



Calgary Celiac News

February 2022

Edition 1

www.calgaryceliac.ca

New Year! New Journey!

In This Issue:

• <i>Message from Marcia</i>	2
• <i>Upcoming Event Calendar</i>	3
• <i>Let's Share some History, Part 1</i> By J. Murray	7
• <i>Calgary Celiac Board News:</i> <ul style="list-style-type: none">• <i>Membership Renewal</i>• <i>New Board Intro</i>	11
• <i>UofC Research Participation:</i> <i>How CD affects Romantic Relationships</i>	12
• <i>National News: New Products</i>	14
• <i>Lethbridge Gluten Free Dinner</i>	15
• <i>Planning a Gluten Free Event</i> By Meg Furler	16
• <i>Kids Coloring</i> <i>Playdough & Slime Recipes</i>	21
• <i>Amazing Gluten Free Options in</i> <i>Victoria, BC</i>	23
• <i>Recipes</i>	26

Message from the Calgary Chapter President

Happy New Year! As we head into another year of uncertainty, in the midst of the 5th wave of the pandemic, I am not sure what to expect. However, with 86% of eligible Albertans who are 12+ fully vaccinated, we are certainly heading into 2022 with more hope of getting back to some sense of normalcy this year. We hope to be able to host some events and gather as a community starting in the spring or summer.

We are already planning our annual Calgary Marathon run which will be on **May 29th**. You can find more information on our website or in this newsletter, we would love to have you run or walk with us! Also, mark your calendars for **May 16th** when the Calgary Tower will shine green for Celiac Disease Awareness Day, it is always fun to head downtown to see the tower lit up for us.



We held our Annual General Meeting (AGM) in December and welcomed some new board members to our team. I would like to extend a warm welcome to Kristi Puszkas, David Lees, Kristin Stringer and Marsha Hebert. They bring lots of experience and enthusiasm to make a difference to people with celiac disease and the entire board is excited to have them on the team. At the AGM, we also said goodbye to some board members who retired. I would like to thank them for their great work during their time with our chapter. Our Treasurer Ralph had been with the Calgary Chapter for 20+ years and he held a number of different roles and was part of many important committees and initiatives during that time. Ralph has volunteered to stay on as our Casino Lead for the Chapter and we are happy to still have him on the extended team. Tracy McMillan was a director at large and chair of our very active and engaged Education Committee. She had been with the Chapter since 2015. We are happy that Tracy has volunteered to stay on as an Education Committee member so we will still be working with her as well. Our Secretary, Stacey Hilscher joined the board in 2019 and lead our Social Media Committee. Michelle Venus also joined our board in 2019 and during her time with the Chapter, she served on our Bylaw Committee and our Social Media Committee. We wish Ralph, Tracy, Stacey and Michelle all the best and look forward to seeing them at future events as part of our celiac community.

Last year we did a survey of the celiac community to find out how we can align our work with your priorities. The top three things that you asked for included raising awareness, supporting research and identifying local gluten free businesses. We started delivery on those priorities last year and will continue to focus on them this year. Late last year, we launched a new website and one of the enhancements was to add a section listing local gluten free businesses. Our new board of directors will be meeting next month to identify priorities for 2022 and we will have the survey results top of mind as we make our plans.

Thank you for your continued support. We are crossing our fingers that we will get to gather in person more as a community this year to support each other and build friendships with more people in the celiac community.

Marcia

CELIAC 101 INFORMATION SESSIONS

Do you have questions about the gluten-free diet? Label reading? Travel and dining out? We are here to help! Our peer support volunteers are here to answer any questions you may have.

Join us for the next Celiac 101 information session. Currently offered **VIRTUALLY over Zoom**, the session is **FREE** but we ask that you pre-register so that we can plan accordingly.

Visit www.calgaryceliac.ca to register.

Next session dates:

- March 10, 2022
- May 9, 2022
- Presentation followed by Q&A
Everyone welcome !



"The presentation was fantastic and the gals educating us were exceptionally fantastic! It is an extremely overwhelming time at the beginning of this journey and I still have so much to process, but your great group of people and this presentation was just top notch. " Karen J



- **April 20, 2022: Calgary CCA Board Meeting**
- **May 9, 2022: 7 pm**
Celiac 101 Information Session
Information sessions offered bi-monthly to those newly diagnosed or families learning to live with gluten related disorders. Virtual/Free
- **May 18, 2022: Calgary CCA Board Meeting**
- **May 29, 2022: 9am—2pm**
Calgary Marathon, Charity Run
Join the Calgary Celiac team . Walk or Run the distance of your choice while raising funds for the Calgary Celiac team.

Here is a summary of our Upcoming events. Please check our website for more information about each event and to register.

- **Feb 16, 2022: Calgary CCA Board Meeting**
- **March 1, 2022: Lethbridge Garden Court, GF & DF—Culinary Dinner**
- **March 10, 2022: 7 pm**
Celiac 101 Information Session
Information sessions offered bi-monthly to those newly diagnosed or families learning to live with gluten related disorders. Virtual/Free
- **Mar 16, 2022: Calgary CCA Board Meeting**

NO GLUTEN? NO PROBLEM. IT'S A GHOSTFISH.



100% DEDICATED GLUTEN
FREE BREWERY-SEATTLE, WA



GHOSTFISH
BREWING COMPANY

OUR MULTI-AWARD WINNING
BEERS CAN BE FOUND

THROUGHOUT
CANADA. SCAN
THE CODE TO
FIND US OR
VISIT US AT:



GHOSTFISHBREWING.COM/BEER-FINDER

BROUGHT TO YOU BY TRUCRAFT BEVERAGES,
VANCOUVER • CONTACT: EXIM@AFICGROUP.COM

Life just got more delicious with *new* **Superfood** cakes!

pause • nourish • enjoy



Now available in grocery freezers at: SOBEYS, SAFEWAY & CALGARY CO-OPS

• GLUTEN-FREE • VEGAN • GMO FREE • PRIORITY ALLERGEN FREE •
• READY TO ENJOY IN UNDER 40 SECONDS •



Taste the
superpowers of
plant-based
phytonutrients



CALGARY MARATHON—JOIN OUR TEAM !

