



Calgary Celiac News

May 2022

Edition 2

www.calgaryceliac.ca

Celiac Awareness Month!

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Message from the Calgary Chapter President

We had our first in person event in April, since the beginning of the pandemic, and it was amazing to be able to gather together with members of our gluten free community. Thank you to all of our volunteers and everyone who came out to celebrate them with us. You can read more about our Volunteer Appreciation Brunch later in the newsletter. We are looking forward to many more gluten free events in 2022 so if you missed our Volunteer Brunch, hopefully we will see you at another event soon!



May is Celiac Disease Awareness Month and we are gearing up for a busy month. Once again, we have partnered with local gluten free businesses to bring you discounts all month long. All of the great offers for this month are available in this newsletter, on our website and on our social media pages. We are very lucky to have a variety of gluten free businesses in Calgary and other parts of Alberta. I hope you will try out some of the offers and thank them for providing us such great gluten free options in our community.

Other things to look forward to this May include our gluten free foodbank drive at Heritage Park. We had a successful foodbank drive last year where we collected 250 lbs of food for the foodbank. Please come by and see us with your donation on May 15th from 1-4pm to help us make sure that there are gluten free options available at the foodbank to those who need them. We have some great coupons to give away to anyone who comes with a donation. The Calgary Tower along with landmarks around the world will shine green on May 16th for International Celiac Disease Awareness Day. If you manage to catch a picture of yourself by the Tower while it shines green, please consider sharing it with us. We have a fun colouring contest for kids where the winner will receive a pizza party courtesy of Avatara Pizza. On May 27th the culinary students at SAIT will be preparing a four course Gluten Free meal for our gluten free community at The Highwood restaurant, you can purchase tickets on our website. We will be wrapping up Celiac Disease Awareness Month on May 29th at the Calgary Marathon where we will be running or walking to raise awareness and money for the Calgary Celiac Association.

We are also busy planning one of our most popular events of the year, Wendy T's Stampede Breakfast for the summer. Stay tuned to our website and social media pages for more information on that as it becomes available.

Happy Celiac Disease Awareness Month!

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:

- Mon, May 9, 2022 @ 7pm
- 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



Please check our website for more information about each event.

- **Mon, 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.
- **Sun, May 15, 2022: 1-4 pm**
Food Bank Drive @ Heritage Park
Drop off your Gluten Free Food items and receive some great coupons for yourself. Prize giveaways!
- **Mon, May 16, 2022**
Celiac Awareness Day
Calgary Tower shines Green for Celiac Awareness day!
- **Wed, May 18, 2022: Calgary CCA Board Meeting**
- **May 27, 2022: 6pm-9pm**
SAIT Gourmet GF Dinner
Join us for a four course dinner prepared by the culinary students at SAIT. \$65
- **May 29, 2022: 12—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.
- **Wed, June 15, 2022: Calgary CCA Board Meeting**
- **Sat, July 9th, Wendy T's Stampede Breakfast:** Marda Loop community center. Stay tuned for details.

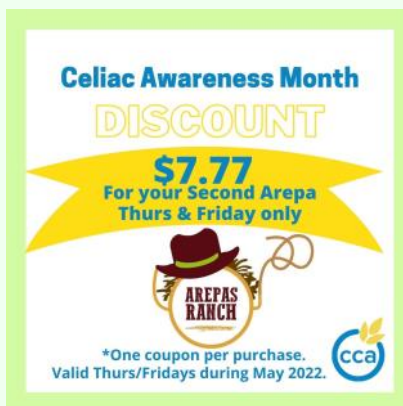
Local Gluten-Free Business Discounts %

Did you know that Calgary has a number of businesses that are 100% Gluten-Free?

The [Calgary Celiac Association](#) hopes that you will be able to use some of these discount offers in May to celebrate Celiac Disease Awareness Month and show support to our amazing local Gluten-Free businesses.

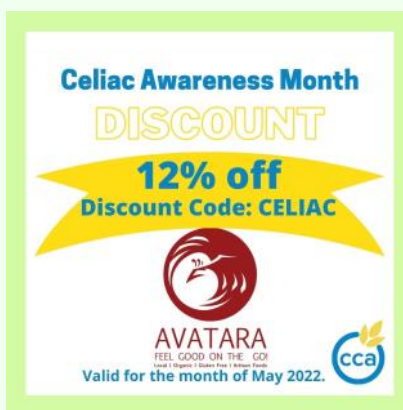
We would love to hear more about your experiences.

[Share your pictures or reviews with us on social media!](#)



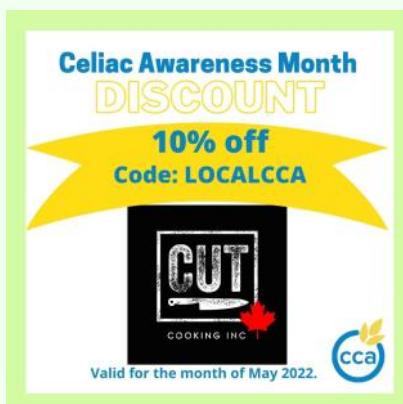
Arepas Ranch is a family owned business. Our menu is composed of tasteful plates from the Venezuelan traditional cuisine. Our main dish is the Arepa, a cornmeal patty that we fill with your choice of shredded beef, chicken salad, pulled pork, black beans, ham, cheese & veggies. All our menu is 100% gluten free. Our Arepas can also be purchased from our Food Truck. Find us at Fresh & Local Market & Kitchens in Avenida Village Thursday—Sunday. Enjoy your second arepa for only \$7.77 on Thursdays & Fridays in May.

<https://www.arepasranch.ca/>



Avatara is a restaurant that supports local producers with responsible environmental practices, organic & sustainable production. We also support gluten free companies, as our production facility, our two restaurants, and mobile vending units, are 100% gluten free. We also offer dairy free, vegan, vegetarian, and halal, food options. Enjoy 12% off in May. You must call the restaurant to get the discount over the phone at 403.457-4992 (NW location) or 403-874-7000 (Deep SW location). Use code "Celiac".

