

# **KELOWNA CHAPTER CELIAC NEWS**

**MAY 2009**

*Serving the Shuswap, Okanagan and Kootenays*

**OUR NEXT CELIAC MEETING**

Will be at noon on **Sunday, May 10th, 2009<sup>TH</sup>**

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[The doors open at 12:00 noon,  
lunch about 12:30]

At the Lake Country [Winfield]  
Seniors Activity Centre,  
9832 Bottom Lake Road.

Bring your potluck dishes, with  
recipes &/or sources, for  
everyone to try!

We ask adults to each donate a  
toonie [\$2} to help defray the  
hall rental costs!

**Our next meeting on May  
10<sup>th</sup>, will be at held at the  
Lake Country [Winfield]  
Seniors Activity Centre, 9832  
Bottom Lake Road.**

**\*\*We will have a speaker  
talking about  
a Gluten Free club..**

**NOTE:**

***We are trying to be 'green'  
so please bring your own  
dishes mugs and cutlery!***

**THE PROPOSED 2009  
MEETINGS DATES ARE:**

Sept 13th, & Nov. 8th  
+ 2 socials, June 14th [barbecue-  
check page 11 for info]  
& Nov. 29th Xmas party

Unless otherwise  
indicated all meetings are potluck  
luncheons. They are held the  
second Sunday of the months  
indicated!

Other dates to keep in mind are:

**Penticton Satellite dates**

June 2<sup>nd</sup> & September 22 are  
supper potlucks @ 6pm  
Held in multipurpose room of the  
Penticton Health Centre.

***This is***

***Celiac Awareness month.***

***If you have any ideas as to how we  
can celebrate awareness month,  
please contact***

**Angela Petrie 868-3830  
D\_N\_A@telus.net**

**Kelowna Celiac Chapter**  
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**Mavis Molloy**  
Mavis.Molloy@interiorhealth.ca

**Vernon; Robyn Cawley**  
robyn.cawley@interiorhealth.ca



## **MEMBERSHIP and Celiac Books & Pamphlets:**

Hello everyone...

There are several members whose memberships expired in the last 3 months of 2008 that have not renewed. This is the last time I will bring this up (I promise)... there has been some confusion with National (due to the new membership database) involving renewals and I want to make sure that no one has "fallen through the cracks". This will be the last newsletter you receive if you have not renewed. If you do not receive our next newsletter, and think you should be, please be sure to contact me at [D\\_N\\_A@telus.net](mailto:D_N_A@telus.net) or 250-868-3830.

We have added to our cookbook selections that are available for purchase at our potluck luncheons. They are: The Best GF Family Cookbook and The 125 Best GF Recipes by Heather Butt and Donna Washburn. You can purchase them from us for \$19.95. I have seen both of them listed at \$27.00 + taxes in some retail stores. I hope to have them in stock for the May meeting. I sat in on Heather and Donna's talk at the Victoria Conference last year. These ladies take "regular food" and duplicate the taste in their GF kitchen. They are quite an impressive duo and our whole family enjoys whatever I cook out of the book I have.

We have had four new members join our Chapter since our last newsletter. A big welcome to: Brandy (Bobby) Botham and Patricia Clement of Penticton Sally Lang and Teghan McCormick of Kelowna.

We are excited to see some new young members joining the group. I hope you can all come and play while the adults have their "meeting".

We hope to see you ALL at the May luncheon!

**Angela Petrie 868-3830**  
**D\_N\_A@telus.net**

**Editor's note ;**

**Angela is looking for someone to take over the job of ordering and bringing the books, pamphlets etc to the meeting!**

**We all need to help each other to keep our group strong! Marie**

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**When donations are given directly to our chapter, we then issue the receipt for income tax purposes.**

**Cheques can be given to our treasurer, Ann, at our meetings or mailed. Our mailing address is; Kelowna Chapter of CCA, PO Box 21031, OR. Park, Kelowna, B.C, V1Y 9N8**

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**PRESIDENTS REPORT FOR MAY 2009**

Well spring has arrived on the calendar but I am still waiting for the warmth of the sun to arrive and stay for a while. It is however so nice to see the lawns turning green and the trees buds turning to nice bright leaves of many colours.