Last September the Calgary Marathon walk/run was a sunny success!

We really enjoyed meeting our team, and walking towards our goal for increased research, awareness and local Calgary Celiac programs.

This year, join the Calgary Celiac team and walk or run the distance of your choice. There are in-person and virtual options available.

We are here with you on your journey to better health!

Register using the referral link below:

[Register on Race Roster](https://raceroster.com/64067?AFF=Z94UY)



[Click Here to Donate to Team](https://raceroster.com/64067?AFF=Z94UY)



Call for Submissions

Is there something you would like to see in the next issue of our Newsletter? We would love to hear from you and we want to feature more content from our Calgary Celiac community.

Ideas for submissions :



- ◆ Your favorite GF recipes
- ◆ Product or restaurant reviews
- ◆ Do you have a great idea for an article or would you like to write one?
- ◆ Would you like to share your celiac journey with our readership?

Please send your submission to:

admin@calgaryceliac.ca



High Art.
Free from gluten
& top allergens.

   
@KinnikinnickGF
kinnikinnick.com

LET'S SHARE SOME HISTORY, PART 1:

BY J. MURRAY

The Canadian Celiac Association was established 50 years ago in December 1972. The Calgary Chapter was registered in 1979. Over the next three editions of the Calgary Chapter newsletter, I am going to weave a story that includes my history of diagnosis (May 1968) intertwined with the history of the CCA and the general medical knowledge of the time related to Celiac Disease, keeping in mind there was no CCA in the early years of my diagnosis. I'll cover this history two decades at a time, with this first part covering the 1960s and 1970s. The storytelling may make it easier to understand why the pathway to diagnosis is still so complicated and riddled with inconsistencies and variances in diagnostic practices and why the gluten free diet standards are fraught with misconceptions and inconsistencies.

I will begin with my entry into the health care field in 1963 as a student x-ray technologist. Little did I know then that my experiences as a student and later as a newly graduated technologist would be so intimately attached to my understanding of this disease, initially known as Adult Non-Tropical Sprue and later, as Celiac Disease, and that I would be diagnosed with it and become a part of this community. As much as medical fields were moving forward with research, they were also limited by lack of the science and technology that had only begun to advance more quickly with the beginning of the space age (and a few other great revolutions and revelations that developed in the 1950s). For example, Saran Wrap, as we know it and rely on it today, was a product developed for use in the space race. There was even pop music written about the wonders of this indispensable product.

Enough of that! Let's get into the wonders of medicine.

Part of my training as an x-ray technologist included assisting with procedures with the use of fluoroscopy, which was real time active imaging using radiation. We were called upon to

assist the gastroenterologists with the fluoroscopic scanning of patients as they fed a piece of biopsy equipment down through the open mouth into the dark recesses of the stomach and intestines. There were two basic types of equipment used, either the Watson Capsule or the Crosby-Kuglar Capsule.

This was long before modern-day endoscopes entered the medical scene. This capsule equipment was cumbersome and invasive. (The term invasive still lingers today despite the safety of the current equipment.) There was rudimentary fibre optic equipment, but it did not have the capability of snipping biopsy samples. Without equipment that offered full visualization of the pathway into the small intestine, the only means the gastroenterologist had to guide the equipment was the use of fluoroscopy that showed the tip of the equipment as it was fed into the sweet spot in the small intestine, known as the Ligament of Treitz. It often involved several minutes of radiation exposure to accomplish the capsule placement. Once in place, it was critical that it not shift even slightly from its optimal location. At this point, the patient was wheeled back into the gastric lab. The gastroenterologist had one chance only to retrieve a single viable biopsy sample. The capsule was equipped with a small window, a suction force that sucked a bit of intestinal tissue into the window and a tiny knife that snipped a small tissue sample. This single tissue sample was reviewed by a pathologist to determine the nature of any pathology. If the capsule was removed with no retained tissue (and this did happen on occasion) we could rarely persuade



Watson Capsule

any patient to submit to a repeat procedure. The use of radiation was a significant concern, especially with children and women of childbearing age.

Because of the invasiveness of the capsule biopsy, these procedures were never performed as a general investigative procedure. They were performed to confirm a clinical diagnosis, in this case, Celiac Disease. (This biopsy procedure was also used for other diseases common to the stomach and small intestine.)



Crosby Capsule

Before any gastroenterologist would subject a patient to this biopsy procedure, they had to explore all other means to validate the potential for Celiac Disease. However, these resources were limited. This was long before the introduction of many of the blood tests that we currently take for granted. There were no screening tests for Celiac Disease. The physicians relied on the basic blood tests of haemoglobin, electrolytes (potassium, magnesium and chloride) and ESR (sed rate which was the only available marker of inflammation at the time). They did stool tests for fat malabsorption if there was evidence of steatorrhea. There had to be strong clinical evidence of classic symptoms, including weight loss, diarrhea, gas and bloating and in children, wasting. And more than anything, they had to rely on gut instinct and previous experience, as Celiac Disease was only beginning to be recognized as an adult onset disease rather than the previous belief of its being a childhood disease that would be outgrown.

Fast forward to 1968. I continued my work in the x-ray field, and continued participating with the x-ray component of the small intestinal biopsies. And I was experiencing serious health issues. My weight had plummeted to a mere 87

pounds when I finally connected with the gastroenterologist who took my concerns seriously. As it happened, he had an interest in celiac research. He reached a clinical diagnosis of Celiac Disease very quickly and within days, I was scheduled for a biopsy. Oh, how I dreaded having the procedure done. I was going to have it in my own working environment amidst my colleagues and I was terrified of behaving badly in their presence, as so many of our patients did. Sedation wasn't an option in those years as the procedure required active participation of the patient. With a huge resolve, I did my best to cooperate and had the procedure done. Because I was in a familiar environment and worked with the physicians involved, they extended me the courtesy of taking a quick look at the tissue sample under the microscope in the gastro lab before it was sent off to the pathologist. That single tissue sample was diagnostic and demonstrated total villous atrophy, a totally conclusive diagnosis of Adult Non-Tropical Sprue. Within days I had met with a dietician and had a small sheaf of instructions for following a gluten free diet and was dismayed by how little information this sheaf of information actually offered.