<https://www.avatarapizza.com/>



CUT Cooking is the story of two best friends - friends who are passionate about empowering everyone from the rookie to master chef to achieve success in their own kitchen! They manufacture a gluten free flour blend that is also free from dairy, soy, corn, and nuts. It is a flour blend that has proven to be consistent and easily substituted. Not only does CUT Cooking promise your food won't taste like cardboard, they promise to support you with this endeavor on their food blog at cutcooking.com. With over 200+ recipes using CUT Cooking GF Flour to inspire you, you'll have the opportunity to be adventurous and have fun in your kitchen. Look for CUT Cooking flour sold throughout So-beys, Safeway and many other retailers. For the month of May, enjoy a 10% discount when ordering directly at cutcooking.com or on Amazon.ca. <https://cutcooking.com/>



Delissitude is a gluten, nut & dairy free bakery and perogy emporium. Founded in 2013 by Renay Eng-Fisher, and operating out of the Calgary Farmers Market they offer a variety of baked goods, pies and perogies each week, with vegan options.

Enjoy 10% off our gluten free and vegan gluten free perogies, pizza crust, pakoras and samosas and a Free Lemon Cookie with Purchase.

<https://delissitude.com/>



Earth's Oven Bakery has been making delicious, locally-made gluten free products for you in its gluten free facility since 2003. Offering a great selection of baked goods and groceries including bread, focaccia, Naan bread, muffins, cookies, cake, treats, pies, perogies, Mexican meals and Lotus leaf wraps. Enjoy 10% off your purchase in May.

www.earthsoven.com



Expatasia. After 30 years of living abroad, this dynamic father and son duo have moved back to their roots. They have brought home with them the secrets of Asian cuisine and preparation and they are ready to stimulate all of your senses with their extensive culinary experiences from all over S.E. Asia. Their entire menu is gluten-free and can be found at Fresh & Local Market & Kitchens in Avenida Village. Enjoy a free soft drink with lunch or dinner purchase. On Sunday, May 15th, enjoy a free Crème Brulee when you purchase one. <https://expatasia.ca/>



Heaven Restaurant & Bar is a cozy, family-owned eatery. Featuring gluten-free Venezuelan fare, including arepas, empanadas and savoury plantain. Heaven also has Mexican food, Vegan and vegetarian options. Heaven is 100% gluten free so come in, relax and enjoy anything off of our menu. We now have a market section where we offer frozen meals ready to heat and serve. Enjoy 10% off your purchase in May.

<https://heavengf.com/>



At The Keto Caché we pride ourselves on being 100 percent gluten-free, sugar free and low carb / keto friendly.

We are creating tasty, healthy options for celiacs, diabetics, people who are choosing a keto lifestyle and those who suffer from a variety of health issues.

Enjoy 10% off your purchases in May.

<https://www.theketocache.org/>



Kinnikinnick has been crafting safe and scrumptious gluten-free baking since 1991, also free from dairy, nuts, peanuts and soy. Half egg free. Still family owned, we're loved the world over by those with Celiac disease and on restricted diets.

Find us in your local grocery store and online. Enjoy free delivery and 10% off online orders of \$55 or more in May using code CCACALGARY.

<https://www.kinnikinnick.com/>



Lakeview Bakery is a dedicated gluten-free facility making a variety of desserts and fresh artisan bread which carries a wide selection of gluten-free dry goods. Dairy-free, egg-free, and Vegan options, available. Note: Lakeview on 90th is a dedicated gluten free facility. All gluten free goods are prepared there. Lakeview on Crowchild Trail sells gluten free goods from the dedicated facility. Enjoy 10% off in May with a weekly bonus treat.

<http://www.lakeviewbakerycalgary.com>



Mestizo is a family business focused on delivering authentic Mexican and traditional street food. Our tacos include Pastor, Bistec (sirloin), Suadero (brisket), Chorizo, Carnitas, Cochinita Pibil (Mayan), Birria, different kinds of enchiladas and more. All of our menu is gluten free. Enjoy 10% off during the month of May.

<https://www.mestizoyyc.com/>



Mountain Rhino is a small dedicated gluten free, peanut and tree nut free kitchen. We make everything in house to maintain our high quality. All of our products are all gluten free and some are dairy free and/or vegan as well.

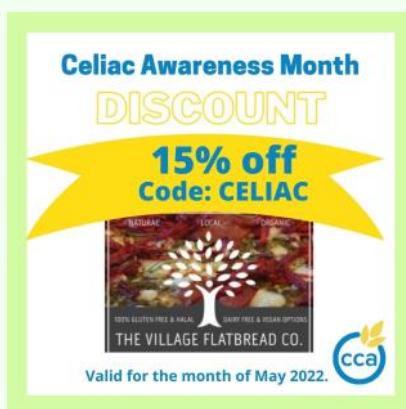
Enjoy 10% off online orders in May with code CALGARYCELIAC.

<https://www.mountainrhino.ca/>



QueChivo offers authentic Salvadoran pupusas (hand made corn tortillas) filled with many delicious flavors including.....pork, chicken and vegetarian options. We have many other goodies like tamales, plantain empanadas, tacos, and bowls! Cook at home meals available too so you can enjoy a delicious gluten free meal at home. Enjoy 10% off in May.

<https://quechivo.ca/>



The Village Flatbread Co. offers gluten- free gourmet Flatbread Pizzas, Salad, Starters, Desserts & Beverages. Natural & Organic Ingredients, Sourced Locally. 100% Gluten Free & Halal. Plenty of Dairy Free, Keto, Vegetarian, & Vegan Options.

Use promo code CELIAC online to get 15% off during May.

<https://www.myvillageeyc.com/>



At Whole Life Go our entire menu Is Gluten-Free. We believe keeping it simple "the way nature intended it to be" with minimal processing, no artificial colors or additives provides the best tasting and nutritionally dense food. Our major ingredients are organic providing abundant vitamins, essential proteins and flavor to our products. Enjoy 10% online orders for May.

<https://wholelifego.com/>

All of the offers listed are provided at the discretion of the businesses listed and are subject to change. If you have any questions about the offers, please contact the businesses directly. Also note that some businesses are not open 7 days a week so plan your visits accordingly.