It was so nice to see so many members at our last meeting. It was also nice to see the new members join us for the potluck and meeting. This is a great opportunity for new members to ask questions and get more information and help.

By now you will have received the Awareness Material for May. Our theme this year Eating Out And Feeling Safe is a good opportunity for you to contact your local Restaurants, Care homes and Child care facilities to give them the information that was in the package. Here are some dates to remember that will help promote more Awareness for us.

May 12<sup>th</sup>. Choices Chef Antonio will be doing a gluten free cooking class. Cost \$15.00 and well worth it, I attended last year and he is a very interesting person and had a lot of great ideas. Oh yes you do get to sample. Contact Nadene 250-862-4864 at Choices to sign up for this great event.

May 14<sup>th</sup> lunch at Okanagan Collage in Kelowna 1000 KLO Rd. Time 11.30 We will need numbers and payment by May 11<sup>th</sup>. Contact Ann Peterson to let her know you will be attending. 250-832-830.

We have two riders from this area that will be doing the Cycling for Celiac ride this year. Drew Petrie from Kelowna and Sara Mitchell from Salmon Arm. We need to support both of these people in the way of donations. I want to thank all the members that donated to the ride at our last meeting however they still need your help as they each need to raise \$3000.00 each.

I look forward to seeing everyone at the Pot Luck meeting on May 10<sup>th</sup>. We will have a nice surprise for all the ladies as this is Mother's Day.

Irene Thompson  
President Kelowna Chapter

**PS: We will have Pledge sheets and income tax receipts for Drew Petrie's donations at the May meeting!**



## Gluten Free Kids!

This month's article includes ideas on where to find decent Gluten Free kid's meals when dining out. The following restaurants we have taken Kate to at least a couple of times and have had really positive experiences:

**Taco Time:** Order the kid's meal with a cheese quesadilla on a corn tortilla; staff is amenable to wiping the grill first. (Kate's favourite).

**Boston Pizza:** Either the grilled salmon just as it comes on the kid's menu (with drink and Jello for dessert), or as we have found they are willing to do grilled chicken with rice and steamed vegetables instead.

**Wedgie's Pizza Parlour:** Gluten Free Take-Out Pizza! It was a bit like Christmas when we discovered that Wedgie's Pizza can do nearly all of their pizzas on a GF crust. They are made on a separate pan - add \$2 for GF version.

(9th Ave, OK Falls ~ (250)493-9132)

**Cozy Bay Seafood Café:** This is my favourite. They have a 'lighter portion' GF Fish & Chips for kids. The food is excellent, staff is friendly and they have stickers or stamps for the kids, not to mention a singing lobster on the wall!


(13220 North Victoria, Summerland)

**I would be happy to hear from parents with your ideas for GF dining, if you have some time, please send me an email. ~ Heather (hquinn10@hotmail.com**

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**Remember to encourage you local stores to carry more Gluten Free products, so you can shop at their store!**

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<b>RUSS &amp; HILDA SKINNER / Owner Operators</b>
<p><b>Large Selection of Gluten Free Products</b>          Centenoka Park Mall – 441, 360 Trans Canada Hwy.          Salmon Arm B.C. V1E 1B7          Tel. (250) 833-0144 Fax (250) 833-0149</p>

# El Peto Introduces:

**GLUTEN  
FREE** *plus*

Gluten free products with added health benefits. Products made with whole grain brown rice and rich in Omega-3 fatty acids. Go to

*www.elpeto.com* for more product information.



**GLUTEN  
FREE** *plus*



**El Peto** *ep*  
Products

EL PETO PRODUCTS LTD. — *The Gluten Free Experts*

65 Saltsman Drive, Cambridge, ON Phone: 519-650-4614 Fax: 519-650-5692

**1-800-387-4064 ♦ www.elpeto.com**

## Advertising opportunity

We email/ mail to over 200 members and dietitians.

Our area includes Salmon Arm to US border to Alberta border to Hope!  
Our circulation includes all CCA chapters, as well, as National and our area.

We accept ads on a first come basis.

They must be received “print ready” by email, Our advertising Rates are:

Full page for \$75, Half Page \$40, Quarter Page \$30,

Business Card Size \$15

## Special Advertising Rates for prepaid:

**Prepay for the year and get one ad free!**

This year [2009] we will have only four [4] newsletters.

