dr. Celiac"), Professor of Pediatrics and Chief, Section of Gastroenterology, University of Chicago Comer Children' s Hospital www.celiacdisease.net .

Jax Peters Lowell, Philadelphia and New York, a celiac for 25 years, is a lifestyle expert, celiac advocate, and contributing editor to *Living Without* magazine. Author of *The Gluten-Free Bible* (2005), *Against the Grain*, and *No More Cupcakes & Tummy Aches*, (2004), a book for children. Visit her website: www.jaxlowell.com.

Dr. Frank Schweiger, Staff Gastroenterologist, Moncton City Hospital will speak on "Clinical Features and Diagnosis of Celiac Disease".

Dr. Joyce Boye, Ph D, Research scientist at the Food Research and Development Centre of Agriculture and Agri-Food Canada, will speak in French on "Hidden and Undeclared Allergens in the Food Chain : Understanding the Allergen Maze".

Dr. Angela Noble, Pediatric Gastroenterologist in Montreal, with presentation in French. .

Dr. Anil Joshi, Pediatric Dentist in Moncton, "Oral and dental conditions associated with celiac disease".

Dr. Susan Sanderson, Pediatric Endocrinologist, Saint John, NB, will talk on thyroid disease and type 1 diabetes, two conditions often associated with celiac disease.

Dr. Connie Switzer, Head of the CCA Professional Advisory Board will update her audience on the activities of the board.

Suzanne Dupuis-Blanchard -professor at Universite de Moncton and a Ph D nursing candidate. On Friday she in French on "Viellir en Sante avec la Maladie de Celiaque" ("Healthy Aging with Celiac Disease"), and on Saturday in English with "Coping with Life Transitions in Young Adults with Celiac Disease".

Rosie Schaller operater of *The Old Mill*, a gluten-free restaurant in Shepody, Albert County, NB, and owner of *Rosie's Gluten Free Gourmet Food Limited* will demonstrate preparing nutritional GF dishes.

Ron Scott is a Canadian living in the United Kingdom and travelling the world. Ron will bring us insights into the celiac lifestyle in the UK, as well as food experiences on his travels.

Local entertainers will include a ladies quartet "**Puttin on Aires**", **Ivan Hicks and the Sussex Avenue Fiddlers**, the **Singing Sisters**, the Moncton based retro band **Eddie Chase and Graffiti Four**, "**GTC Children's Choir**" and professional clowns **Button ' n Bows & JJ the Happy Wanderer**.

DINING OUT

Gluten-free Knowledgeable Restaurants!

Have you had a great meal out lately?
Share the experience with us so other members can enjoy!

We would like to use the newsletter as a venue for spreading the word about restaurants that provide gluten free meals. Give us some details that we can pass along to help other have a great meal out.

- Was there a special gluten free menu to request?
- Did you talk directly to the chef?
- Did you need to call ahead to ensure the ingredients were there?

Any time you go out for a G.F. dinner, pass along your experience. Tell us the name and address of the restaurant, the phone number, the type of food, and any comments you would like to share. The information will be published in the newsletter for the benefit of our members.

Please mail to our chapter address or email to: pam@penny.ca

Here are some Celiac Friendly Restaurants

Always best to call ahead and confirm GF status

Paradiso – Village Square - Burlington

Indian Mantra – Village Square Burlington

Pad Thai – Oakville - has gluten free menu

Il Fornello – Oakville and Toronto locations – gluten free menu – pizza, pasta

Outback and Montana's – have gluten free menu

Mexicalli Rosa's – Fairview St. Burlington (owners wife is celiac: staff very knowledgeable)

Valentino's – King St. West Hamilton – have gluten-free pasta on hand

La Spaghet – U. James, Hamilton – have gluten free pasta on hand

La Cantina – downtown Hamilton – have gluten free pasta on hand

Le Chinois – Hamilton and Burlington locations – can prepare a number of dishes gluten free

Faloney's – Garner Rd. Ancaster

RECIPES

Caramel Bars

from celiac.com

Ingredients

¼ cup butter	1 cup brown sugar
1 egg, beaten	½ cup chopped pecans, or other nuts
¾ cup Betty Hagemans all purpose flour mix**	
½ tsp xanthan gum	1 tsp baking powder
dash salt	1 cup medium sweet coconut

Preheat oven to 350F. Spray a 9"x9" baking pan with Pam. Melt butter in saucepan. Remove from heat. Stir in sugar. Stir in beaten egg. Measure in flour, xanthan gum, baking powder and salt. Stir to mix. Add 1 teaspoon of GF vanilla, if desired. Add in the coconut and nuts and stir to blend. Mixture will be quite thick. Spread with spatula into pan and bake for 30-35 minutes till top is golden brown and toothpick inserted into the center comes out clean.

Cool on rack. Cut into bars when cool. Enjoy

Betty Hagman's all-purpose flour mix:

2 cups white rice flour 2/3 cup potato starch flour 1/3 cup tapioca flour

Quinoa Stuffing

from www.self.com

Makes 10 servings

3 bay leaves	2 cups quinoa
1/4 cup olive oil	2 small zucchini, cut into 1 " cubes
2 bunches green onions, chopped	1 butternut squash, peel and diced
1 cup dried apricots	1 cup dried cranberries
1 cup fresh parsley, chopped	1 lemon

Boil 4 cups of water; season with bay leave and salt. Add quinoa and return to a boil. Reduce heat, cover and simmer about 20 minutes, until quinoa absorbs water. Remove from heat; remove bay leaves and let cool. Meanwhile, heat 3 tbsp oil in frying pan. Sauté zucchini and squash – season with salt and pepper – until slightly browned. Combine vegetables and quinoa. Drizzle on remaining 1 tbsp oil Stir in onions, apricots, cranberries, and parsley. Grate lemon peel and squeeze lemon juice to taste. Season with salt and pepper.



CELIAC KIDS BOWLING DAY

SATURDAY, JANUARY 20, 2007

11:00 a.m.

Prime Time Bowl

830 Laurentian Dr. Burlington

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\$10 per
person
including



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BY: JANUARY 13, 2007

[Hamilton Celiac Association Help Line](#)

[905-572-6775](tel:905-572-6775)

“The Best of Fredericton... Gluten-Free” Cookbook

Cookbooks are selling for \$5. However, mailed cookbooks are \$10 (to cover the mailing cost) and payment must be received in advance. Cheques can be made payable to CCA Fredericton Chapter. If interested, please use the contact listed below.

Angela Welch
President & Membership Coordinator
Fredericton Chapter of the CCA
Phone: (506) 459-2604
Email: angela.welch@unb.ca

Advertising Rates

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Quarter page	\$25.00/issue	\$80/year	Business Card	\$15.00/issue	\$50/year

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Celiac-Canada is an electronic mailing list service and product and travel information site, dedicated to offering support and information to persons with celiac disease and dermatitis herpetiformis.

To subscribe to Celiac-Canada, send a request to: admin@penny.ca

To post a message, you must be a subscriber. Any e-mail posted to the Celiac-Canada mailing list is automatically relayed to all list subscribers.

There is no charge to subscribe.

Posting address is: celiac-canada@penny.ca

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HELP LINE:

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