



Thank you to the Toronto Blue Jays Baseball Club.

Canada's only major league baseball franchise is offering a Peanut/Nut Reduced Zone at Rogers Centre for three separate dates during the 2008 Toronto Blue Jays Baseball Season:

Saturday, June 7, 2008	Jays vs Orioles	Executive Lounge	start time: 1:07 p.m.	Sold out
Saturday, July 26, 2008	Jays vs Mariners	Executive Lounge	start time: 1:07 p.m.	Sold out
Saturday, August 9, 2008	Jays vs Cleveland	Executive Lounge	start time: 1:07 p.m.	

This opportunity results from the combined efforts of Will Hill, Director of Guest Services and Fan Experience and Mark Lazaruk, Account Manager/Group Development. Will Hill and Mark Lazaruk have worked in partnership with Debbie Bruce and Cindy Paskey. Both women are long-time advocates for risk reduction and increased safety for people at risk of anaphylaxis – a potentially life threatening allergic reaction.

For the above three dates, a specific section of the stadium (commonly referred to as a "box") will be cleaned in advance and devoted to the exclusive use of families who live with peanut/nut and other severe allergies. "We believe everyone should be able to participate in watching North America's favourite summer sport. Quite simply, people with peanut/nut allergies can be included!" says Mark Lazaruk. Mark has orchestrated all of the "behind the scenes" requirements.

Tickets are \$35 per person, and families are allowed to bring their own food into the designated Executive Lounge. Please avoid the top 8 allergens.

Everyone is advised that the Rogers Centre continues to offer peanuts in the shell as a regular menu item. The Executive Lounge is devoted to a peanut/nut reduced Zone for the above dates only.

A limited number of tickets are available for August 9. To reserve your tickets now, contact Debbie Bruce by email at: debbiebruce-bluejays@rogers.com

Debbie Bruce & Cindy Paskey

"We've set aside one of our luxury suites," says Jays' official Mark Lazaruk. "There has been an enormous response. We're pretty much sold out, so we're considering adding one more date." Toronto Star, May 1, 2008.

Cindy writes: Even if you are not attending, express thanks to the Blue Jays. Send an email to nask@sympatico.ca

**Family Health Clinic, Dunnville -
Patient Education Programs for Allergy and Respiratory Management**

Congratulations to NASK member Karen Pental! Karen is a Registered Nurse, living and practicing in Dunnville. She successfully applied for a fellowship that allowed her to combine her professional knowledge as a Registered Nurse with her deep interest in providing more information to families living with anaphylaxis; especially when they are newly diagnosed.

Karen will begin full-time employment as a respiratory/allergy educator to establish patient education programs within the Haldimand Family Health Team on April 1, 2008. Her role is similar to Certified Diabetic Educator, except for Respiratory management. Allergy education will be a key focus since allergy, anaphylaxis and asthma are so inter-related.

Karen writes: "In Sept. 2007, I began a 450 hour fellowship aimed at gaining Asthma and COPD (Chronic Obstructive Pulmonary Disease) educator knowledge in order to establish Allergy and Respiratory education within the Family Health Team here in Dunnville, Ontario. During the fellowship, I took the AsthmaTrec and COPDTrec programs which qualified me to write the National Exam offered by CNAC (Canadian Network for Asthma Care). I am now a Certified Respiratory Educator (CRE). This is the first year that Asthma and COPD are combined - it was formerly CAE. There are approximately 250 across Ontario. My site visits included the Firestone Clinic with Anne Bartlett; 3F Clinic with Janice Falcone and Dr. Susan Wassermann; Niagara Health System with Dr. Michael Alexander; Dr. Hilda Makken, paediatric clinic Haldimand War Memorial Hospital; Community Asthma Clinic, NHS with Diane Michaud RRT. Contact with anaphylaxis groups included Cindy Paskey NASK (Niagara Anaphylaxis Support and Knowledge), Monika Gibson, AAIA (Allergy Asthma Information Association) and Anaphylaxis Canada. My activities were followed by a Primary Mentor as well as a mentoring team. My final report consisted of a power point presentation and community resource database, as well as the beginning of a program for patient education."

To learn more about COPD go to www.lung.ca/diseases-maladies/copd-mpoc_e.php

Spring Convention - Niagara Catholic Regional School Council - April 12, 2008

NASK members Mindi Ferkul, Renee Horvath and Cindy Paskey "peopled" a NASK display at this well attended conference.