Our proposed meeting dates will be March, May, Sept. and Nov.,  
plus two socials: a barbecue in June and Christmas party in late Nov

**Ads are needed mid month of the month before the meeting!**

Do you know of someone who would like to advertise in our celiac newsletter. Let me know! [dougmarieablett@telus.net](mailto:dougmarieablett@telus.net)

**DISCLAIMER AND EXCLUSION OF LIABILITY:**

The contents of this publication provided in good faith for information purposes only and using the most current information available subject to amendment, should not be used as a substitute for the advice of a qualified health professional. The Professional Advisory Board of the Canadian Celiac Association (the "CCA") has not reviewed this publication. Use of the information in this publication is at your own risk. The CCA does not endorse any product referenced in this publication.

To the fullest extent permitted by law, the CCA, its local Chapters and all persons involved in compiling this publication disclaim any responsibility for, and make no representations or warranties regarding, the information provided in this publication. In no event will the CCA, its Chapters, or those persons involved in compiling this publication be liable for any damages of any kind resulting from the use of the information in this publication.

Please review the CCA's disclaimer policy on its website at <http://www.celiac.ca/>



**Gluten free** Beer

## La Messagère

La Messagère is a limpid and crystalline pale ale. To the nose, a bouquet of honey gently calls to mind a touch of citrus fruits. And the subtle aroma of hops is revealed ever so delicately.

Red Ale's gorgeous mahogany colour hides subtle hints of dried fruit and authentic hops, leaving a delicate, woody taste on the tongue.

[www.messagere.ca](http://www.messagere.ca)

MICROBRASSERIE  
Nouvelle-France



**WITH PREBIOTICS**

# New Glutino Premium Whole Grain Prebiotic Breads!

Glutino is thrilled to introduce you to our new and innovative line of gluten-free functional breads.

- **Whole Grain Brown Rice Bread with Prebiotics**
- **Whole Grain Brown Rice Bread Homestyle with Prebiotics**

- ✓ With Prebiotics
- ✓ Good source of fiber
- ✓ Cholesterol Free
- ✓ Saturated fat free
- ✓ Low in sodium
- ✓ Low in fat
- ✓ Kosher
- ✓ No artificial colors & flavors

CASE PACK: 6



[www.glutino.com](http://www.glutino.com)

**WHOLE GRAIN**

## **RECIPES**

### **Baked Chicken**

Turmeric gives this dish great color and flavour.

#### **Ingredients:**

6-8 Cut up chicken pieces	½ cup <u>rice flour</u>
½ cup corn starch	salt and pepper to your taste
1 teaspoon turmeric	1 teaspoon paprika

#### **Directions:**

Lightly grease baking pan with olive oil. Mix dry ingredients and place in a bag. Shake chicken pieces one at a time in dry mixture until thoroughly coated. Place chicken pieces in a 9x13" pan making sure there is space between each piece. Bake at 375F for 50 to 55 minutes.

### **Savory Potato Pie with Bacon and Onions**

This dish is great as a side dish or a main dish when served with salad.

#### **Ingredients:**

4 large potatoes, washed and thinly sliced	2 large eggs
2 large onions, peeled and sliced	1 cup milk
6 slices cooked bacon( not crispy)	Salt and pepper to taste

**Directions:** Preheat oven to 375 °F.

Spray a 10 inch pie plate with cooking spray. Spread a layer of onions on the bottom, then a layer of cooked bacon, followed by a layer of the potatoes. Repeat until all of the onions, potatoes, and bacon are used up. Make sure the last layer is a layer of potato.

Combine the egg, milk, salt, and pepper and mix with a whisk until well combined. Pour mixture over potatoes and bake in the center of the oven for 45 minutes or until the top layer turns a nice golden color.

\*add grated cheese to finish

### **Rice with Almonds & Mushrooms**

**You can use this rice as a meal, side dish, appetizer or stuffing.**

#### **Ingredients:**

2 cup brown rice	4 cups water
1 1/2 tablespoons butter	1/2 cup green onion, chopped
1/2 cup celery, chopped	1 to 2 cups mushrooms, fresh, sliced
2/3 cup almonds, slivered	salt and pepper
1/2 teaspoon sage OR oregano OR poultry seasoning	

#### **Directions:**

Use a saucepan to boil the water and rice as per the directions on the rice package.

