



# Newsletter of the NL Chapter of the CCA

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## President's Message

What a summer we have had – especially July! Nancy and I and our families traveled the island this summer enjoying the sites and scenes. Nancy and two members of my family have celiac and we really didn't know what to expect as we went to all of the beautiful places when it came to gluten-free food. How easy was it going to be to eat gluten-free? To our surprise, the number of places around the island that cater to the gluten-free diet was impressive! Nancy and I are highlighting our experiences from the summer (*see p2*) but please note that our comments are based on our personal experiences.

Most of the restaurants were aware of celiac disease and willing to accommodate. Nancy says that she always carries toast bags and some of the restaurants were interested in purchasing them to accommodate those with dietary needs. We will be contacting the restaurant association to provide that information to them.

Remember that you must be vigilant when dining out. It is good practice to always call ahead, then check with the waiter for him/her to discuss with the chef and then check again when the food arrives to re-confirm that the food is safe.

*Lisa Dooley, President*  
[glutenfreenuggets@outlook.com](mailto:glutenfreenuggets@outlook.com)

## Gluten-Free Forever

*GFF* is a new quarterly US magazine that, they claim, bridges the gap between captivating, world-class food magazines and gluten-free living. At the time of writing I don't have a lot of information but the publisher told me that by the time you are reading this their new website should be up and running. The magazine launches on October and will be available by mail or downloadable PDF in Canada. Editor-in-chief Erika Lenkert, a 20 year media veteran with magazines such as *Food & Wine*, *InStyle*, and *Every Day with Rachael Ray*, went gluten-free in 2001 for health reasons. I was able to see some sample articles - restaurant guides, GF-cooking tutorials, and, of course, lots of recipes. Worth a look. Their website is <http://gffmag.com/mc-success.html>

*Mervyn Dean*

## Lisa & Nancy's GF Newfoundland Vacation

### Port Rexton/Trinity:



1. *Fishers' Loft Inn*: <http://fishersloft.com/>  
They serve GF breakfast, lunches and suppers. Just let them know ahead of time. Very accommodating. Grow their own vegetables!

*I've eaten here too. Excellent food and knowledgeable about GF preparation. Ed.*

2. The Artisan Inn's *Twine Loft*: <http://www.trinityvacations.com/dining-trinity/dinner-twine-loft>  
One of the best GF suppers we have eaten! Call ahead and all dishes can be made gluten-free for you. Fabulous service, an excellent meal and all for a great price!

3. *Two Whales Coffee Shop*: <http://twowhales.com/>  
This coffee shop is large on taste and personality! They have gluten-free breads and at least 5 GF baked goods at a time in their restaurant. The food was awesome and the service was divine!

*I also ate here this summer. I was disappointed in their GF chocolate cake, which was dry and I didn't taste much chocolate, but the next day I had their GF pea soup which was excellent. Ed.*

### Corner Brook:

1. *Garden Hill Inn -Bed and Breakfast*: <http://www.bbcanada.com/3468.html?showpage=1>  
This bed and breakfast serves one of the best breakfasts around and they cater to GF, including GF toast. They also can make GF pancakes and French toast. The owners are awesome and friendly and the rooms are beautiful. You are close to everything at their location.

2. *Sorrento's*: Facebook: <https://www.facebook.com/pages/Sorrento-Pizza-Pasta-Grill/137996786214857> We ate supper at Sorrento's, which has a dedicated GF menu with many options. According to my daughter, her nachos were as good as any GF nachos that she has ever eaten!

*Lisa Dooley*

While travelling the Bonavista peninsula this summer I was pleasantly surprised at the availability of GF options. The Bonavista social club, which is a popular restaurant in Upper Amherst Cove, offers a GF pasta made up of fresh vegetable from their garden as well as gluten free dessert options. I had the trifle - delicious. I also found a restaurant called Neil's Yard, which offers a GF crepe but you have to call ahead to allow them to prepare.

*Nancy Dawson*

## US GF Restaurant Guide

*The Essential Gluten-Free Restaurant Guide*

This is a handy book when traveling or doing research on where to eat in the US. Over 8,000 GF restaurants listed, including 100 GF lists from chains like P.F.Chang's, Pei Wei Asian Diner, Outback Steakhouse, Mon Ami Gabi, Carrabba's Italian Grill, Maggiano's etc. just to name a few you will find from coast to coast. It covers all 50 states and is the only restaurant database (print or online) where every listing is verified and updated each year. It costs US\$ 25.95 with a US\$ 19.95 charge for shipping to Canada and although there is a website (<http://www.triumphdining.com/>) only US orders are processed through it. For Canadian orders email [canada@triumphdining.com](mailto:canada@triumphdining.com)

*Adapted and modified from an article by Lorraine Didrikson in the Vancouver August 2014 newsletter*



## Chef Survey Shows Gluten-Free is the Hottest Trend for 2014

TORONTO – More than 400 professional chefs participated in Restaurants Canada's fifth annual Canadian Chef Survey, conducted by the independent market research firm BrandSpark International in January 2014. It shows that Canadians are going gaga for GF. After a four-year reign as the hottest menu trend, local food has been dethroned by gluten-free/food allergy conscious.