I was exposed to the typical diagnostic pathway of the time, a pathway that had been present for children for almost two decades and would persist for more than a decade longer before diagnostic tests and equipment would gradually improve. It would also be years before Sprue was renamed as Celiac Disease and was recognized as an autoimmune disease. At the time I was diagnosed, it was recognized that there was a relationship between Celiac Disease and Type 1 Diabetes, but the relationship was not even marginally understood. I was part of a very small group and there was little focus on this disease. In my first 10 years of diagnosis, I met only 2 others who were also diagnosed. There were few GF food products. I found Gluten Free bread in the Woodward's food department. In great excitement I bought two loaves, only to discover after cutting into one of them that they made better door stops than edible food.

The diet was both a challenge and incredibly simple. Processed foods in abundance were only

beginning to make their way onto the grocery store shelves. At the time of my diagnosis, the standards of the gluten free diet were based on fresh meats, potatoes, fruits, vegetable, rice, legumes, eggs and dairy. It was that simple and many would say, so boring. There was no requirement for commercially prepared foods to have ingredient labels, though some producers did provide information for basic ingredients but never proprietary ingredients. There were, as yet, no next generation food stabilizers, so wheat flour was used as the agent of choice for stabilization and as the thickening agent for almost all foods. Ice cream was off my list of foods for more than a decade until carrageenan and other similar products replaced wheat flour as a stabilizer.

~ BROW ~

At the time of my diagnosis, most of the information for the gluten free diet came from Britain. They were ahead of us in understanding the diet and what could be included in it. It was from these early resources that we landed on the pathway called 'confusion' for some of our gluten free food practices. The BROW acronym was used at this time as the gluten containing grains were listed as Barley, Rye, Oats and Wheat. It would be almost 3 decades before oats would be recognized as being free of the proteins harmful to people with celiac disease and that the risk with oats was related to the field contamination of the oats with wheat, barley and rye. It would be more than 3 decades before triticale would enter the human food chain and be added to our list of gluten containing grains to be avoided. The two commonly recognized substitutes for wheat flour were rice flour and cornstarch. It would be another couple of decades before the many choices for gluten free alternative flours would become available, and more importantly, free of gluten contamination.

There were some British practices that made their way to Canada that were ultimately called into question as food science and technology forged ahead. As example, barley malt extract as a flavoring agent was considered acceptable in England, as was highly refined wheat starch. I continued to eat Kellogg's rice krispie squares as a favourite treat for 25 years, until I learned that I was consuming very small but potentially harmful amounts of gluten. I could actually find small

packages of wheat starch in health food stores until it fell out of favour and disappeared forever in the early 1970s. We knew little about cross contamination in my early years of diagnosis as there was no means to measure small amount of gluten in foods. The Codex standards for gluten free, first established in 1979 and revised in 1998, allowed for a gluten free claim on foods made from naturally gluten free ingredients or ingredients rendered gluten free (wheat starch as example) containing no more than 200 ppm. It would be more than 30 years after my diagnosis before we had reliable testing that could measure amounts as small as 20 ppm and later, 5 ppm of gluten contamination.

Fast foods were limited to a very few chains, primarily the basic beef patty and French fries from the Golden Arches locations as example. At the time of my diagnosis, Canada was experiencing an upswing of broad international immigration, with the new members of the Canadian mosaic bringing with them such a huge variety of their traditional foods. It was through these years that the true complexity of the gluten free diet became so very apparent. It would be another 4 decades before we would have a truly trustworthy food labelling regulation that offered us the means to eat like and with our friends and neighbours.

I have nothing but gratitude for all the health and food choices I have today. I owe my kids a huge apology for their very limited childhood experiences with interesting foods, based on my need for gluten free eating. And I hold the greatest appreciation for Drs. Lambros Costopoulos (deceased), Ron Wensel (deceased) and Martin Atkinson for providing the pathway to my diagnosis.

Stay tuned for some 1980s and 1990s historical storytelling in the next edition of the Calgary Celiac Newsletter.



JoAnne Murray

In the Kitchen with Grimm's

VIEW GRIMM'S EXTENSIVE SELECTION OF GLUTEN FREE PRODUCTS & INSPIRING MEAL IDEAS ONLINE.

GRIMMSFINEFOODS.COM
@GRIMMSFOODS



GLUTEN
LACTOSE
SOYA

FREE • SANS

CALGARY CELIAC BOARD UPDATES

Membership Renewal

Don't forget to renew your membership for the 2022 calendar year.

Your membership gives you voting rights at the AGM and special meetings.

Memberships are valid for 1 year and need to be held sixty (60) days to be eligible to vote.

[PURCHASE/RENEW MEMBERSHIP](#)



WELCOME TO OUR NEW BOARD MEMBERS:

- ☑ Kristi Puszkas
- ☑ David Lees
- ☑ Kristin Stringer
- ☑ Marsha Hebert



Head over to our website to learn a little more about our new team members:

[OUR TEAM – CALGARY CELIAC](#)

We would like to extend a thank you and farewell to Stacey Hilscher and Michelle Venus. We appreciate all your hard work and contributions to the Calgary Celiac Association over your terms and hope to see you at future events. Ralph Barnett and Tracey McMillan have also retired from their board positions but are staying on as Casino Chair and Education committee member. We appreciate their experience with the Calgary Celiac Association and are thankful for their continued presence.

CELIAC RESEARCH AT THE UNIVERSITY OF CALGARY

Title of Project: Celiac disease in relationships: The role of partner support

Purpose of the study:

In 2018, we conducted a study which investigated how those living with celiac disease perceive that the disease affected their relationships. Participants in that study were all in well-established romantic relationships and married or cohabiting. The present study is designed to expand upon that earlier research by examining how celiac disease affects the relationships of those who are younger and in newer, less-established relationships. There are three main goals of this study: first, to explore whether there are consistent actions in which a partner might engage that individuals living with celiac disease believe either support or undermine their relationship; second, to determine whether a partner's identity may have any impact on people's experiences forming and maintaining romantic relationships while living with celiac disease; and third, to observe how the disease and a romantic relationship influence the individual's quality of life.