When rice is cooked, put aside in a bowl for the moment. Sauté almonds, onion, celery, mushrooms in butter in a fry pan. Season with salt and pepper to taste. Add the rice and sage and mix well into the sauté. Sauté mixture until heated through.

## Melt in Your Mouth Popcorn Cakes with M&M's

This is a great snack to take along on road trips.

### Ingredients:

4 quarts popped corn                      1/4 cups corn oil  
1 11 ounce pkg M&M candies              1/2 cup butter  
1/2 to 3/4 cups peanuts                      1 10 ounce pkg gluten free marshmallows

**Directions:** Pop the popcorn, then combine it with the M&M's and peanuts. Take the 1/2 cups of melted butter and package of marshmallows. Once melted, pour into the popcorn you mixed together. Be sure to stir it well. Firmly pack the prepared ingredients into pan (bundt) that has been lightly greased or roll into 2 inch ball shapes and place on wax paper until cooled. Be creative and add your own favourite nuts or candies in place of the ones mentioned above. Some great alternatives: almonds coconut Flakes, pumpkin seeds raisins, Dr. cherries or dried apricots

## Shipman House Coffee Cake

An old family favorite cake with a delicious topping to serve with coffee.

### Ingredients:

4 egg whites                                      4 egg yolks  
1 cup sugar                                        1 cup potato or [rice flour](#)  
1/8 teaspoon salt                                2 tablespoons lemon juice  
1-1/2 tablespoon vanilla

### Topping:

1/2 cup brown sugar                            1/2 teaspoon cinnamon  
1/2 teaspoon cocoa                             1/2 cup [rice flour](#)  
1/4 cup chopped nuts                         3 tablespoons butter

**Directions:** Beat egg whites until stiff peaks are formed.

In a separate bowl beat the egg yolks until light and creamy. Add sugar to yolks and mix well. Add the flour, salt, lemon juice and vanilla and mix well.

Fold egg whites into the batter mixture and then pour into a greased and floured 9-inch round pan.

For the topping, blend softened butter with sugar, nuts, cinnamon, flour, cocoa. Sprinkle mixture on top of batter.

Bake at 325°F for 20 minutes, then 350°F for 15 minutes.[from gluten free club]

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**We will be asking members to take information to Restaurants, Home and Child care facilities and Culinary Arts programs**

***If you have any ideas as to how we can celebrate awareness month,***

**Contact Angela Petrie 868-3830 [D\\_N\\_A@telus.net](mailto:D_N_A@telus.net)**

The *Eat and Shop guide for GF* will be out next month!

I need more suggestions for places to eat and shop!

Marie

## **GLUTEN- FREE PINEAPPLE —NUT CAKE [from Nulagh Devin-a quilting friend]**

2 cups GF flour mix. \*\*\*      1/2 tsp xanthan gum  
1 1/2 cups sugar                2 tsp. Baking soda  
3 eggs                              1/2 cup chopped nuts (optional)  
1. tsp vanilla                    1 [20 ounce] can crushed pineapple (undrained)

Preheat oven to 350, spray a 9"x 13" pan with vegetable oil spray. In a mixing bowl, blend together the flour mix, xanthan gum, sugar, and baking soda. Add the eggs, nuts vanilla and pineapple. Beat with a spoon until liquid and dry ingredients are thoroughly combined. Pour in to the prepared pan and bake 45 minutes - or until golden and the sides of the cake pull away from the pan.

Serve warm or cold You can frost (use your favourite frosting) after cooling or serve with cream. A true dump cake! Takes only minutes to mix turns out moist and flavourful! (May be halved to bake 8"x8" — Use 1 egg plus 1 egg white instead of 3 eggs+ an 8 ounce can of pineapple)

\*\*\*You have a choice with the flour mix, either prepare your own mixture: GF flour mix using:

2 parts white rice flour . 2/3 part potato starch/ 1/3 part tapioca flour. This you can make up and use as needed. Works out much cheaper but you may be left with flour you are not going to use again - if you are not into gluten free baking .OR ( convenient when in a hurry --more expensive-Buy Bob's Red Mill gluten free all purpose baking flour. It is mixed and ready.