Chefs identified gluten-free/food allergy conscious as the menu item and cooking method at the peak of popularity. "The Canadian diner has a heightened awareness of food intolerances, allergies and ingredients, and chefs are taking note," said Garth Whyte, Restaurants Canada CEO. "We've been keeping an eye on this trend, and created a restaurant-focused food allergy

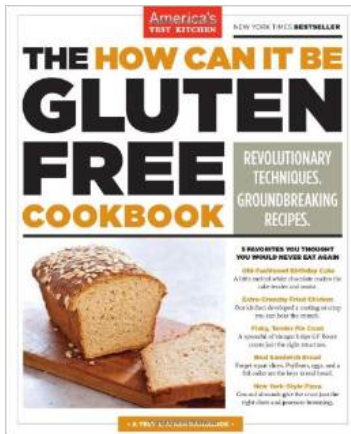
guide to help our members cater to customers' diverse needs in a safe environment."

Also, quinoa, which was knocked off the list a few years ago, has made a grand re-entrance to take the No. 2 spot. First-time entries to the top ten list include food smoking, heirloom fruit and vegetables, and charcuterie/house-cured meats, showing a return to traditional cooking methods.

More information on the survey is at <http://www.newswire.ca/en/story/1316035/chef-survey-shows-gluten-free-is-the-hottest-trend-for-2014>

Restaurants Canada (formerly the Canadian Restaurant and Foodservices Association) is a national association comprising 30,000 businesses in every segment of the foodservice industry, including restaurants, bars, caterers, institutions and their suppliers.

*Adapted from Restaurants Canada Press Release, March 3, 2014*



**Above: How to do it**

**Below: How not to do it**



## Book Review

Some, or many, of you may already be familiar with this book, “The How Can it be Gluten Free Cookbook”, which comes from the PBS series, “America’s Test Kitchen”. We’re not great TV watchers and anything we do watch comes on after 9:00 pm. so as this program is broadcast, I am told, on a Saturday afternoon I have never seen it.

The authors have taken a very scientific approach, researching, testing, and modifying their recipes until they achieved an acceptable result. The first chapter on the basics of GF cooking is very informative, especially their key discoveries and the “Troubleshooting When Baking” table. This chapter also includes reviews and ratings of commercial GF flours, breads and pastas, plus a recipe for their recommended “all-purpose” GF flour blend.

The recipes in the remaining chapters cover breakfast items, grains, pastas, breads, cookies and pies amongst others. One of the things I really like is that each recipe has a section, “Why this recipe works”, which means one can take that explanation and apply it to other recipes.

The last few pages contain tables of weight/volume equivalences which could be quite useful. My wife and I have only had the book a couple of weeks but the couple of recipes we’ve tried (oatmeal cookies and multigrain sandwich bread) have turned out well, and just reading the book is enjoyable. It is an American book so not everything mentioned may be easily available in Canada. Order it from the website (<http://americastestkitchen.buysub.com/homepage/the-how-can-it-be-gluten-free-cookbook-2528.html>) US\$19.95 plus shipping.

*Mervyn Dean*

## Back-to School GF on the Web

“8 Easy Gluten-Free Lunchbox Snacks Your Kids Will Love”

<http://udisglutenfree.com/2014/09/02/8-easy-gluten-free-lunchbox-snacks-your-kids-will-love/>

“..... Oftentimes appearance makes all the difference. For example, cut GF sliced bread into hearts or other fun shapes. Include crazy straws and silly notes in lunchboxes. We teach our kids not to play with their food, but if that’ll help them eat it, I say run with it.”

Back to School: 21 Portable Allergy-Friendly Snack Recipes! <http://ohsheglows.com/2014/08/26/back-to-school-21-portable-allergy-friendly-snack-recipes-vegan-gluten-free-with-nut-free-options/> “All of the recipes are vegan and GF (most are soy-free too), and the majority can be made peanut or completely nut-free to make them school-friendly”

Back-To-School Gluten Free Breakfasts <http://glutenfreeonashoestring.com/back-to-school-gluten-free-breakfasts/> “Each of my 3 children, with their different tastes and preferences, will eat and enjoy every one of these 10 back-to-school GF breakfast goodies. Except for my son, who just will not give blueberries a chance. But that’s just wrong. I mean, who doesn’t like blueberries?”

## Farewell, Celiac Scene

I have made the very difficult decision of scaling back the geographic reach of The Celiac Scene. No one could have imagined back in 2008 when The Scene was just a twinkle in the eyes of 2008 TGIF Conference planners that the GF diet would become so popular that it would be adopted by celiacs, celebrities and almost everyone else, at various points in time.

The restaurant industry's commensurate interest in attracting our patronage is borne out by forecasts that fully 52% of restaurants will be offering GF options, if not entire GF menus, by the end of 2014.

While more and more restaurants are doing GF successfully, we are all aware that an exponentially larger percentage are jumping on a most lucrative bandwagon, with less than perfect results. At the same time, the number of Chapter volunteers who are able to monitor restaurant claims has dwindled, if not completely capitulated under the sheer scale of the task. Notable exceptions are the Vancouver, Kelowna, Edmonton, Saskatoon, Quebec and Nova Scotia Chapters who continue to provide The Scene with complete, updated lists on a regular basis. I am afraid that without the committed input of all of the Chapters across Canada, a national listing is no longer possible - and may not even be necessary.

## I recommend.....

Lisa and Nancy's article shares their findings about GF restaurants they discovered while vacationing in this province. With "The Celiac Scene" no longer national (see above article) we need to share this sort of information. Are there restaurants that cater to GF diners in your area? If so, please tell us and we'll publish it in the newsletter, so that when we are travelling the province and find ourselves in an area new to us we'll know where we can go to eat safely. If you are so inclined, write a review of the restaurant, the food, the staff. Send to Lisa ([glutenfreenuggets@outlook.com](mailto:glutenfreenuggets@outlook.com)) or to me ([merv.d@nf.sympatico.ca](mailto:merv.d@nf.sympatico.ca)). Let's hear from you.

I am very grateful for the support of forward thinking Chapter Presidents and members who dared to dream the dream of empowering celiacs everywhere with the information they had compiled.

I've been invited to create maps for successive CCA, GIG, CSA and Healthy Villi conferences, participated in 4 international Chef to Plate campaigns and empowered almost one million GF diners per year with the information their communities have been so willing to share. When National sought to post my list of [www.bit.ly/AskGFQuestions](http://www.bit.ly/AskGFQuestions) on celiac.ca and offer them in hard copy to every new member, I knew that I had indeed turned my and my mother's diagnoses into something of worth.

So I am returning to my roots, connecting celiac-friendly restaurants in Victoria, Vancouver Island and the Gulf Islands with those new to the GF diet or new to town; committing to making our 'local' scene the very best that it can be. I know that you are working hard to do the same and I wish you the very best.

\*Please note that The Scene's listing of fast-food restaurants that make an online GF commitment in Canada and the US will be maintained.

*Ellen Bayens,  
President, [TheCeliacScene.com](http://TheCeliacScene.com)*

*Mervyn Dean*

## Upcoming Events

### Education Classes

Newly diagnosed with celiac or wanting a refresher? We are offering celiac education classes the first Monday of every second month. Call or email to reserve your spot.

Lisa: 693-4213 or [glutenfreenuggets@outlook.com](mailto:glutenfreenuggets@outlook.com)

Nancy: 727-8038 or [celnmgar@gmail.com](mailto:celnmgar@gmail.com)

- **Monday, 06 October, 2014**  
Howley Estates Sobey's Community Room  
7-9pm
- **Monday, 01 December, 2014**  
Merrymeeting Road Sobey's Community  
Room 7-9pm

**Friday 24 October 12 pm - 1 pm** *Staying Healthy with Celiac Disease* Sobey's Howley Estates Community Room. Registration (Free but required) at Customer Service

**Thursday, 06 November, 2014** – Annual General Meeting 7pm

Location to be announced

**Thursday, 11 December, 2014** Christmas Dinner Social. Location to be announced

## The Last Word

A recurring topic in CCA Chapter and National newsletters, as well as articles elsewhere about GF eating, is the challenge of finding a GF-aware restaurant. Everyone says that the situation is improving, and I was pleasantly surprised that Lisa's article (*p2*) mentioned a Corner Brook restaurant (*Sorrento's*) whose staff had previously (admittedly, a few years ago) in answer to my enquiry told me that they couldn't prepare GF meals. Now, Lisa says, they have a dedicated GF menu, so I'll be going there soon.

But that illustrates the problem - how do you find a GF restaurant? If I didn't know about one in my own town how do I reliably find one when travelling? Ellen Bayen's *The Celiac Scene* website was a great help in this respect, but, as she says in her letter (*p5*), the content is only as good as the information she is sent. I made it a point to keep her informed of any restaurants I found locally that catered to the GF diet, but with the burgeoning of GF eating and the variability in the information she has been receiving she has had to reduce its scope.

We can't hope to replace the *The Celiac Scene's* national reach but we are in a position to compile a provincial list of GF restaurants. Lisa and Nancy have made a start, and we're asking you to let us know of the GF restaurants in your area, or ones you have found on your travels. For example, in Corner Brook *Gitano's* is well-versed in GF food preparation, and *The Wine Cellar* and *Madison's* (Steadybrook) can also accommodate us. *Tuck Inn* makes its own GF breads, etc.

GF menus can turn up quite unexpectedly. I was in the Trinity area over the Labour Day weekend and went into the "*Two Whales Coffee Shop*" for a morning coffee and, more importantly, to use their wifi. Going in I wondered if they'd even know what GF was, so it was a surprise to see on the menu board GF items identified, and I mentally apologized for doubting them.

We're waiting to hear from you.

Mervyn Dean, Newsletter editor  
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