This study will require you to complete an online survey which will present you with questions regarding your identity (i.e., gender, race, medical history), your quality of life, and information about either a current, previous, or potential romantic relationship experience. The survey involves both multiple-choice and open-ended questions.

When answering open-ended questions, please refrain from using any names or other directly identifying information, including your own, or other details that might enable others to identify you or other people you might refer to in your response.

This research has been approved by the University of Calgary Conjoint Faculties Research Ethics Board

CELIAC DISEASE RESEARCH

If you have celiac disease, we'd like to hear about your experiences (good and bad) in romantic relationships! For your time, you can enter a lottery to win a \$50 Indigo gift card.

Participants must be 18-28 years old, eat a gluten-free diet, and be in a relationship less than 3 years long. **You do not need to be in a relationship to participate.**

Participate using the QR code or the link:

https://survey.ucalgary.ca/jfe/form/SV_ePdLleXwvmB5z9Q

Or email us at: lovelab@ucalgary.ca



As an important note, the survey will not ask for your name and all presentations and uses of your responses will be in aggregate form without reporting at the individual level, so your personal information will neither be revealed nor identified.

The data collected from this study will serve as the basis for conference presentations and journal articles. The data may also be used in the future for other research purposes related to this area of study (e.g., it may be used to inform research projects undertaken by our undergraduate or graduate students or in collaboration with other researchers in the future). In all presentations and uses of the data, no directly identifying information will be disclosed. In addition, where results of this study are published or publicly presented, it is possible that research assistants and others who contributed to the project may be indicated as co-authors.

What will I be asked to do?

You will be asked to provide demographic information about yourself, as well as answer questions about your quality of life. You will also be asked about your relationship experiences (both good and bad) and to elaborate on what is, was, or could be supportive of you and your celiac disease in terms of a partner's action behaviour/attitudes.

We anticipate that it will take you approximately **1 hour** to complete this survey. If you are completing this survey using the University of Calgary's Research Participation System (RPS), you will receive 1 research participation credit for your participation.

Click the link below to access the survey:

[Qualtrics Survey | Qualtrics Experience Management \(ucalgary.ca\)](#)

Name of Researchers, Faculty, Department, Telephone, and Email:

Dr. Susan D. Boon, University of Calgary, Faculty of Arts, Department of Psychology,
CANADA, 403-220-5564, sdboon@ucalgary.ca

Emmery Poppleton, University of Calgary, Faculty of Arts, Department of Psychology,
CANADA, 403-710-1683, emma.poppleton@ucalgary.ca

Dr. Janne Holmgren, Mount Royal University, Faculty of Arts, Department of Economics,
Justice and Policy Studies, CANADA, 403-440-6253, jholmgren@mtroyal.ca



CCA NATIONAL NEWS:

New Products to Market:



- [Stoked Oats](#): 'run of the mill quick oats' and 'run of the mill rolled oats'
- [M&M Food Market](#) - hardwood smoked turkey sausages, fully cooked skillet style bacon, GF gourmet buns, chocolate chip ice cream sandwiches
- [Carbonaut Baking Inc.](#) - bread (white, seeded, cinnamon raisin), bagels (plain, herb & garlic, lemon blueberry) & pizza (thin & not so thin pizza).
- [PaneRiso](#) - pizza 12", fish fry batter mix, graham crumbs
- [President's Choice](#) - chicken meat strips, turkey meat strips, beef meat strips, kettle chips, vegan cheddar puffs

To find more gluten-free products, please visit the National Website [Product Finder!](#)

The advertisement features a large red bowl with a spoon, a box of Namaste gluten-free chocolate cake mix, and several chocolate cupcakes with cream cheese filling. Text overlays include 'Namaste foods for everyone!', 'Keepin' it real', and 'FREE FROM THE Top Allergens'. At the bottom, there are logos for 'CERTIFIED GLUTEN FREE', 'NON GMO Project VERIFIED', and the website 'www.namastefoods.com'.

Black Bottom Cupcakes

1 package Namaste Chocolate Cake Mix
1 cup gluten free chocolate chips
1-8oz pkg cream cheese, softened
1/3 cup sugar
4 eggs, divided
2/3 cup oil
1½ cups water
Cinnamon Sugar Topping
1/2 teaspoon cinnamon
1/4 cup sugar
1/3 cup chopped walnuts (optional)
Increase sugar to 1/2 cup if not using walnuts

Combine chocolate cake mix, oil, water and 3 eggs as directed on package. In a separate bowl mix cream cheese, 1 egg, 1/3 cup sugar and chocolate chips. Blend well. Spray cupcake pan with non-stick spray or insert paper liners. Fill cups 2/3 full with cake mixture. Add heaping teaspoon of filling to each and top cinnamon, sugar and chopped walnuts (if using) mixture. Bake in 350° F oven for 20-24 minutes. Makes 24-30 cupcakes.

Enjoy!

LETHBRIDGE NEWS:

Please join us at the Lethbridge College Garden Court Restaurant for a Gluten and Dairy Free Dinner created by our talented students in the Culinary Careers program!

Enjoy 4 courses for \$55.00 plus GST.

TUESDAY, MARCH 1st, 2022 - dinner service starting promptly at 6:30pm.

This will be a set menu served as a multi-course meal. Please see the menu below.

To make a reservation hit **BOOK NOW** on the Garden Court FB page and follow the steps, OR call 403-320-3230. Please leave the details of your name and how many people will be in your party.

Lethbridge Celiac Peer Team

Karen @ karenm.toohey@gmail.com

Janyce @ janycelsudo@gmail.com



GLUTEN & DAIRY FREE DINNER MARCH 1st

FIRST COURSE

Roasted Sweet Potato and Beet Salad
Orange Vanilla Poached Pears
Tahini Dressing

SECOND COURSE

Ras el Hanout Seared Halibut
Citrus, Fennel Tomato Broth
Pine Nut & Raisin Caponata
Quinoa Tabouleh

MAIN COURSE

Mustard & Herb Pork Tenderloin
Warm Spinach Salad & Chasseur Demi
Fingerling Potatoes & Vegetables

DESSERT

Coconut Brownie
Chocolate Mousse
Fresh Berries

PLANNING A GLUTEN FREE EVENT:

BY MEG FURLER



As we head into wedding season, it can be overwhelming to host an event while trying to manage guest food allergies, especially for those with celiac or gluten sensitivity. Food sensitivities are increasingly common. Most reputable catering companies will have an allergen protocol. Here are a few tips for planning events in the challenging area of food sensitivities.

- 1) When researching caterers or venues, make sure you ask about their allergen protocol. You need to feel safe with the way they handle food issues, and be able to articulate that to any affected guests. I suggest getting this in writing in an email, so you can refer to it or forward it on to guests.
- 2) Especially with celiac or gluten-intolerance, be clear about your expectations for cross-contamination. Small venues may not have extra space for a gluten-free area. Consider GF selections for everyone, such as opting for a garden salad rather than Caesar salad with croutons. Mitigate risk right from menu planning.
- 3) Add a place on your event invite for food allergies. You may need to follow up with guests to make sure you understand the severity of the situation.
- 4) In some cases, guests may not feel comfortable eating the onsite catering. Check with your venue to see if they allow outside food in these cases. This is important to clarify before you sign a contract with them!
- 5) Find out exactly how the catering team understands allergies and sensitivities, and how far in advance they need this information. Most caterers want a final head count a week in advance. For major food changes, they may want more time. Keep this in mind for your RSVP deadline with guests. There will likely be a bit of back and forth with the catering team as they may send a sample menu and want to talk through it to make sure they fully understand the situation.
- 6) Make sure your catering team can identify guests who need “special meals”. And yes, that’s likely how they will phrase it! No one wants to be singled out, yet we want guests to be safe.
- 7) You’ve passed along the information, the caterer has made an alternate menu in advance, and everything seems in line. The servers will still want to connect with each guest about food allergies. The guests might feel like the information didn’t get through. Servers take this very seriously, and want to make sure they have all the pertinent information before serving someone a meal they can’t eat. Give your guests a heads up that someone will likely connect with them when they arrive at the venue.
- 8) Relax and enjoy your event!



**99% OF OUR
PRODUCTS ARE
GLUTEN FREE!**

- Made in Saskatchewan
- Quality ingredients
- Naturally smoked
- Over 90 years of traditional family recipes

www.harvestmeats.ca



YES! I would like to help the **Calgary Celiac Association** provide programs to support people with Celiac Disease, Gluten Intolerance and Dermatitis Herpetiformis

Gift Amount ___\$25, ___\$50, ___\$100, _____\$

☐ I have enclosed a cheque, or

CC # _____ Exp ____/____

☐ MasterCard ☐ Visa

Name _____

Address _____

Email _____

Donations can be made by mail, phone or on our website at www.calgaryceliac.ca

Office: 403-237-0304

DONATE

Print and Mail to:
Calgary Celiac Association

Suite 9A,
4500—5th Street NE,
Calgary, Alberta
T2E 7C3

COMING SOON



WESCANA FOODS
CREATING EXCEPTIONAL FOODS



QUICK OATS



ROLLED OATS



STEEL CUT OATS

DISTRIBUTED BY:



IT IS LOCAL, IT IS CANADIAN!

- ❖ **GROWN IN THE PRAIRIES**
- ❖ **SUPPORTS OUR LOCAL FARMERS**

GREAT VALUE FOR MONEY

- ❖ **PURE & SAFE, TASTES GREAT**
- ❖ **AFFORDABLE PRICE**
- ❖ **MULTI USES**

IT IS PURE & SAFE

- ❖ **100% PURE CERTIFIED GLUTEN-FREE**
- ❖ **CERTIFIED ORGANIC CANADIAN OATS**
- ❖ **CELIAC SAFE (5PPM) GFCO, GFCF**
- ❖ **NON-GMO**
- ❖ **PURITY PROTOCOL**
- ❖ **ALLERGEN-FREE**



HEALTHY TO THE CORE

- ❖ **PROTECTS LDL CHOLESTEROL FROM DAMAGE**
- ❖ **RICH SOURCE OF PROTEIN**
- ❖ **VITAMINS & MINERALS**
- ❖ **RICH SOURCE OF SOLUBLE FIBRE**
- ❖ **IMPROVES BLOOD SUGAR CONTROL**
- ❖ **HELPS TO KEEP WEIGHT IN CONTROL**
- ❖ **HELPS WITH SKIN CARE**



TRUSTED BY CONSUMERS

- ❖ *Suitable for gluten free diets and all ages*
- ❖ *Natural whole grain and high in fibre*
- ❖ *Uncontaminated & Kosher certified*
- ❖ *Simple as adding hot water and stirring*
- ❖ *Can be enjoyed with any toppings of your choice*
- ❖ *Resealable zipper bag to ensure freshness*

CURRENTLY AVAILABLE IN ORGANIC & GLUTEN FREE



QUICK OATS



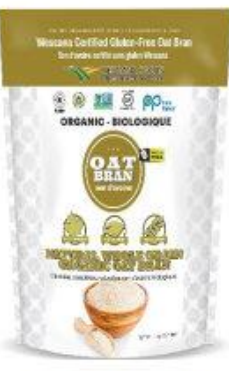
ROLLED OATS



STEEL CUT OATS

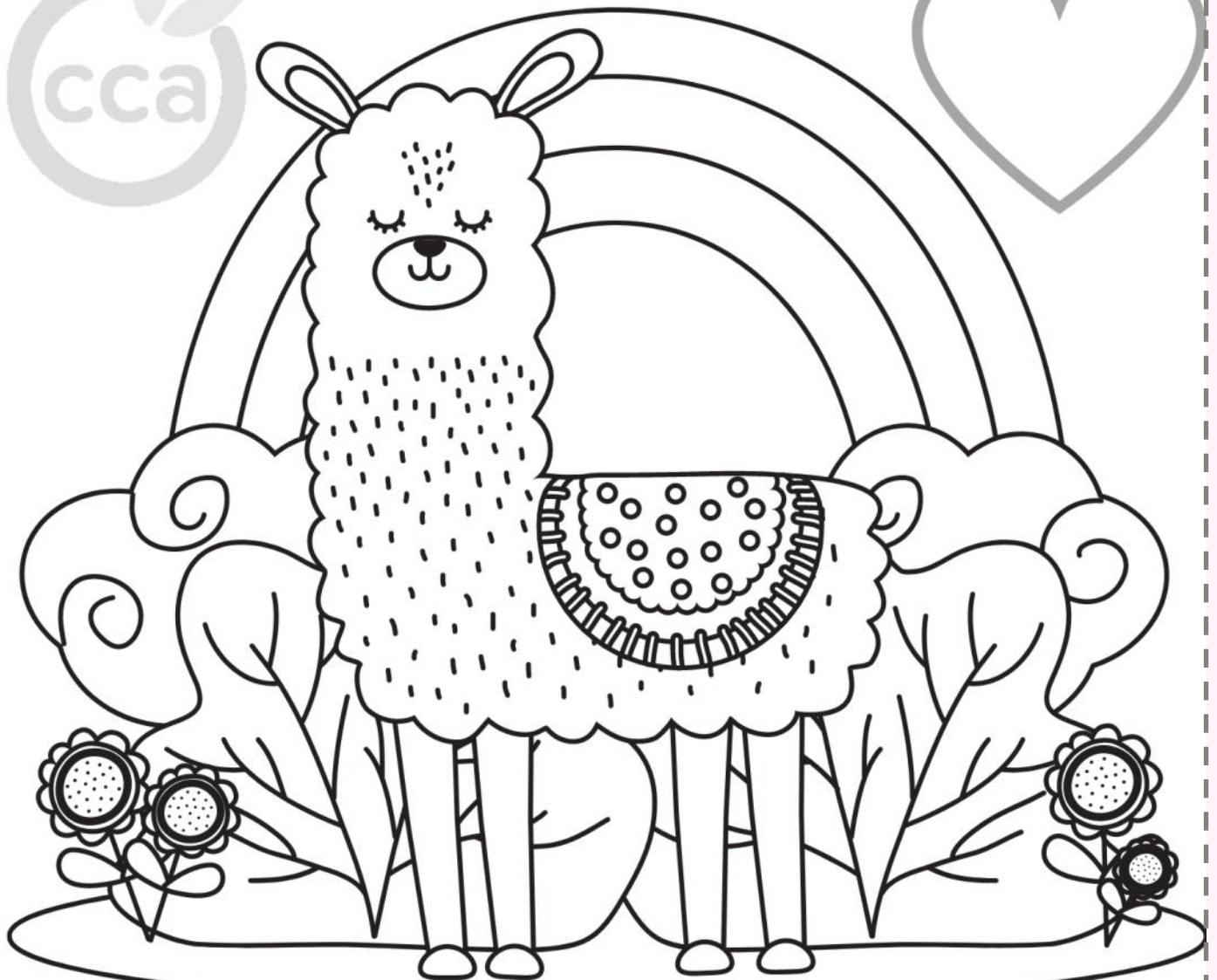


OAT FLOUR



OAT BRAN

LLAMA BE UR
VALENTINE



GLUTEN-FREE PLAYDOUGH AND SLIME RECIPES:

HOMEMADE NO-COOK GLUTEN FREE PLAYDOUGH

INGREDIENTS:

- 2 cups plain, instant mashed potato flakes
- 1 cup cornstarch
- 1/2 cup fine sea salt
- 1 cup hot tap water
- 1/4 cup white vinegar
- 2 1/2 Tbsp oil
- Gel food color, or liquid food color (gel is more intense color)

DIRECTIONS:

1. Combine the instant mashed potato flakes, cornstarch and salt in a large deep bowl. Add the hot water, vinegar and oil. If you choose to make the whole batch the same color, add the food coloring along with the ingredients.
2. Mix well, either by hand (stirring first with a wooden spoon until it gets too hard to stir) or with an electric mixer, until the mixture comes together in large clumps. This will take several minutes.
3. If you squeeze a handful of the dough, it should keep together in a clump. If it doesn't, keep mixing and it will eventually come together. (The longer you mix it, the stretchier the dough becomes)
4. Once you have a smooth, homogenous mixture, add the food colour to get the desired shades—divide the dough into two or three parts, coloring each individually.

This will keep for several weeks in a sealed bag or container. Will keep longer if stored in the fridge. It warms up and becomes pliable within a few minutes of working with it.



GLUTEN FREE PLAYDOUGH

INGREDIENTS:

- 1/2 cup rice flour
- 1/2 cup cornstarch
- 1/2 cup salt
- 2 teaspoons cream of tartar
- 1 cup water
- 1 teaspoon cooking oil

Food coloring as desired OR for natural food coloring, simmer the water with beets, cabbage, spinach, turmeric, etc. Then strain and use for base.

DIRECTIONS:

Mix ingredients. Cook and stir on low heat for 3 minutes or until it forms a ball. Cool completely before storing in a sealable plastic bag.

GLUTEN FREE SLIME (BORAX FREE)

DIRECTIONS: Put 1/2 cup GF Shampoo and 1/4 cup Cornstarch in a bowl. Mix Well.

Add 3 drops of food coloring (optional).

Add 1 tablespoon of water and stir. Slowly add 5 more tablespoons of water, stirring well after each one. Knead the slime for around 5 minutes.

*For the kids who like some “bling”, add some glitter.

Amazing Gluten Free Options in Victoria, BC



Travel is such an enriching experience. Seeing new places and trying new foods gives us fresh perspectives. As COVID numbers decline, many people are venturing out into the world again. Victoria is a popular destination with Albertans. We all know the city for its beautiful location and great weather, but did you know the restaurant scene is very gluten free friendly?

To eat well in Victoria, you'll need to do a little research. Research blog posts, gluten free Facebook pages and review sites like Trip Advisor and Yelp are very useful. As you discover gluten free friendly restaurants that appeal to you, keep a list. Yelp allows you to create a collection and as you find new places, add them to your list.

One particularly helpful site for Victoria is "[The Celiac Scene](#)". They have a list of restaurants on Vancouver Island that offer gluten free fryers and serve gluten free beer.

The sheer number of gluten free friendly restaurants in Victoria is amazing. You can find everything from fast casual restaurants and bakeries to ethnic and fine dining. As you do with all restaurants, you'll need to confirm that they are prepared to accommodate you. Check out these options next time you are in Victoria.

Fast casual

Jones Bar B Que

Most of the menu is gluten free; however, be sure to let them know you're Celiac as they include a gluten-filled bun with most of the plates. We tried the ribs and brisket. Very tasty! If the weather is nice you can sit outside on a picnic bench.

Soupa

On a chilly day, Soupa is the place to go. They have plenty of gluten free soups and stews on offer. They will also put a scoop of rice in it for you to make the dish heartier. The restaurant offers gluten free bread, but they don't heat it so it's pretty dry. It is a food-court style location in an office building with several tables located in the hallway.

Origin Gluten free Bakery

Victoria location:

The baguette, galette and butter tarts are amazing. They make baguette sandwiches – yum. Pick some up and have a picnic on the beach!



Westshore location:

This location sells out fast so be sure to order in advance to avoid disappointment.

Ethnic Restaurants:

Dosa Paragon

They make these huge dosas and serve them with a variety of fillings. Dosas come from southern India and traditionally do not contain gluten. As a result, most of the menu here is gluten free. This is a food-court style location with several tables in an office building hallway.



J & J Noodle House

They offer safe, gluten free Chinese food. Yes, please. Authentic Chinese food is such a treat!

Nobu Japanese Tapas

As long as you avoid fish eggs, batter, artificial crab meat and teriyaki, you can have an amazing gluten free meal here. The fish is fresh and the rice has an amazing texture. The sunomono (cold noodles with shrimp) is especially delicious and hard to find in Calgary!

Sookjai Thai Restaurant

They can adapt most of the non-deep fried items on the menu. The garlic prawns and Pad Thai are delicious!



Yalla Middle Eastern Cuisine

This fast casual restaurant serves falafel and shawarma. The persian-style turkey shawarma platter was wonderful!

Fine Dining:

The Hallway

The Hallway offers several gluten free options. The food is artistically presented as well as tasty. It's a great spot for taking food pics!



Saveur

The staff at Saveur were helpful and careful with cross contamination. The food is beautifully prepared. They even offer take home meal kits, all you have to do is heat the food up!

The TeaHouse at Abkhazi Garden

This teahouse makes the best gluten free pastries in Victoria and is much more affordable than high tea at the Fairmont. Named after the hobbit specialty, for \$28 you can get "Eleveneses" which includes a scone, two sandwiches and various baked goods. You would be hard pressed finding anyone who can tell that it's gluten free. This meal also comes with your choice of Silk Road Tea. After your meal you can take a stroll around the Abkhazi garden. This garden is entirely run through donations and volunteerism. If you're lucky a volunteer might tell you about the garden's history!



We had an amazing time exploring the gluten free food scene in Victoria.

~Jenna Wenkoff & Emily Halliday

GLUTEN FREE FLAVOR FULL

GOSE-STYLE WITH
A BIG PUNCH OF
LIME AND OUR
CLASSIC PILSNER
STYLE - BOTH,
GLUTEN-FREE
GOODNESS.



**BROUGHT TO YOU BY
EXIM@AFICGROUP.COM**

ENJOY OUR PRODUCTS WITH ALL OF YOUR SENSES. ESPECIALLY, YOUR COMMON SENSE. ©2019 LAKEFRONT BREWERY, INC., MILWAUKEE, WISCONSIN

The life of a restaurant:
1st year makes it a survivor.
On the 5th year it becomes a
warrior on the battle field.
On the 10th year, one is
considered a legend.

heaven
restaurant
heaven
MARKET

Celebrating our 10th anniversary.

Mushroom Medley Soup



Creamy robust mushroom soup perfect for dipping Artisan Dinner Rolls in. Recipe Created by Kinnikinnick Corporate Chef Lori Grein.



Make a roux: Melt reserved 2 tablespoons butter in a medium pot. Add **Kinnikinnick All Purpose Flour Blend** while whisking over medium-low heat. Whisk for 2 - 3 minutes (roux should be smooth and a light cream colour). Slowly add cream to roux while continuing to whisk over low heat until smooth. Slowly pour cream mixture into Mushroom Medley Soup, stirring continuously. Stir until mixture is dispersed evenly through Mushroom Medley Soup.

Simmer Mushroom Medley Soup for 20 minutes, do not boil. Garnish with optional chives. Serve with **Kinnikinnick Artisan Dinner Rolls**.

Yields 6 servings

Ingredients:

4 tbsp butter - reserve 2 tbsp (60 g)
2 lb fresh mushrooms - assorted/chopped (908 g)
½ medium white onion - diced (140 g)
1 tsp ground white pepper (2 g)
½ tsp salt (1 g)
1 tbsp lemon juice (15 g)
3 cups chicken stock (gluten-free) (720 g)
2 tbsp fresh thyme - chopped (12 g)
¼ cup fresh parsley - chopped (14 g)
2 tbsp **Kinnikinnick All Purpose Flour Blend** (30 g)
2 cups 33% cream (476 g)
Optional: garnish with fresh chives

Directions:

In a 6 quart stock pot, sauté 2 tablespoons butter, mushrooms, salt, pepper, lemon juice and onion until tender (approx. 7 - 10 minutes). Add 3 cup chicken stock and bring to a boil. Add fresh herbs and boil for 10 minutes. Reduce heat to low, cover and simmer for 20 minutes.

***Tip:** For a dairy free Mushroom Medley Soup version, omit the roux and creams, use olive oil instead of butter. Cook Mushroom Medley Soup until flavours are well mingled and mushrooms are tender.*

For our version we used 200 g Cremini mushrooms, 150 g Shimeji mushrooms, 100 g Oyster mushrooms and 454 g white button mushrooms.

Pepperoni Pizza Open Faced Sliders



No pizza crust on hand, try this quick and easy version. Perfect for a quick snack or appetizer. Recipe created by Kinnikinnick Corporate Chef Lori Grein



Remove from oven and divide pizza sauce between **Kinnikinnick Artisan Dinner Rolls**. Spread pizza sauce with the back of a spoon. Top with $\frac{1}{2}$ of the mozzarella. Top with pepperoni and finish with reserved mozzarella. Return to oven until cheese is melted and golden brown (approx. 3 - 5 minutes). Remove from oven and garnish with optional oregano. Serve warm.

Yields 6 portions

Tip:

Try our Basic Pizza Sauce - recipe available on our website.

Change it up by adding your favourite toppings.

Ingredients:

3 Kinnikinnick Artisan Dinner Rolls - sliced in half length-wise (147 g)
2 tbsp olive oil (30 g)
 $\frac{1}{2}$ cup pizza sauce (gluten-free) (102 g)
18 pepperoni slices (22 g)
1 cup shredded mozzarella cheese - reserve $\frac{1}{2}$ cup (112 g)
Optional: finish with fresh or dry oregano

Directions:

Preheat oven to 400°F (204°C). Place **Kinnikinnick Artisan Dinner Rolls** (crumb side up) on a baking tray. Drizzle with olive oil. Toast in preheated oven for 5 - 7 minutes (crumb should be browned and crispy).

FLAPPER PIE & BANANA CREAM PIE

Submitted by J Godsman

CUSTARD:

- 2 cups milk
- 1/2 cup sugar
- 1/4 cup Cornstarch
- 3 egg Yolks (save Whites for topping)
- 1 tsp vanilla
- 2 Tbsp butter

Directions:

Combine sugar & cornstarch in a pot. Slowly add milk and cook until bubbly. Stir a small amount of hot liquid into egg Yolks. Then immediately add egg mixture to pot and simmer at least 2 minutes. Until thick!

Stir in vanilla and butter until smooth.
Remove from Heat

CRUMB CRUST:

- 2 cups Gluten Free graham crumbs
- 1/4 tsp salt
- 1 Tbsp Sugar
- 1/4 cup melted Butter

Directions:

Combine sugar, graham crumbs, salt and melted butter. Keep 1/4 cup crumbs for topping (if making Flapper Pie).

Bake 350 for 10 minutes.



ASSEMBLY:

Flapper Pie:

Pour custard into prepared crumb shell. Top with Meringue topping :

3 egg whites beaten until stiff with 3 Tbsp icing sugar.

Then sprinkle with reserved crumbs and bake 250 for 20 minutes.

Chill & Serve

Banana Cream Pie:

Place a layer of sliced banana on top of crumb crust, then pour in prepared custard and top with Whipped Cream.

Chill & Serve with additional sliced Banana

Soft Buttery Dinner Rolls

Recipe by Cinde Little, *Everyday Gluten Free Gourmet*



PROOF YEAST

- ½ cup warm milk, 105-110°F (I use 2%)
- 2¼ tsp instant yeast
- ½ tsp sugar

DRY INGREDIENTS

- 65 g potato starch
- 55 g white rice flour
- 50 g brown rice flour
- 30 g tapioca starch
- 16 g sweet white rice flour (or sorghum flour)
- 1½ tsp xanthan gum
- 1 tsp baking powder
- ½ tsp salt

WET INGREDIENTS

- 1 egg
- 3 Tbsp vegetable oil
- 2 Tbsp honey

SPRINKLING FLOUR - sweet rice flour

FINISHING - 2 Tbsp melted butter

DIRECTIONS

1. Line an 8-inch loaf pan with parchment paper or an 8 or 9-inch round cake pan.

2. Microwave milk for ~30 seconds to reach 105-110°F. Add sugar and sprinkle yeast on top. Stir and let proof 10-15 minutes until frothy.
3. Whisk dry ingredients together. Set aside.
4. In the bowl of a stand mixer add yeast mixture, egg, oil and honey. Mix on medium-low until combined.
5. Turn mixer down to low and add dry ingredients to combine. Stop, scrape down sides of bowl then beat on medium for 1 minute.
6. Generously flour the counter. Using your hands work into a smooth dough and turn out onto the counter. Sprinkle additional flour over the dough.
7. Cut the dough into 8 pieces using a knife. Flatten each piece slightly and shape into a circle then bring the edges together at the bottom to form a ball. Arrange in the loaf pan.
8. Cover with a clean kitchen towel and let rise for 1 hour.
9. 30 minutes before baking preheat oven to 350°F.
10. Brush rolls with 1 Tbsp of melted butter.
11. Bake 20-24 minutes or until the internal temperature reaches 175°F measured with a thermometer.
12. Set dinner rolls on cooling rack in the pan for 5 minutes, brush with last Tbsp of melted butter.
13. Lift rolls out of pan using the parchment and transfer to cooling rack. Rest for 5 minutes then remove parchment. Enjoy or let the rolls set for another 10-15 minutes before pulling them apart.

Dinner rolls are best served immediately. Leftovers will keep in the refrigerator for several days and also freeze well.

NOTES: An instant read thermometer and digital scale are essential for gluten free bakers.

2022 BOARD OF DIRECTORS & KEY CONTACTS

Please Note: To contact the individuals listed below, email: info@calgaryceliac.ca

President

Marcia Bruce

Secretary

Kristi Puszkas

Vice President

Lisa Cerato

Treasurer

Brooke Barrett

Members at Large

Jen Shrubsole

Meg Furler

Kristin Stringer

David Lees

Marsha Hebert

Lethbridge

Karen Toohey/Janyce Sudo

Red Deer

Clarice Schultz

Medicine Hat

Charmaine Peete

CALGARY CHAPTER OFFICE

Hours: Tuesday and Thursday

10:00 am to 3:00 pm

Or By Appointment

Suite 9A, 4500 –5th Street NE, Calgary, AB

Phone: 403-237-0304 T2E 7C3

Newsletter 2021

First Edition (**February**)

Second Edition (**May**)

Third Edition (**August**)

Fourth Edition (**November**)

E-mail submissions to Joanne Godsmen

ADMIN@CALGARYCELIAC.CA

info@calgaryceliac.ca

www.calgaryceliac.ca



DISCLAIMER & 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 (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/>