## **Gluten-free. HEALTHY COOKIES! Nulagh Devlin**

**Cream** together the following: 1 cup butter+ 3/4cup brown sugar + 3/4 cup white sugar

**Add;** 2eggs + 4 Tblsp. Milk + 1 tsp vanilla

**Add** 2 cups GF oats

**Mix together** the following:

2 cups GF flour mix + 1 tsp baking powder +1 tsp baking soda + 1 tsp salt

2 tsp xanthan gum + % cup mini chocolate chips 1 cup raisins

1 cup pecan nuts + 2/3 cup coconut

If you wish add some flaxseed, sunflower seeds, hemp seed

In bowl, cream together butter and sugars, Add eggs and beat well.

Mix in milk and vanilla. Add GF oats.

Combine flour, baking powder, baking soda, salt, xanthan gum, add this to mixture until well combined Add chocolate chips, raisins, nuts and coconut. Mix until well combined. If you are adding any other seeds mix at same time.

Drop large or small spoonfuls onto sprayed cookie sheet. Flatten slightly with the back of a spoon and shape dough into a circle.

Alternative: You can prepare the dough mix leave in fridge for a day and then spoon out the mix to cook — the cookies are firmer *and* easier to manipulate!

Bake at 350 for 14 — 16 minutes until browned! These will keep in an airtight container for about a week. These also freeze well, You can make about 36 large cookies or I make almost double this, as smaller cookies!

**K.T.'s HERITAGE RESTAURANT**  
**3127 – 30 Ave, VERNON. B. C.**  
**250-545-3228**

All of our pizzas are available on an 8" gluten free crust

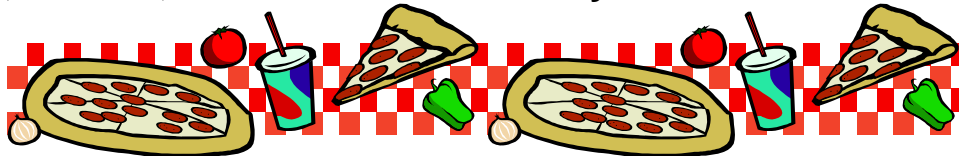
Our gluten free pasta choices are: Lasagna, vegetarian lasagna, Spaghetti, fettuccini and penne and they are available with meat sauce, Alfredo sauce, marinara sauce, spicy tomato sauce, Rose sauce and Bombay sauce.

We also have gluten free chicken fingers and fries, burgers, desserts like apple cinnamon pie and butter tarts.

Our children's menu includes kid's 6' pizza, kid's chicken fingers and kid's macaroni and cheese.

For our adult customers we also carry a gluten free beer.

We are located on 30 Ave [Main Street] next to the Royal Bank building on highway 97 (32<sup>nd</sup> street) **Takeout and delivery available!**



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**Sixth Annual Celiac Barbecue Luncheon!**

**Will be at noon on Sunday, JUNE 14TH**

**We look forward to seeing you at our 6th annual barbecue luncheon!**

**[doors open at 12:00 noon, lunch at 12:30]our regular meeting place at the] Seniors Activity Centre, 9832 Bottom Lake Rd. Lake Country [Winfield**

**The executive will be providing the GF barbecue items.**

**There will be a \$10 charge for 16 & over!**

**Children FREE!**

**We need to know who is coming so we can have *Enough food* especially the **HAMBURGERS & BUNS** for everyone who attends!**

**All the trimmings, too!**

**Please let Ann know if you are attending!**

**We appreciate you paying by the 31 of May!**

**Cheques can sent to our mailbox or given to Ann at the May meeting or at the May 14<sup>th</sup> luncheon at OK. College!**

## **A WONDERFUL FUND RAISER FOR OUR CELIAC CHAPTER!**

Last Fall our Association decided to give a new fundraiser a try:

How to purchase it?