Debbie Monroe-Fessler had a companion display, advertising AaN (Anaphylaxis asthma allergies Niagara) and a fundraising event held April 20 - Ooh la la!

Mindi writes:

What fun I had today, at the NASK exhibit at the Niagara Catholic Regional School Council conference!!! I learned a great deal of valuable information from other exhibitors, information I was surprised to find, that I was actually looking for (e.g., health, nutrition, family activities and so much more). Priceless also, was learning and sharing information and camaraderie with other school council members, other parents and teachers, about mutual interests (living with anaphylaxis, the growing epidemic, the personal one-on-one stories etc). We gain strength in numbers, as we discover and share our stories. What a fabulous event! The most pleasant surprise of all for me, was that there was such a sense of community, of belonging and of an exuberant spirit for "the

greater good"! I look forward to 2009 with great enthusiasm, and would encourage other NASK members to attend/help with similar events. You'll discover that, truly, we can have a positive impact by educating others. As a result of today's conference, members of parent councils will take anaphylaxis information back to their schools. They will help us advocate for safety and more inclusiveness. Today was a half-day full of interesting information in a variety of areas, fun surprises and goodies (fabulous peanut/nut free munchies and lunch, also)!

And, Renee writes:

The day provided a great way to meet new people and learn how other families are dealing with different allergies. Speaking with people that truly understand the issues you face each day was such a comfort. We provided lots of valuable information and our booth was very impressive. I know that we helped inform many people in the Catholic community, and our presence there was important. Every person that we can education about food allergies will tell others and the understanding will continue to grow. We have come a long way, as I was pleased to see other booths promoting peanut/nut free products.

As always, thank you from NASK to our community partners.

NASK families value your partnership approach!

NASK thanks allergist Dr. Michael Alexander, Niagara Falls for his support of NASK fundraising. Dr. Alexander purchased Ouch Packs and has been giving them to new patients. All proceeds are donated to NASK!

Niagara Region Public Health: Gloria Morris, Manager, School Health Program. Gloria informed NASK that she participated as a Webinar presenter on the topic of Sabrina's Law, April 2008. Participants from almost every Canadian province attend the on-line presentation, hosted by the Canadian Association for School Health via the Canadian School Health Knowledge Network.

In response to some recent newspaper reports of bullying related to food allergies, Niagara Region Public Health is sharing information and developing preventive strategies with the Ontario Healthy Schools Coalition as well as the Niagara Coalition addressing Youth Violence and Victimization. Thank you to Gloria Morris, Laurie Columbus and Dr. Robin Williams, Niagara Region Chief Medical Officer of Health and Det. Cons. Nadine Wallace of Niagara Regional Police.

NASK Members Participate: 4th Annual Fundraising AAIA Run/Walk

Sunday, May 25, 2008, the 4th annual Run/Walk for AAIA (Allergy Asthma Information Association) will be held along the Heyden Shoreline in Whitby, Ontario. It will feature a 5 & 10 km Run and Walk, as well as a 2 km Family Scamper.

NASK members Sherri Raso and Debbie Monroe-Fessler, along with children, will participate. For more information, visit www.aaia.ca and click on the activities tab. Or, contact Debbie at debmjf@becon.org

NASK member Barbara Ally, teacher of Health Sciences at Niagara College, has been summarizing research information for inclusion in Anaphylaxis Canada's newsletters. Barbara and son Nathan were featured in the Allergy and Asthma Special Section of the Toronto Star, May 1, 2008.

From NASK Members

A letter from Kristina Gibson with good advice:

Though it feels like ages ago that our son had his first reaction it is still pretty clear in our memories. It was back in August 2005, two weeks after Matthew's first birthday. Our doctor told us we could start to introduce new foods. Among other foods we thought we would try the mini Ritz peanut butter crackers. Since we have no history of any nut allergies we didn't think twice about the introduction of nut products. We sat there and watched him not eat but play with one of the crackers and a short time later his face was red. We had no understanding of anaphylaxis but knew this was not right and so took the crackers away and kept an eye on him. The rash did go away. Still not knowing the risks of anaphylaxis, we decided to mention this at his next doctor's appointment and just avoid giving him nuts until then.

Matthew had a second reaction three weeks later when he was with a babysitter. We didn't think to inform the sitter about his suspected allergy but when we returned home he had hives all over his face. We asked if she had given him anything to eat and she said that she had a piece of toast with peanut butter and gave him a little bit. This concerned us more but we were still unaware of the dangers we could be facing. We decided that we should bring this concern to our doctor and so called to make an appointment. They got Matthew in that same day and right away prescribed an EpiPen Jr. and gave us a referral to see an allergist. This is when we realized this could be serious. We started doing some research and discovered NASK. A short time later we found ourselves meeting with Cindy Paskey and learning many things about anaphylaxis and how to deal with it. It was such a relief to know that there was support out there and though it would be a challenge at first, we could learn to live with this new lifestyle.

We got our referral for allergy testing at the Firestone Clinic but would have to wait until March which was still five months away. We were quite nervous about this whole situation and having to wait that long to find out more was not acceptable to us. We called around and found out that the allergist at our local hospital would test Matthew and had an appointment for us in just four weeks. We were very relieved to have a shorter wait to get some answers.

At this time Matthew was fifteen months old and we were still concerned about what we were dealing with. Well the testing proved that Matthew was allergic to peanuts. The doctor's words were, "Matthew is not just allergic, he is very allergic." Hearing this coming from a doctor in such a straight forward manner, we took this very seriously. Matthew is now three years old and thankfully he has not had any more reactions. We went through all of our cupboards to make our house a safe place for Matthew. Our home is now nut free. Though Matthew was tested for all nuts and only showed a positive reaction for peanut we chose to avoid all nuts, just to be on the safe side. We are now fairly comfortable with our new lifestyle and are always aware and on guard. We check labels and ask questions everywhere we go.

We also decided that it would be a good idea to start an Allergy Awareness Committee at our church. Though we had a lot of support, we also had some resistance. As we educated people about anaphylaxis they became aware of the severity of Matthew's allergy and more supportive. In developing the Allergy Awareness Committee we discovered that we had not one, but eleven EpiPen carriers in our church. Hardly anyone knew about their allergies, what to watch for or how to administer the EpiPen. We found this frightening not only for Matthew but also for all of the others with

anaphylactic allergies. The Allergy Awareness Committee has since held training programs, hung posters and even set up an Allergy Awareness bulletin board. What a success this has been. We are very thankful to Cindy Paskey for her support through NASK as well as a number of other anaphylaxis support groups.

To all those new to the whole anaphylaxis experience, we advise that you look for support groups, ask lots of questions and don't be afraid to start your own awareness committees and support groups. It is very overwhelming but just takes one step at a time and don't worry about others' comments. It can be a matter of life and death and it is your job to protect that life. Kristina Gibson

Cindy Paskey writes a "thank you":

Dear **Divine Presents**: My husband and I recently attended a company event where we were given a gift basket with a variety of gourmet food.

Thank you for including some nut and peanut free treats, like the Nudge Fudge. You have no idea how wonderful it was! For the first time ever, we opened a gift basket and were able to keep the majority of the food. Better yet, our 16 year old nut/peanut allergic son could help himself to some safe treats! I was so excited! I'm always appreciative when he can be included.

www.divine-presents.com

www.nudgefudge.ca

From Cindy Paskey - Flax seed

Subject: Ingredients question - cold milled flax seeds

I purchased your cold milled flax seeds.

Is there any risk of cross contamination with peanuts or tree nuts?

My family lives with a life threatening allergy to peanuts and tree nuts. Coconut is not a tree nut. We are OK with seeds, such as sesame seeds.

I will purchase other products if there is no risk of cross contamination. Thank you.

Response from Omega Nutrition, Inc. Tel. 1-800-661-3529 www.omeganutrition.com

Thank you for your inquiry with Omega Nutrition.

There is no cross contamination with peanuts or tree nuts with the products manufactured at the Omega Nutrition facility.

This has been a common question from the public knowing about the danger of life threatening allergy to peanuts and tree nuts. This is why Omega Nutrition does not produce the kind that would cause these allergies.

You can be assured there is no risk or cross contamination with Omega Nutrition products.

From Linda Chang: Website for travellers with allergies: <http://www.allergyfreepassport.com>

Tips on Flying

William has accumulated a lot of miles and we've never had problems flying.

Most airlines have a no-nuts policy. This trip, I noticed JetBlue little bags of cashews as one of their snack options which really surprised me because JetBlue is our favourite airline...so they'll be getting a letter soon!

The big problem is people snacking on their off-board purchases right around us. Once, we had a man right beside us break upon a giant bag of nuts. It's one thing to tell the person near you to stop, but what do you do if someone on the previous flight did the same? And airline staff certainly doesn't disinfect every single seat between flights.

As an extra precaution, I bring anti-bacterial Wet Wipes and wipe down the area around us (armrests, tables, entertainment controllers, etc.) before we take off. As usual, I always bring Williams own cookies and snacks and bonus candies so he does not feel left out by the goodies that the cabin staff hand out.

From Paula Schinkel: A tip for people who are flying with allergies.

I have found that many airlines do not serve nuts or peanuts until after 12:00 so morning flights are generally safer. They clean the planes overnight and so booking a morning flight might make things better.

Thank you to new NASK member Lynn Middleton:

... the reason for my email is because of a book. The book is called "Finally ... Food I Can Eat" (General Store Publishing House). I read about it in the Homes section of the St. Catharines Standard today (Friday, January 18, 2008). **The book has recipes that are free of wheat, yeast, eggs, dairy, gluten, soy, corn, nuts, and sugar.** The book also talks about multiple food allergies and sensitivities and provides advice on food combining, allergens, rotation diets and substitutions for common foods. Thought this may be helpful to the NASK family.

Educate your school community

Make a display case at school with safe food products.

Include a reminder for people to read ingredients every time, as product ingredients may change.

Allergy Aware Foods

*Always remember: **Check ingredients for yourself!***

From Christina Li: Salad dressings that are made in a peanut free facility

Renees Gourmet Vinaigrettes (tall bottles in refrigerator of produce section) are made in a peanut free facility and most are also egg free and gluten free. The Caesar dressing is one of the best egg free versions I've tried.

www.renees.com or 1-888-473-6337

From Maida D'Addazio: Nut/peanut free snacks - some are also milk free

At Sobey's called **SchoolRoom Snacks**. A variety of flavours offered - brownies, oatmeal raisin cookies, banana chocolate chip mini loafs and more. All individually wrapped and clearly marked **peanut and nut free**. Made by Treasure Mills. I bought all flavours and kids loved them.

www.treasuremills.com

Thank you to **Heather Bowman** for informing us that **some of the Treasure Mills snacks** are also **milk free!**

From Debbie Monroe-Fessler: Dairy, egg and peanut free Lifesavers Gummies, five flavours

From Sandi Mansfield: Nut/peanut free Hollandia Cookies www.hollandiacookies.com

"We are a Peanut Free, Tree Nut Free, Kosher production facility. The majority of our cookies are also Trans Fat Free.

We do not use any Palm Oil in our plant. The only products that we produce which are not Palm Free, are cookies that contain candies. **The rainbow chips contain Palm kernel oil.**

Coconut is in our jam filled turnovers except for the Blackforest and Date turnovers. The Afternoon Wafers & Breakfast Delight, Coconut & Fudge Macaroons and Coconut Crunch cookies all contain coconut.

Rainbow Chip (palm) and Afternoon Wafers (coconut) are also found in our Variety Pack.

Always check the ingredient listing on the package label for allergens."

Thank you to Debbie Monroe-Fessler for sending these links:

Food allergy music - Canadian Kyle Dine www.myspace.com/kylepnut

www.inspection.gc.ca/english/fssa/labeti/allerg/allerge.shtml

www.eatrightontario.ca/en/default.aspx

Other Websites

www.godairyfree.org

Hershey Canada's peanut-free products for Twizzlers, Nibs and Twerpz www.twizzlers.ca
or 1-800-468-1714.

Free **food allergy posters:** www.angelfire.com/pa5/peanutallergy/posters.html

Helpful tools for various **presentations** you might do: www.faanteen.org/faaw.php

Allergies are often accompanied by **eczema**. Here's a good site: www.eczemaCanada.ca/en/home.php

From British Columbia: Sample school anaphylaxis policy, student emergency procedures plans, training information and teaching plans, allergen awareness/avoidance strategies, and a host of additional resources. To download these documents, visit www.bcsta.org/anaphylaxis

California Almonds

Written by Debbie Bruce, a member of the Mississauga Anaphylaxis Group.

Re: February 4th issue of MacLean's Magazine - Print ad for California Almonds on page 6 & 7

The ad on page 7 reads

Step 1: Take some tasty California Almonds to the gym.

Step 2: Snack on a handful before or after you work out.

Step 3: Get pumped up knowing that studies show that eating an ounce of almonds a day (about 23) can help you maintain a healthy cholesterol level.

Step 4: Repeat daily."

As a parent of two children with life threatening allergies to peanuts/nuts and on behalf of over one million Canadian families dealing with the challenges of Anaphylaxis - every day, I would like to express my frustration with this ad. It is difficult to try to avoid accidental life threatening situations. Families of anaphylactic children spend countless hours educating and advocating for risk reduction measures that would hopefully reduce the daily risks for our children.

This ad recommends people eat nuts at the gym - then use the exercise equipment possibly - also shared by people with real life threatening allergies to peanuts/nuts. Nut crumbs can drop on the floor, in gym bags, etc. The potential for accidental exposure for a peanut/nut allergic person is very possible.

MacLean's Magazine has printed many excellent articles on the Allergy Epidemic. I know you are very aware of this issue facing many Canadians. I know you have spoken to Sara Shannon regarding her daughter - Sabrina's - death due to an accidental exposure to her allergen.

Please use your influence - to advocate on our behalf - with your advertiser.

We would like to see California Almonds recommend adding a handful of almonds to the daily diet - but to encourage people to please eat them at home - out of consideration for the hundreds of thousands of Canadians with a life threatening allergy to peanuts/nuts.

Note: MacLean's Magazine responded, informing the responsibility for advertising content rests with the advertiser.

RECIPES

Homemade Cracker Jack (in a previous newsletter)

8 cups plain popped corn	1 tablespoon vegetable oil
1 cup sunflower seeds (optional)	1 tablespoon sugar
½ cup honey	1 tablespoon apple cider vinegar
½ cup molasses	½ teaspoon salt

Preheat oven to 350. Line a shallow 9-by-13 inch baking dish or two small pans with parchment paper.

Combine popped corn and seeds in a large bowl.

Mix remaining ingredients in a saucepan and heat, stirring often, until sugar is dissolved and mixture thickens. Pour over popcorn mixture and toss to coat completely.

Spread in prepared dish and bake for 18 minutes or until dry and crispy. Remove and let cool before transferring to a bowl to serve.

To make popcorn balls: Bake for 15 minutes, remove and let cool slightly. While still warm, moisten hands and shape into two 8-inch balls, or several of golf-ball size. Cool completely and serve, or wrap individually in plastic wrap for up to 3 days.

Adapted from American Wholefoods Cuisine, Nikki and David Goldbeck

Non Dairy Flax & Herb Salad Dressing (from the Omega Nutrition site):

3/4 cup (180 ml) Omega Nutrition Flax Seed Oil, Hi-Lignan® Flax Seed Oil or Essential Balance® Oil	
1/4 cup (60 ml) Omega Apple Cider Vinegar	
1 tsp (5 ml) Dijon mustard	1/2 tsp (2 ml) Tarragon
1 tsp (5 ml) Tamari sauce (optional)	1/2 tsp (2 ml) Oregano
3-5 cloves Garlic, crushed	1/2 tsp (2 ml) Maple syrup
6 drops Tabasco sauce	1 Tbsp (15 ml) Capers
1 Tbsp (15 ml) Sweet basil	

Blend all ingredients except oil in blender or food processor for 10 seconds. Mix with oil. Store in a sealed container in the refrigerator to protect the EFAs in the flaxseed oil. Dressing will keep for several days. Yield 1 cup.

Zucchini Cake**Beat together:**

2 eggs (or egg substitute)
 3/4 cup salad oil
 1 cup sugar

Mix in:

1 cup flour	2 Tbsp. cocoa
1 tsp. baking soda	1/2 tsp. vanilla
1 tsp. cinnamon	1 1/2 cups grated zucchini
1/2 tsp. salt	

Grease & flour 9x9 pan. Bake 350 for 25 - 30 minutes. Cool.

Icing (optional):

1 1/2 oz. cream cheese, softened
 1/4 cup butter
 1 cup icing sugar
 1 tbsp. cocoa
 1/2 tsp. vanilla

NASK is a nonprofit, Niagara Region volunteer support group for individuals and families living with life threatening allergies. The materials and information provided by NASK are for educational, communication and information purposes only and are not intended to replace or constitute medical advice or treatments. Always check with qualified health care professionals first if you read any information that is contrary to their instructions, regardless of the resources. Always check manufacturer's ingredients listing whenever purchasing products.