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



**100% DEDICATED GLUTEN
FREE BREWERY-SEATTLE, WA**



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

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](#)

Join Today!

2022



MEMBERSHIP

\$ 10 yearly




FOOD BANK DRIVE @ HERITAGE PARK, MAY 15



MEET THE CALGARY
CELIAC TEAM

RECEIVE GLUTEN
FREE COUPONS

WIN GREAT PRIZES

We are collecting donations of non-perishable gluten-free food items for the Calgary Food Bank.

As part of Celiac Awareness month, the Calgary Celiac Association is collecting and also doing a match donation of gluten-free food items for the Calgary Food Bank. Help us to end food insecurity in our community.

Lot D is the first parking lot on your left when entering Heritage Park. Members of our team will be there to receive your donation and enter you in a draw for some great prizes.

[PANTRY LIST](#)



This gluten-free food donation will help feed the approximately 1% of Canadians who have celiac disease along with approximately 4% of Canadians who require a gluten-free diet for other health reasons.

For more information about celiac disease and the gluten free diet, please contact the Canadian Celiac Association at www.celiac.ca.

Thank you for your donation.



TRADITIONAL
**ENGLISH
MUFFINS**

Crispy, toasty, light & fluffy.
Now free from egg.



   
@KinnikinnickGF
kinnikinnick.com

Online exclusive

CALGARY CELIAC FOOD BANK DONATION

The Calgary Celiac Association has partnered with Canadian Organic Herb & Spice Co. (Splendor Garden) and secured a donation to the Calgary Food bank of Gluten-Free Oats. This supply of oats is significant and should provide approximately 6 months of breakfast meals to be distributed to the community during these difficult times.

We would like thank Splendor Garden and also to encourage everyone in our community to make a personal donation of Gluten Free Food to the Calgary Food Bank during the month of May.



How you can Help:

- 1) Join our Food Drive on Sunday, May 15th from 1-4 at Heritage Park.
- 2) If you can't attend our Food Drive. Drop off your Gluten Free food bank donation to any grocery store donation bin. Mark your donation "Save Me for Gluten Free". Labels available [here](#).



Thank you Splendor Garden for your Donation!



LET'S SHARE SOME HISTORY, PART 2:

BY J. MURRAY

It's time for part 2 of this three-part series looking at the advancements in the diagnosis and treatment of CD through the years from 1960 and 2020. This segment will reflect on the 2 remaining decades of the 20th century – the years 1980 to 2000. Through these years, there were advances in science and technology that made it somewhat easier to identify celiac disease in the people who presented with classic symptoms of the disease or family histories that supported investigation. And we were still a long way from providing an easy and reliable screening mechanism to identify the many people who were falling through the cracks because their presentation of illness was atypical for the investigation standards of Celiac Disease.

From the medical perspective, there were a few advancements in equipment and testing. The Crosby-Kugler and Watson capsule biopsy equipment was phased out and the early versions of the modern endoscopy equipment allowed significant changes to the biopsy procedures. Having a means to visualize the esophagus, stomach and proximal small bowel as the equipment was advanced through the mouth, as well as an incorporated snipping device to provide a biopsy sample, meant that fluoroscopic guidance of the endoscope was rarely used.



Endoscope

Over the course of the two decades, the endoscope was also improved to allow for the clipping of several biopsy samples, which assured better representation of tissue samples and greater chance of samples of damaged tissue being harvested. The optical components were also improved, with better detail of the

gut tissue and better quality of the procedure images. Just as we saw a shift from VCR to DVD equipment in our family rooms, there were parallel shifts in medical recording devices. Technological advancements produced monitors, screens and the means to record that paralleled the changes that we experienced with improved television and recording equipment in our homes.

These two decades were also a time that new lab tests were developed, including tests that could lead to a celiac diagnosis. The EMA (endomysial antibody test) was introduced in 1983 and the AGA (antigliadin antibody test) was introduced in the same general timeframe. These tests improved the diagnostic pathway, but both had significant limitations. The EMA is an immunofluorescent test and requires very specialized materials as well as very specific skills in interpretation. It is also expensive to run. It is, however, highly specific (99%) for celiac disease, though limited in sensitivity (85%), so misses about 15% of people with active celiac disease. The EMA is still in use today because of its high specificity. The AGA test was limited in both specificity and sensitivity, registering positive markers of ~85% in both areas. It was an improvement in diagnosing celiac, but the limitations interfered with reliability in its use.

The AGA test is no longer available in most labs as we now have 21st century tests that are easy, reliable and inexpensive to run.



Phlebotomy tubes

These improvements in the medical testing for celiac disease resulted in more people being diagnosed through these two decades.

Unfortunately, the diagnostic process was still very dependent on a patient presenting with classic symptoms which now included DH (dermatitis herpetiformis) in addition to the classic intestinal symptoms. The beginning of the reliable testing that we expect today only became available with the dawning of the new century, further advancements in science and technology and the critical mass that occurred when the medical community finally recognized that celiac disease was a common disease and presented with a plethora of symptoms. When it was determined that ~1% of the general population worldwide had celiac disease, diagnosed or undiagnosed, there was a collective gasp of recognition that the disease had been massively underdiagnosed for decades.

In 1992, Dr. Michael Marsh introduced the Marsh Histopathological Spectrum, commonly known as the Marsh Classification of CD, as a means to standardize the pathological interpretation of gut tissue damage. This classification is now recognized and used worldwide.

Modified Marsh Classification of CD			
Marsh Type	Intraepithelial Lymphocytes per 100 Enterocytes	Crypts	Villi
0	<40	Normal	Normal
1	>40	Normal	Normal
2	>40	Increased	Normal
3a	>40	Increased	Mild atrophy
3b	>40	Increased	Marked atrophy
3c	>40	Increased	Absent

Type 0: Normal mucosa; CD highly unlikely.

Type 1 (Infiltrative lesion): Seen in patients on a gluten-free diet (suggesting minimal amounts of gliadin are being ingested); patients with DH; and family members of patients with CD. However, these patients need to be followed because they may convert to a Type 3 lesion.

Type 2 (Hyperplastic type): Very rare; seen occasionally in DH.

Type 3 (Destructive lesion): Spectrum of changes seen in symptomatic CD.

As the evidence began to pile up that celiac disease was both a childhood AND an adult-onset disease, it was recognized that there were some very distinct needs that required attention, those relating mostly to food that was safe for the gluten free diet. Like many other areas of Canada, bakers in Alberta began to focus on creating local gluten free products.

Bread and pastries began to enter the specialty food market, though were very limited in taste and texture because the primary ingredients were rice, corn and tapioca flours. Merchants also entered the gluten free marketplace and health food stores either expanded their product lines to include gluten free ingredients and products or opened independently based on their focus on domestic and imported gluten free products. Other companies were established in other areas of Canada as well. Those of us who had been struggling with finding specialty foods prior to these decades were suddenly rewarded for our patience with an ever-increasing marketplace where we were offered a variety of new products, many of them tasty and few of them nutritionally balanced. (It would be another couple of decades before gluten free producers would be allowed to include nutrient fortification in their products similar to the fortification of regular products.)

Lakeview Bakery (1990) was the first Calgary bakery to offer fresh baked gluten free bread and pastries amidst a collection of other specialty baked goods.



Lakeview Bakery

Kinnikinnick (1991) opened in Edmonton offering breads and pastries. Neither could have imagined at the time they opened that their businesses would grow to the extent they have and that Kinnikinnick products would be visible on shelves throughout many parts of North and Central America.



Kinnikinnick

George Waite opened The Allergy Shoppe (1988) with imported and local products in a small location in Bridgeland after serving the community from space in his home for two

years. He imported exotic flours from foreign countries including amaranth and quinoa from South America and teff from Ethiopia that added variety for bakers seeking new ideas. Spolumbo's (1991) offered several gluten free varieties of sausages and through the years, transitioned to offering all their sausage products as gluten free.

Health food stores emerged through this time as well, carrying a variety of products suitable for the gluten free diet. Community Natural Foods opened in Calgary in 1977, Nutters opened in Medicine Hat in 1982, Planet Organic opened in Edmonton in 1983 and Amaranth opened in Calgary in 1994. Each company gradually expanded its market reach into other Alberta cities and towns, introducing more product variety and safety through the years.

National manufacturers became familiar names as Kings Mill Foods (rebranded as PaneRiso), Glutino (1983) and El Peto (1988) joined the gluten free food movement bringing us many guilty pleasures including chocolate covered wafer cookies and waffle style ice cream cones. It was during these years that international standards of gluten free also evolved. The 1995 revision to the Codex Standard declared that a claim of gluten free could be placed on an item that contained less than 200 ppm, a very shocking allowance by today's standards of 20 ppm. To put that in perspective, it wasn't until 1994 that the Health Protection Branch of Health Canada (the precursor of the CFIA) issued its first food allergen recall based on chemical analysis for peanuts using the newly available ELIZA testing methods.



The years 1980-2000 were also the years where the Calgary Chapter of the CCA became recognized as a leader in member, community and scientific support. The chapter hosted two successful national conferences in 1988 and 1999. It engaged in 1988 in the first discussions that led to the tax deduction for gluten free foods.



In 1989, Calgary was the first chapter to establish an office, and with this physical presence in the community, embarked on fundraising and other ventures including regular pancake and potluck suppers (1988), a car raffle (1990), the first of our ongoing casinos (1991), annual kids' camp (1995) and peer counselling (1997). With the success of the casino fund raising, the chapter supported several research projects, the most significant of which was the oats study conducted by Dr. Decker Butzner in 1997.

With the successes of these two decades providing the tailwind pushing major changes, the Calgary Chapter was positioned to jump aboard the fastmoving train that signaled the new era of major breakthroughs in science, technology, communication and understanding relating to celiac disease. It would become a more visible and better understood disease and would attract the interest of scientific and industry partners as they explored the opportunities available to them.

Jump on board with me again in the late summer for the final installment of this history.



JoAnne Murray

SAIT GOURMET GLUTEN FREE DINNER, MAY 27



Join us on Friday, May 27th for a 4 course Gluten Free culinary experience at The Highwood, an award-winning restaurant and live classroom for the next generation of culinary and hospitality leaders.

This will be an evening event for adults 18+.

Non-alcoholic drinks included; Cash bar for alcoholic beverages.

Doors open at 6pm; Dinner at 6:30pm

\$65 / per person.

Everything will be gluten-free.

Dairy-free and Vegetarian options will also be available.

Please note any additional dietary restrictions on registration.

PHOTO RELEASE: PLEASE BE AWARE THAT BY ATTENDING THIS EVENT, YOU CONSENT TO YOUR VOICE, IMAGE, AND/OR LIKENESS BEING USED, WITHOUT COMPENSATION, IN PICTURES OR VIDEO FOR OUR SOCIAL MEDIA or NEWSLETTER, AND YOU RELEASE CALGARY CELIAC ASSOCIATION, ITS SUCCESSORS, ASSIGNS AND LICENSEES FROM ANY LIABILITY WHATSOEVER OF ANY NATURE.

Menu:

Starter:

- Coconut Butternut squash soup
- Gluten Free Bread service

Choice of Appetizer:

- Warm asparagus and mushroom salad
- Togarashi spiced Albacore Tuna Niçoise
- Peppercorn crusted seared rare beef

Choice of Entree:

- BC Salmon
- Roasted Duck Breast
- Grilled Alberta Beef
- Roasted vegetable risotto

Dessert: Custom gluten-free and dairy-free option

PURCHASE TICKETS

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 CASINO THIS FALL

A Message from Our Casino Chair:

Calgary Celiac has been awarded a Casino date in the 4th quarter of 2022 (sometime in Oct, Nov, or Dec this year).

It will not be Dec 20 or later. The Christmas and New Years holiday time is handled a special way. In fact, AGLC called to ask if we would take one of those dates. After a quick check with the board, I declined. The feeling was, this year everyone will be super motivated to travel home to family, or away to a beach vacation, or just plain get out of Dodge and away from winter, for the holidays.

The exact date and venue will be known in May. We will communicate it as soon as we know using email and Social Media.

If you would like to join the merry band of Calgary Celiac Casino volunteers, please add your name to our Volunteer list by emailing

Joanne at admin@calgaryceliac.ca . The work is easy and it is fun getting to know others in the local Celiac Community.

For background, Casinos are the largest single fund raiser for the Calgary Celiac Association. The revenue from a Casino event is roughly 50% of our income in a Casino year. This money enables us to run Kids Camp, Gourmet SALT dinners, GF Kids Xmas party, Celiac 101 Information nights, GF Oktoberfest, GF Stampede Breakfast, fund research and the many other things we do.

Thank you, Ralph



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



THANK YOU VOLUNTEERS!

Thank you to our 2021 volunteers!



On April 23rd, we gathered in the Wainwright Hotel at Heritage Park to enjoy a delicious gluten free buffet to celebrate our amazing Calgary Celiac Association volunteers from 2021! Thank you to everyone who was able to join us, if you were unable to attend, please know that you were missed. After two years of being unable to celebrate our volunteers in person, it was very nice to be back together. As a charity, we rely on volunteers to help us in everything we do, we literally cannot do it without YOU!

At the brunch we celebrated our Volunteer of the Year, Ralph Barnett, who retired from our Board of Directors in 2021. In addition to serving on the Board of the National Association, Ralph served on our local Calgary Board in different positions for many years. Ralph made lots of friends during his time at the association and has left his mark through all of his many contributions. We were very lucky to benefit from Ralph's experience and passion and we are excited to continue to work with Ralph as our Casino Chair going forward.



It takes a number of dedicated volunteers to run a charity and we are lucky to be surrounded by a community of helpers who are anxious to get involved to make the lives of others better. Thank you also to our Board of Directors who work hard at meetings and between meetings to keep our charity operating and delivering quality programs, services and fun events to the celiac and gluten free community in Calgary and area.



JOIN CALGARY CELIAC TEAM, MAY 29



Calling all Runners, Walkers and anyone who would like to support the Calgary Celiac Association team on our Charity Walk/Run with Calgary Marathon. Last year's run was a sunny success and we hope to see even more of our community out this year running or walking to fundraise for research, awareness and local Calgary Celiac initiatives.

[REGISTER ON RACE ROSTER](https://raceroster.com/54067?AFF=Z94UY)

[DONATE TO TEAM](#)

LETHBRIDGE NEWS:

Hello and Happy Spring to the Celiac Community from Lethbridge!

There is little happening in Lethbridge these days, however we did have our 13th annual gluten and dairy-free dinner at Lethbridge College on March 1st! It was wonderful to be back in situ for a delicious 4- course meal of fine dining.

Last year was recued by shifting to a “Take out meal” due to fears of spreading the covid virus. The students and Chef Stephen Klassen prepared an amazing meal for a capacity socially distanced Garden Court Restaurant (~ 45 attendees).

A couple of recommendations:

If you are ever in Kelowna, I would like to praise and recommend Crumbs and Roses Gluten-free Bakery. We were very fortunate to find this place on a recent trip to Kelowna. We had their cinnamon bun, ginger cookie and flax seed bread and buns. They were just hot of the oven and totally delicious!

And if you are ever in Edmonton, we often make a stop at Rio Vida Gluten free-bakery, which is close to West Edmonton Mall. Pita, buns, puff pastry, hot cross buns, meat pies and hand pies, green onion cakes, calzones, baguettes and lots of treats are available along with special diets taken into consideration.

Karen Toohey, Lethbridge Celiac Peer Counsellor

Namaste
foods for everyone!

Keepin' it real

Namaste
foods for everyone!
gluten free
Brownie Mix

CERTIFIED GLUTEN FREE

NON GMO Project VERIFIED

FREE FROM THE Top Allergens

www.namastefoods.com

Brownie mint ice cream cake

1 package Namaste Brownie Mix, prepared

1/2 gallon mint chocolate chip ice cream – softened

1 container whipped topping, softened
15 crushed peppermint candies
chocolate syrup (optional)

Bake Brownies according to package directions in 9x13 pan. Best to line pan with parchment paper to make it easier to remove and slice cake. Cool brownies after baking.

Spread softened ice cream in an even layer over brownies.

Spread even layer of whipped topping over ice cream.

Drizzle chocolate syrup over cake.

Sprinkle crushed peppermint candies evenly on top.

Refreeze for at least one hour before serving.

Variations: Experiment with different ice cream and toppings, too! Recipe may be divided in half to make an 8x8 pan.

Enjoy!

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

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www.calgaryceliac.ca

Office: 403-237-0304

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Suite 9A,
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DINING OUT WITH CELIAC:

PREPARED BY THE CALGARY CELIAC EDUCATION COMMITTEE

When It's More Than Just a Dinner:

Dining out is the most difficult part of living with celiac disease. Once you have been diagnosed with this chronic illness, eating out is forever changed. It will never be the same as it once was. This is an, unfortunate, stark reality check for those living with celiac. It sounds harsh, but it is true. There is no spontaneity with eating out anymore.

But, this doesn't mean that you can't eat out. You just need to change your expectations and learn a new way to dine out. It can still be an enjoyable experience but it will take effort to ensure it's as safe as it can be.



*The question to ask yourself is this
“Are you going to let this bring you down or are you going to rise to the challenge?”*

While the opportunity to eat out is important for those with Celiac Disease, it is beyond the scope of the Calgary Chapter of the CCA to maintain a reliable list of restaurants, hotels, and food providers that are “safe” for people with Celiac Disease to use. There are multiple challenges with such a list: food markets always changing, varied levels of employee awareness (including high staff turnover), updated lists, soliciting information/advertising, and consequences of any cross-contamination. There are many blogs, apps and search engines that will lead you towards safe eating establishments, and our recommendation is to use more than one source of information when researching a restaurant (i.e. family, friends, word of mouth, blogs, apps, search engines, reviews, advertisements, and speaking to restaurant staff/managers directly). Many chapter members have reported the following sources as helpful to them: GFYYC, Yelp, and Find Me Gluten Free.

The more information and reviews acquired the better off you will be. You can find a list of 100% gluten free restaurants in Calgary on our webpage.

LOCAL GF BUSINESS – CALGARY CELIAC

People with Celiac Disease that do not have noticeable symptoms of gluten ingestion; always have intestinal damage when gluten is ingested, even if it is a very small amount of gluten. As per Health Canada, “the majority of people with Celiac disease will not be negatively affected if they limit their gluten intake to less than 10 mg per day”¹. If a person sliced an average piece of regular bread (4.8 grams of gluten) into 500 pieces, 1 of these 500 pieces would equal approximately 10mg of gluten. Even though a restaurant states their food is gluten free, it does not mean that there will be no cross-contamination with gluten through the preparation or cooking process.

Dining out is certainly more challenging with celiac disease due to the restrictions of following a gluten-free diet, but it is still possible to have a safe and enjoyable restaurant experience with some simple precautions.

Tips for Dining Out - Before you go:

- Avoid buffets as other patrons may use utensils multiple times, or foods may spill into other containers
- Call the restaurant ahead of time during non-peak hours, let them know you have celiac disease and require a gluten-free meal
- Ask if they have a gluten-free menu, what is done to prevent cross-contamination, and what they recommend for diners who require a gluten-free meal
- Browse online menu at the restaurant
- Dine during off-peak hours so staff are better able to focus on your needs
- Explain your dietary needs to staff - clarify that you have celiac disease (medically diagnosed) versus following a gluten-free diet as a lifestyle choice
- Emphasize that even small amounts of gluten can make you very sick

To help mitigate risks while ordering when eating out, we recommend asking questions such as:

- Do you have a gluten free menu? Do you know what Celiac Disease is?
- What precautions does your kitchen take when preparing gluten free products (e.g. separate prep area for GF foods, toasters, clean grills, dedicated GF deep fryers, separate strainers, cutting boards, mixing bowls, spoons, knives, changing gloves, separate ingredient containers (pizza sauce, butter), etc).
- Are the sauces home-made or packaged? (there is potential for gluten in each ingredient, or in hidden sources, e.g. broth, seasonings, Worcestershire sauce, soy sauce, teriyaki sauce, horseradish, malt vinegars, etc.)
- Common foods with hidden gluten can include french fries, hashbrowns, cereals, egg mixtures (e.g. for omelettes), corn tortillas (often still have wheat in them)
- Do you make baked products on site with flour every day? (the flour in the air will take 24 hours to settle)

There is a growing concern from the celiac community that restaurants call foods gluten free when they are not (e.g. they still have use of shared fryers/toasters/cutting boards, cross contamination, etc). While we have no control over what a specific business will and will not do, we are advocating for businesses to be properly certified and we continue to encourage consumers to be asking appropriate questions.

For the majority of people, eating out is relaxing, but for those with celiac disease it can be anxious, frustrating and even illness-inducing. Being diagnosed as celiac requires a complete review of the order, to eliminate foods containing gluten, and also a new vigilance when eating outside the home.

Sharing food with family and friends is really important for our well-being. If you had a positive dining experience, were understood by your server, noticed clear protocols in place, or feel that you were well taken care of (*and of course, did not get sick*), let the restaurant know. Leave a review online and mention specifics of how they helped you eat safely. Call them or message them on social media and thank them. Tip them too. The more we can spread the word about places that ARE doing a good job, the better and safer dining out will be.



References

1. Health Canada, Health Canada's Position on Gluten Free Claims, June 2012 <https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-allergies-intolerances/celiac-disease/health-canada-position-gluten-free-claims.html#a2>





Thank you to [Keto Cache](#) for donating delicious healthy snacks for our Calgary Celiac Team Runners & Walkers this May!

Thank you to [Cut Cooking](#) for donating your flour so we could make these wonderful Gluten-Free prize baskets for our May events!

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.

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restaurant

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CELIAC DISEASE RESEARCH:

PROACTIVE
CELIAC STUDY

NO Gluten Challenge



New Phase 2 Clinical Trial for Ongoing Celiac Symptoms

Are you still experiencing celiac disease symptoms despite your best efforts to follow a gluten-free diet?

The [PROACTIVE Celiac Study](https://proactiveceliac.com) is looking for people between the ages of 18 and 70, who have biopsy-confirmed celiac disease and have been on a gluten-free diet for at least the last 12 months. **You will not be asked to ingest gluten in this study.**

The goal of this phase 2 clinical trial is to test the safety and effects of the investigational medication **PRV-015**. In combination with a gluten-free diet, PRV-015 aims to reduce symptoms and intestinal inflammation caused by accidental gluten exposure.

Learn More proactiveceliac.com
[See if You Qualify](#)

Use referral code: REFCCA

University of Calgary Research

If you have celiac disease, we would 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.

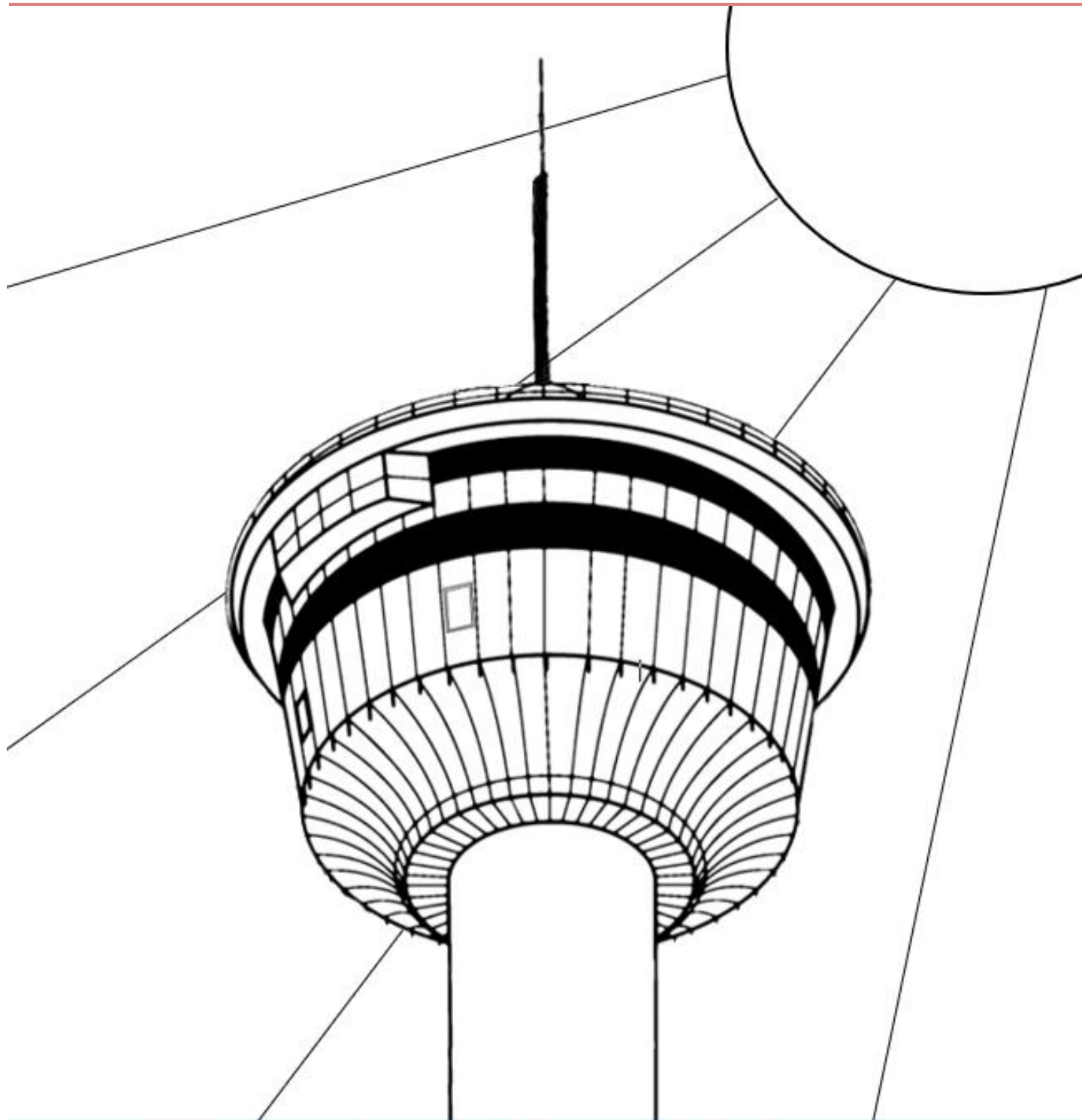
Participants must be 18-28 years old, eat a gluten-free diet, and be in a relationship less than 3 years long. **You do not need to be in a relationship to participate.**

If you know of anyone else who might be interested in participating in this study, please consider asking them to contact us at lovelab@ucalgary.ca, or share the link to this survey.

[SURVEY LINK](#)



KIDS COLORING CONTEST! ENTRY DEADLINE MAY 31



Celiac Awareness Month Kids Colouring Contest!

- 1) **Print** and color
- 2) **Submit** a picture of your page along with artist name and age to info@calgaryceliac.ca
- 3) **Win** a pizza party for you and your family from Avatara!

Artists 2yrs – 13yrs
Entries Due May 31st
One Entry Per Child

Entries may be
published. Winner will
be selected randomly.



We are happy to announce that the Rod McDaniel Celiac Kids Camp is happening this summer from **August 8-12th** for children age 7-17. For more information on camp or to check out the fun things that you will do, please refer to the Easter Seals Camp Horizon website here: [Camp Programs – Easter Seals](#)

Registration process will be :

1. Complete the Calgary Celiac Registration Form: [Registration Form](#)
2. Calgary Celiac is responsible for verifying the eligibility of all campers prior to registration with Easter Seals Camp Horizon. After your Registration Form is reviewed, you will be emailed your invoice.
3. Once Calgary Celiac has received payment, you will be sent your Registration Code to complete your registration. Subsidized cost for eligible Calgary Celiac campers is \$500 for Celiac campers & \$650 for siblings.
4. Use your Registration Code provided by Calgary Celiac to complete your registration, medical forms and any required waivers on the Easter Seals Camp Horizon website.

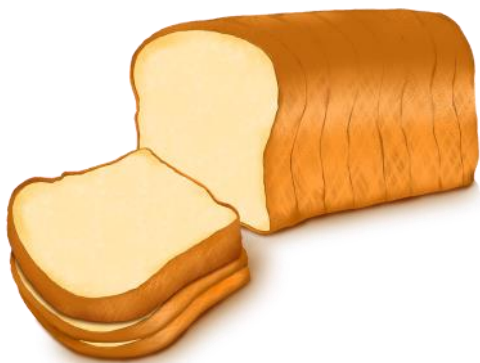
FAQ

Frequently Asked Questions:

1. **Is there someone who can help with my child's medications?** Yes. A Registered Nurse will be present for the duration of the camp to assist with any medical needs.
2. **What happens if my child gets sick during camp?** If a camper becomes ill with suspected COVID-19, campers will be cared for by nursing staff, and parents/guardians will be contacted to plan for the best outcome of all our campers.
3. **Is COVID-19 vaccination required for all campers?** Yes. Proof of vaccination (two doses) is required for all campers by July 1st. If campers are medically exempt from COVID-19 vaccination, they must submit proof of exemption.
4. **How many staff are there per camper?** One camp leader is present for every 8 campers. Our camp leaders undergo a rigorous 2-week training session to ensure the best possible week for our campers.
5. **Is the food buffet style? Are there snacks available throughout the day?** Snacks and drinks will be provided throughout the day. Food is served family-style, and will be brought to our campers' cabin and served from there.

If you have additional questions you can reach out to the Calgary Celiac Association.

Gluten Free Bread



Ingredients

- 2 1/2 tsp active dry yeast
- 3 1/2 Tbsp sugar , divided
- 1/4 cup warm water , 110 degrees
- 1 1/4 cups milk , warmed to 110 degrees
- 2 Tbsp canola oil
- 2 Tbsp butter , softened, plus more for bread pan
- 3 large eggs
- 1 Tbsp lemon juice
- 2 cups (320g) white rice flour*
- 1/2 cup (66g) tapioca flour*
- 1/2 cup (81g) potato starch*
- 1/3 cup (46g) cornstarch
- 1 Tbsp xanthan gum
- 1 3/4 tsp salt
- 1 tsp baking powder

* you could also substitute 3 cups of your favorite GF Flour blend in recipe and omit Xanthum gum if your blend contains it already.

Total time: 2 hours

Instructions:

1. Pour yeast into the bowl of an electric stand mixer, along with 1/2 tsp sugar and 1/4 cup warm water. Whisk to dissolve yeast, then let rest 5 - 10 minutes to proof yeast. Add in remaining 3 Tbsp + 1 tsp granulated sugar, the milk, canola oil, butter, eggs and lemon juice. Fit mixer with paddle attachment and whip on low speed to blend.
2. Add in all remaining ingredients and mix on low speed to combined, then increase to medium speed and mix 5 minutes. Near the end of mixing the batter should have a consistency similar to a quick bread like banana bread.
3. Pour bread dough into a buttered 9-by-5-inch baking dish and spread to both ends with a rubber spatula. Smooth top with wet spatula, while slightly doming loaf. Wetting the top will also prevent it from drying out while it rises since it won't be covered - plastic can easily stick so I don't recommend using it).
4. Transfer to a warm place free from draft to rise for 1 hour - 1 hr 15 minutes. Preheat oven to 375 degrees during last 10 minutes of rising. (Be gentle with loaf once it has risen, it is a delicate loaf so if you tap it too hard on counter or in oven it will likely deflate, so move gently).
5. Bake bread in preheated 375 degree oven for 20 minutes, then reduce oven temperature to 350, tent loaf with foil and bake 20 minutes longer or until loaf is done (top center of loaf should no longer be doughy).
6. Cool in loaf pan several minutes then invert onto a wire rack to cool completely. Once cool, store in air-tight container or resealable bag in refrigerator. Slice into 1/2-inch slices. Best when warmed slightly before eating.

Asparagus and Chive Eggs Benedict



Creamy Hollandaise Sauce smothered over a perfectly poached egg nestled on a toasted Traditional English Muffin. Is it breakfast time! Recipe created by Kinnikinnick Corporate Chef Lori Grein

Ingredients:

Poached Eggs

- 4 large eggs (224 g)
- 1 tsp salt (4 g)
- 2 tsp vinegar (10 g)

Hollandaise Sauce

- 4 large egg yolks (80 g)
- 1 tbsp fresh lemon juice (12 g)
- ½ cup butter - melted (125 g)
- ½ tsp salt (2 g)
- ½ tsp cayenne pepper (1 g)

Additional

- 2 individual Kinnikinnick Traditional English Muffins - cut in half (118 g)
- 12 asparagus tips - 3" long/ blanched (60 g)
- Optional: melted butter and fresh chives

Preparation Direction:

Poached Eggs

1. Crack 4 eggs into separate ramekins and set aside.
2. Fill a medium size pot $\frac{3}{4}$ full with water. Add vinegar and salt to water and simmer over medium heat (do not boil). Swirl water in pot and carefully add eggs one at a time.
3. Turn heat off and cover for 4 minutes for soft, 5 minutes for medium and 6 minutes for hard (no peaking).

Hollandaise Sauce

1. In a heat proof bowl whisk 4 egg yolks vigorously until double in volume.
2. Slowly drizzle in lemon juice while continuing to whisk.
3. Place bowl on a pot of water over medium heat (bain-marie) and continue to whisk vigorously.
4. In a slow and steady stream, pour melted butter into egg yolk mixture while continuing to whisk.
5. Whisk until mixture doubles in volume and begins to thicken.
6. Remove from bain-marie and add seasoning.

Assembly

1. Split Kinnikinnick Traditional English Muffins in half and brush with optional melted butter. Brown in skillet until crisp and golden.
2. Remove from skillet and plate. Brush crumb side of toasted Traditional English Muffin with a thin layer of Hollandaise Sauce.
3. Top with blanched asparagus tips, poached egg and additional Hollandaise Sauce.
4. Garnish with optional fresh chives and serve immediately.

Yields 4 Eggs Benedict

Traditional English Muffin with Nut Free Chocolate Spread



Slather on the Nut Free Chocolate Spread to fill every nook and cranny of our crispy Traditional English Muffin Recipe created by Kinnikinnick Corporate Chef Lori Grein

Ingredients:

Nut Free Chocolate Spread

¼ cup water (50 g)
½ cup granulated sugar (110 g)
½ tsp salt (2 g)
1 tbsp cocoa powder (15 g)
1 tsp vanilla extract (5 g)
4 oz semi-sweet chocolate - chopped (112 g)
5 oz butter (140 g)

Traditional English Muffins

3 individual Kinnikinnick Traditional English Muffins (177 g)
6 tbsp Nut Free Chocolate Spread (90 g)
Optional: fresh raspberries and mint

Preparation Direction:

Nut Free Chocolate Spread

1. In a medium pot combine water, granulated sugar, salt and cocoa powder. Mix until combined and sugar has dissolved over medium-low heat.
2. Add vanilla extract, chopped chocolate and butter.
3. Continue to cook over medium-low heat until butter and chocolate have melted.
4. Continue cooking until mixture is smooth and shiny.
5. Remove from heat and let cool for 10 minutes. Store in air-tight containers for up to 1 week.

Assembly

1. Toast Kinnikinnick Traditional English Muffins. Let cool slightly.
2. Spread 1 tablespoon of Nut Free Chocolate Spread on each half of toasted Kinnikinnick Traditional English Muffin.
3. Top with optional fresh berries and mint.

Yields 6 portions

Tips and Variations:

- * Nut Free Chocolate Spread can be stored in an air - tight container for 1 month refrigerated.
- * Warm Nut Free Chocolate Spread at room temperature for a few minutes prior to using.

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First Edition (**February**)

Second Edition (**May**)

Third Edition (**August**)

Fourth Edition (**November**)

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