- #1. Purchasing Blenz coffee/tea at our meetings (we accept cash or cheque payable to Kelowna Celiac Association)
- #2. **By Phone:** 604-682-2995 M-F 8:00am-5:00pm (payment by credit card, cheque or money order payable to Blenz Coffee)
- #3. **By Fax:** 1-604-682-2542 Feel free to print your order and fax it in.
- #4. **By Mail:** **Blenz Coffee**, Suite #300-535 Thurlow St., Vancouver B.C. V6E 3L2
- #5. **Online:** through the Blenz Coffee website. Instructions below!

The following is information you will need to order online:

### **CREATE AN ACCOUNT**

Go to: <http://www.blenzcares.com/>

Click on "my account"

Click on "create a new account"

Fill out your account information. For "company" put in Kelowna Celiac Association

**ORDER ONLINE:** Go to: <http://www.blenzcares.com> View "our products" on left-hand side of screen – it has a description of each coffee/tea. Choose which item you would like to purchase. Choose quantity (1 bag) and click "add to cart". **\*\*\*According to our Blenz representative, in order to receive the discount you must purchase 1 item at a time.** It will list your item and a total – in order to receive our discount type the following code in the "Apply Coupon" box: **GC0158787316**

Go to checkout. Your shipping information will come up. You must fill in the "Affiliated Charity" in order to receive the \$2.25 discount and the Kelowna Chapter to receive the money. Click on Proceed to payment information which will take you to a secure site at PayPay. Here you will have two options. One you can pay with your PayPay account if you have one or pay directly with your credit card. If this is your option fill out all required fields on the left and proceed to Review Order and Continue. Blenz accepts Visa, Mastercard, American Express and Discover thru Pay Pal processing. Cheques and Money Orders payable to Blenz Coffee.

**The cost of the tea/coffee is \$12.95. It will appear on the screen as \$14.95 until our code [GC0158787316] is put in and then a \$2.00 discount is applied. The key is it will only take \$2.00 of every order NOT every bag so in order for people to obtain the discount they must order each bag of coffee/tea individually which, right now anyhow, is not big deal as there are no shipping costs.**

Types of Coffee/Tea available:

COFFEE Machu Picchu (dark) Safari Blend (medium) Klondike Blend (dark) Sunset Blend (light) Espresso  
Columbian Decaf

TEA Jasmine Green Earl Grey English Breakfast Strawberry Black Ceremonial Matcha Natural Alishan Oolong  
Natural White Tea

If you require assistance please email Angela Petrie at [d\\_n\\_a@telus.net](mailto:d_n_a@telus.net) and I will help you out.

**Please remember that ANYONE can order products online and the Kelowna Chapter will benefit. Please feel free to send this information to all your friends, co-workers, relatives etc. that enjoy a good cup of tea or coffee and see how much money we can generate for the Kelowna Chapter of the Canadian Celiac Association!**

## ***MAY IS CELIAC AWARENESS MONTH!*** **What can YOU do? Who can YOU talk to?**

Our goal for Celiac Awareness month is to promote **EATING OUT AND FEELING SAFE**. We are asking members of our Chapter to contact places like **Restaurants (target restaurants you usually cannot go to and expand our "places to eat" list, Cooking schools and Child and senior care facilities** in your area to give out information and educate their employees about the Gluten Free diet, hidden sources of gluten and cross contamination.

We have 200 current members who reside from Revelstoke, through the entire Okanagan, the Kootenays, Princeton and Hope. If **EACH** member arranges to educate 1 or 2 of the above facilities **TOGETHER** we can promote a lot of awareness.

### **IDEAS:**

My daughter took in a box of gluten free cookies to her Grade 1 class and explained Celiac Disease to her classmates. Her teacher had never heard of CD, took all my information and did her own research on it to help Julia during the class discussion.

George Arthur is always promoting awareness at the senior residence where he resides. The chefs all know about his needs and accommodate him. Do the other care staff know about the hidden sources of gluten that can cause cross contaminate and illness?

### **CURRENTLY SCHEDULED AWARENESS:**

Jodee Stevens, who joined our Chapter late last year, has offered to attend as many restaurants she can and educate staff about the GFD and cross contamination for a couple of weeks in April and possibly May.

Executive has made arrangements for a GF lunch at Okanagan College at 1000 KLO Road (off Gordon) in Kelowna to raise awareness for new chefs. It will be at 11:30 on May 14, 2009. The cost is \$14.00 per person (this includes GST and a tip). We are looking for members to attend to support the lunch as well as have people on hand to assist in educating chefs. Please RSVP to Ann Paterson at [ajpaterson@shaw.ca](mailto:ajpaterson@shaw.ca) or by telephone at 250-763-6105.

Mary Hicks, who is a dietitian that works in senior residential care facilities and mother of one of our younger members, Alan recently put on a GF baking workshop for the cooks, residents and family members of one of the facilities.

The response was tremendously positive especially for the celiac residents who received fresh GF baked goods! Mary has since spoken with her boss and we now have access to a kitchen for GF cooking demos. She has arranged for Nana the spaetzel maker to set up a GF cooking class. ! Details: Time: *May 9th 2 pm at Village at Mill Creek in the Bistro, Address: 1450 Sutherland Ave. Cost: free (optional purchase of spaetzel maker - \$18) RSVP to Mary Hicks at: [mgmet@silkenet.net](mailto:mgmet@silkenet.net) or 250.717.3639 ASAP*

Nadene Shirliff of Choices Market, also a newer member to our Chapter, has made arrangements for a GF cooking class planned for May 12, 2009. The class will be upstairs and their own Chef Antonio will be coming from Vancouver. Chef Antonio is a great chef and story teller! Don't miss out.

**Cooking classes: Date/Time: May 12/09 at 6:00-7:30 at Choices Market in Kelowna.**

**Cost: \$15.00 per person with proceeds going to a local charity register Register at Choices ASAP**

Jackie Gee of Osoyoos has offered to take the information packet to the new care home in Osoyoos.

David & Sharron Reed of Sicamous are planning to get the information out. Sharron works with parents & families through the local resource centre and in the elementary school in Sicamous

The Penticton satellite group is very busy for several days in May at Whole Foods - thanks to Heather Quinn for organizing! Is there anyone from Penticton that can take materials to care homes/day cares etc?

Heather Quinn is organizing an information table at Whole Foods Market here and has 8 volunteers to man the table on 2 Saturdays in May, 9th and 16th.

**The above are just 8 examples of people willing to step up and spread awareness for OUR disease.**

Osoyoos has a seniors care facility that is about to open. I am looking for a volunteer(s) to go to the new and existing homes in the Oliver/Osoyoos area to tell them about Celiac Disease. It doesn't matter whether there is a current celiac resident at the home.

I have plenty of pamphlets and brochures for you! You can call me at 250-868-3830 OR email me at [d\\_n\\_a@telus.net](mailto:d_n_a@telus.net) and let me know your plans and what information you need. We need some volunteers from the Princeton/Hope/Merritt areas as well as the Kootenays.

I have plenty of pamphlets and brochures for you! You can call me at 250-868-3830 OR email me at [d\\_n\\_a@telus.net](mailto:d_n_a@telus.net) and let me know your plans and what information you need. Angela Petrie Chair Awareness Committee May 2009

## What Is Cycling For Celiacs

**Cycling for Celiacs is a special project initiated by the Edmonton Chapter of the Canadian Celiac Association. This project is designed**  
**To raise awareness of Celiac Disease**  
**To help raise funds for research**  
**To help raise funds for service and support for those living with Celiac Disease.**

The **10th Annual Cycling for Celiacs** will consist of cyclist riding from Victoria, BC to Edmonton, AB from August 06 to August 16, 2009 raising donations for research and awareness along the route.

**The Route** The Trek will cover approximately 1400 kilometres over 11 days starting in Victoria, travelling through the interior of B.C., across the Rocky Mountains to Calgary and then up to Edmonton.

**The Riders:** Who they are and why they're riding. Check out the Bio section for more information on the riders.

**We have Drew Petrie riding from the Kelowna chapter! Pledge forms will be available at the May 10th meeting!**

### Status Update: Cycling for Celiacs 2009

I am in the final stages of preparing for the Vancouver Marathon at the beginning of May. My long runs are complete (longest day was 36 km) and I look forward to crossing the finish line of my 4th marathon on May 3<sup>rd</sup>. I view it as great preparation for the bike ride in August.

I am currently sourcing out a bike and hope to pick it up while I am in Vancouver next week. My cycling training days will begin shortly.

Approximately 45 people raised almost \$700 at our meeting in March! My total raised to date is just under \$1,000. The minimum I need to participate in the ride is \$2,500.

Angela plans to bring 1 or 2 bouquets of flowers to the meeting in May, which just happens to be on Mother's Day, to raffle off with the funds raised donated to my ride. Angela has great taste so I am sure you will love whatever she brings to the meeting!

**There are a couple ways to donate:**

#### **Mailing Donations: Pledge form on last page of this newsletter**

For anyone wishing to send us a pledge directly they can mail it to:  
Drew & Angela Petrie, 2546 Packers Rd., Kelowna, BC, V1W 2W6

**Cheques are simply made out to Cycling for Celiacs – Long Ride.**

**Official receipts will be mailed to all donors.**

#### **Donations on line**

The Cycling for Celiacs website is <http://www.cyclingforceliacs.org/index.cfm>. The donation button ("**Donate Now through CanadaHelps.org**") can be found down the first page on the left-hand side just under the bold "Donate Online!"

As far as website donations go, donors should note down that their donation goes to Drew Petrie. This can be done on the first page of the donation process under the following field:

**"Message/instructions for Canadian Celiac Association, Edmonton Chapter:"**Thanks! Drew



# Simple Gluten Free Shopping!

## Choices' Own Rice Bakery SPECIALS

Available at Choices Kelowna, 1937 Harvey Avenue, Kelowna

### Frozen Unbaked Rice Scones

*fruit and nut, blueberry, and cranberry*

**5.99** each • on sale April 30- May 6

### Rice Cheddar and Herb Buns

**1.99** 110g • on sale May 7- May 13

### Brown Rice Bread

**5.49** 454g • on sale May 7- May 13

### Rice Sourdough Bread

**6.49** 540g • on sale May 14 - May 20

### Rice Mothers Day Sacher Torte

**4.49** 150g • on sale May 7- May 13

### Rice Chocolate Chip Cookies

**3.99** 200g • on sale May 14 - May 20

*Committed to our customers, our communities and our planet*

[choicesmarkets.com](http://choicesmarkets.com)

#### Kitsilano

2627 W. 16th Ave.  
Vancouver  
604.736.0009

#### Cambie

3493 Cambie St.  
Vancouver  
604.875.0099

#### Kerrisdale

1888 W. 57th Ave.  
Vancouver  
604.263.4600

#### Yaletown

1202 Richards St.  
Vancouver  
604.633.2392

#### Choices in the Park

6855 Station Hill Dr.  
Burnaby  
604.522.6441

#### Rice Bakery

2595 W. 16th Ave.  
Vancouver

#### South Surrey

3248 King George Hwy.  
South Surrey  
604.541.3902

#### Choices at the Crest

8683 10th Ave.,  
Burnaby  
604.522.0936

#### Kelowna

1937 Harvey Ave.  
Kelowna  
250.862.4864

## CYLING FOR CELIACS PLEDGE FORM

### SEE PAGE 14 FOR INSTRUCTIONS

<b>Name</b>	Tel: (    )	rcpt.#	Pledge
<b>Address</b>	email:	cash:	
City/Prov/PC		chq:	
<b>Name</b>	Tel: (    )	rcpt.#	Pledge
<b>Address</b>	email:	cash:	
City/Prov/PC		chq:	
<b>Name</b>	Tel: (    )	rcpt.#	Pledge
<b>Address</b>	email:	cash:	
City/Prov/PC		chq:	
<b>Name</b>	Tel: (    )	rcpt.#	Pledge
<b>Address</b>	email:	cash:	
City/Prov/PC		chq:	
<b>Name</b>	Tel: (    )	rcpt.#	Pledge
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<b>Name</b>	Tel: (    )	rcpt.#	Pledge
<b>Address</b>	email:	cash:	
City/Prov/PC		chq:	
<b>Name</b>	Tel: (    )	rcpt.#	Pledge
<b>Address</b>	email:	cash:	
City/Prov/PC		chq:	

TOTAL    Cheques:  
             Cash:

circle  
 one:        **Celiac Long Ride or Mini Ride**

PAGE TOTAL: