



# Calgary Celiac News

August 2021

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**JOIN THE  
TEAM**



## *Message from the Calgary Chapter President*

Fall is in the air and the kids are gearing up for back to school; here at the Calgary Celiac Association, we are gearing up for a busy fall. We are hoping to see you at some in person events this fall, starting with the **Scotiabank Marathon** on September 19<sup>th</sup>, where we will be running, walking and snacking on some gluten free treats while raising money for the Calgary Celiac Association.



The following week we are planning to bring back a favorite event, **Oktoberfest!** We are partnering with another not-for-profit organization, Heritage Park, to put a new spin on this old favorite. In our community survey earlier this year we heard you loud and clear that you want an event with **GLUTEN FREE BEER!** We hope you can join us on September 25<sup>th</sup> to enjoy some food and libations at this adult-only event.

We are also updating our bylaws this fall, save the date, September 29, 2021, for a Special Meeting where we will be looking to ratify these new bylaws. The driver for the changes began at the national level, particularly around memberships. Our memberships for the Calgary Chapter used to be administered at the national office but with changes to their structure last year, that is no longer the case. Although we are still a Chapter of the national Canadian Celiac Association, we are now administering our own membership. Watch for more information in this newsletter or on our website about how you can become a member of our local Chapter. Membership gives you the ability to vote at our Special Meeting and AGM.

With event activity picking up, we are also looking for volunteers to join our team or to volunteer at an upcoming event. With a couple of Board members retiring from office this year, we are looking to recruit some individuals with diverse backgrounds and skill sets to join our team. Our Education Committee is also looking for people to join our amazing group of dedicated volunteers who deliver celiac disease education to members of our community through sessions like our Celiac 101 classes and materials such as handouts to newly diagnosed children at the Children's Hospital. Lastly, we receive a number of calls every month regarding seniors' issues. We would like to create a new committee to focus on these issues. If this is something you are interested in, we would love to hear from you!

I hope to see you in person or online at one of our upcoming events. Thank you for your continued support, our Chapter could not do what we do without our generous donors and volunteers!

A handwritten signature in blue ink, appearing to be the initials 'MB' followed by a long horizontal line.



- **Sept TBD: Calgary CCA Special Meeting**
- **Oct 20: Calgary CCA Board Meeting**
- **Nov 16: Celiac 101 Information Session.** Information sessions offered bi-monthly to those newly diagnosed or families learning to live with gluten related disorders. Virtual/Free

Summary of our Upcoming events. Please check our website for more information about each event and to register.

- **Sept 13: Celiac 101 Information Session** Information sessions offered bi-monthly to those newly diagnosed or families learning to live with gluten related disorders. Virtual/Free
- **Sept 15: Calgary CCA Board Meeting**
- **Sept 19: Scotiabank Marathon: Join Us,** Run or walk the distance you choose. Virtual and In-person options available. Support the Calgary Celiac Team!
- **Sept 25: Gluten Free Oktoberfest** Come join us for some Bavarian style foods and enjoy a selection of gluten-free beers and ciders. Ticket includes dinner and one free beverage. \$50 per person. Limited quantity available.

**REGISTER**



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

Donations can be made by mail, phone or on our website at [www.calgaryceliac.ca](http://www.calgaryceliac.ca)

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# Highlights of May Awareness Month

We had a busy month during May Awareness Month! Here are some of the highlights:



## Local Business Discounts



The Calgary Celiac Local Business campaign included 13 gluten-free businesses that offered discounts to our community during the month of May. We hope that you had a chance to check them out! Thank you to all of our local gluten-free businesses that participated. Arepas Ranch, Avatara Pizza, Cut Cooking, Delissitude, Heathen's Brewing, Heaven Restaurant & Bar, Lakeview Bakery, Mestizo, Miss P's Gluten Free, Nourish Kitchen & Bakery, The Keto Cache, The Village Flatbread Co & WholeLifeGo

## Kids Coloring Contest—Avatara Pizza Party

We had a great deal of engagement with our Calgary Celiac Kids during the month. Twenty five kids completed the coloring contest for a chance to win an Avatara pizza party. Some fun artwork will be shared later in the Newsletter. Here is the winning entry that was randomly selected. Artist: Amrit. Thank you to Avatara Pizza for donating the Pizza Party gift certificate.



## Shine the Light on Celiac Contest

The National CCA, Shine the Light on Celiac disease initiative inspired our social media contest and we had some great engagement and inspiring messages from the Calgary Celiac community. Two prizes were awarded to our community members who shared their positive messages on their Celiac diagnoses. We hope you had a chance to share your thoughts and get out to see the Calgary Tower illuminated green for Celiac Awareness day.

\*Photo Credits: JoAnne Murray

## Calgary Celiac Donates 1500 lbs Gluten Free Food

The biggest success of Calgary Celiac May Awareness Month was the contributions our community made to the Calgary Food Bank. A huge Thank you to everyone who ventured out during the height of restrictions to drop off food at our Food Drive at Heritage Park. We were able to collect 250 lbs of gluten free food for the Calgary Food Bank from your donations. In addition to the matched donation that Calgary Celiac made together with Splendor Garden of 1320 lbs of Gluten-free oats, the total contribution of gluten-free food for the month of May was over 1500 lbs!

Thank you everyone who participated in our May Awareness activities.

Together we can accomplish great things!



## Lace up your sneakers and join us for the Scotiabank Marathon

The Calgary Celiac Association board and staff are participating in the **Good Life 5k Walk/Run** and we have a few Celiac kids participating in the **1K Kids Marathon**. You can choose any distance, in-person or Virtual event.

As a paid registrant you will receive lots of goodies from Scotiabank, such as a run t-shirt, number bib, medal, certificate and prize entries.

All of our fundraisers (+\$50) will receive an additional CCA T-shirt and run swag from local GF businesses.

*All fundraising goes directly to our charity and helps us to provide local programming, administrative & peer support, research and events.*

### Ways to Participate:

1. **Join our Team:** [REGISTER HERE](#) \*select Calgary Celiac Association as your team
2. **Donate to our Team:** [DONATE HERE](#)
3. **Cheer on our Team:** We will have a cheer tent set up on 6th Street (across from Fort Calgary) from 9am—2pm. Come out to cheer on our racers and enjoy some Gluten free goodies, enter prize give-aways or purchase your very own CCA Tshirt. We would love to see our community come out to support our runners and Calgary Celiac.
4. **Volunteer:** if you would like to volunteer to help run our cheer tent, please contact [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca)
5. **Sponsorship:** If you are a local business and would like to participate in this event by donating prizes, coupons or run swag, please contact [admin@calgaryceliac.ca](mailto:admin@calgaryceliac.ca)

**GO TEAM!**

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# Celiac 101 Information Sessions

The Calgary Celiac Association offers bi-monthly Information Sessions to those seeking information about Celiac Disease and gluten related disorders.

Currently offered **VIRTUALLY over Zoom**, the session is **FREE** but we ask that you pre-register so that we can plan accordingly.

Visit our website at [www.calgaryceliac.ca](http://www.calgaryceliac.ca) to register.



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- 1 pkg. Namaste Foods Spice Cake Mix
- 3 eggs
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- Two - 11 oz. cans mandarin oranges in juice or water

Preheat oven to 350° F. Lightly spray 9" x 13" pan with non-stick spray.

Pour juice from oranges into a 3/4 cup measuring cup. (If the oranges are packed in water or simply if you prefer, use orange juice instead.) Combine cake mix, eggs, oil and juice in large mixing bowl. Beat with electric mixer or by hand until blended well. Fold in mandarin orange slices.

Pour batter into prepared pan and bake for approximately 45 minutes, or until toothpick inserted into center comes out clean.

For Fun: Top with cream cheese frosting and candied orange slices for a special occasion!

*Enjoy!*



# Why Does It Take So Long To Heal?

By JoAnne Murray,

Active Member of the Calgary Chapter for over 20yrs

## Why Does It Take So Long To Heal?

Once again, there is a question that makes its way into the CCA Facebook posts with regularity. These are the posts that ask WHY, after being gluten free for 3 days, or three weeks or three months, that the person posting isn't feeling miraculously better. I'm going to take a look at what happens, on average, before diagnosis and after diagnosis when the gluten free diet is introduced.

The human body is a remarkable collection of organs and systems. Each organ and system has a specialized role in the body but is also required to work effectively with other systems to keep everything operating at an optimal level. And then celiac disease enters the picture, bringing with it chaos and dysfunction. It not only impacts the digestive system, but also reaches out to impact almost every other system as well. Whether the body is working optimally or adaptively because of disease, it does its utmost to maintain balance. The adaptive processes gradually take over and the level of imbalance in the systems is reflected in ever-increasing health issues.

Celiac Disease is primarily a digestive disease. Although the intestinal damage is measured in the first few inches of the small intestine, it impacts every part of the digestive system, directly or indirectly and in turn, every part of the body.

When celiac disease first develops, many people, and especially in children, note changes to their teeth with increased dental caries, and in young children, poor development of permanent teeth. My dental care providers have indicated that some medical conditions can create changes in the saliva that can contribute to weakening of the enamel and the occurrence of other oral conditions (canker sores are mentioned often).

Also with the development of celiac disease, many people will notice changes in the results of their annual blood tests, with elevations in liver enzymes being amidst the most common. There may be some significant changes in bowel habits (constipation and/or diarrhoea), urine output, mental alertness, anxiety levels and other

of the ~200 symptoms that have now been recognized as characteristic for many with undiagnosed celiac disease. These increasing symptoms eventually lead to a celiac disease diagnosis for many of us.

Even though you may have been eating a nutrient rich diet prior to the diagnosis of celiac disease, the absorption of these nutrients may be increasingly impaired, contributing to disruption of the function of the organs and systems that are dependent on these nutrients. Add to this that the occurrence of intestinal damage is patchy throughout the gut, and the specific nutrients necessary to the function of specific systems can be further impaired by gut damage in the areas where these nutrients are absorbed. One of the most common to occur is low iron levels which contributes to loss of energy (oxygen isn't as easily transported to the organs and systems).

And then you get the diagnosis. It's Celiac Disease. There is no prescription medication or surgical procedure to fix it. It's on all on us to change our eating habits and determine if supplements will be helpful in restoring our injured gut. Your physician may request some specific lab tests to determine the indicators of gut healing as deficiencies begin to normalize and inflammation markers decrease.

*The questions continue. After all, we are a society of instant gratification. Why does it take so long?*

When gluten is removed from the diet of someone newly diagnosed with celiac disease, the healing begins almost immediately. First the inflammation has to subside, and this is coupled with active healing of the damaged tissues. The body also moves in the direction of normalizing the secretions that aid in digesting the foods and the healing of the gut lining makes it possible to better absorb nutrients. This takes time. It took time to create the damage. It takes time to heal it. And with every change in the digestive system, the flow of every secretion must adjust to accommodate these changes.

When you consider the number of secretions that are involved in digesting food into accessible nutrients, it is no small wonder why it takes many months for most people to feel really better. And when you consider the interdependence of these secretions in regulating body functions, even a tiny change in one will significantly impact all the others.

It is for these reasons that your physician and dietitian will encourage you to adopt a basic whole foods diet to support optimal healing. Whole foods, by their very nature, provide more easily accessible nutrients and create a steady demand for digestive secretions without the spikes in secretions that are common with foods that have a high sugar, fat or refined carbohydrate content. Whole foods also provide better sources of soluble and insoluble fibre that help to keep the absorption better balanced. It's not just a matter of swapping out gluten containing foods with gluten free food substitutes. It's tremendously important to feed your digestive system healthy whole foods that are provided by nature as rich sources of the building blocks of energy and nutrition. If any of your lab results are out of range, your body is working harder than necessary in an attempt to stay in balance with its operating systems.

**So, what are some of the indicators that healing is taking place? It can be reflected in a variety of ways.** I'm drawing on some of my own experiences, and those that others have described, as food for thought as you experience your own journey of healing.

The first thing that I noticed when I went gluten free was that almost immediately I stopped talking in my sleep. Whatever deficiency that led to my sleep talking was evidently one of the earliest to correct as my gut began to heal. The quality of my saliva changed dramatically as noted by my dentist, and with it, the number of new cavities reduced substantially within months. By six months in with the GFD, my haemoglobin had increased remarkably and with it my energy levels. I developed a better tolerance of fat containing foods (though to this day, I still have to be careful not to overdo the amount of fat content in my diet).

Others have commented to me about some of the clues for them of healing. One friend discovered that she was highly allergic to a medication that, until the healing began, had not been absorbed to cause the allergic response. Another commented that she had to have her thyroid medications reduced as the increased absorption with healing created an overdose situation for her.

Another commented that after years of infertility as a couple with no apparent cause, they suddenly and unexpectedly, found themselves pregnant after he had been diagnosed with CD for about two years. Another, once diagnosed, discovered that the elevated liver enzymes that had been a concern for more than a decade, gradually normalized over the next 6 years. These are some of the unexpected outcomes that came as benefits over time and that time is very much a part of the healing process.

With some of the more common and expected outcomes, many comment that they find that their bowel habits normalize in a matter of weeks, and for the lucky few, over just a few days. Others talk of long term joint aches and pain subsiding over a period of months. Brain fog and other neurological symptoms can disappear quickly or over time, though many find that these symptoms only reduce, making them easier to manage. For some, depression remarkably goes away as the gut heals and can once again produce more normal amounts of serotonin.

So back to the original question, why does it take so long to heal, there are comparisons to put things in perspective. If you break your forearm as an adult, it will take about three months before your physician will declare it sufficiently healed to begin physiotherapy to regain your former strength and use of it. And sometimes, the strength may never be fully restored. If you quit smoking as an adult, the heart rate usually normalizes within 30 minutes, lung tissue begins to regenerate about three months in and after 10 years the risk of lung cancer is cut in half. In both these situations, natural healing takes place over the course of time.

**Be patient with your healing.** Eat whole foods to support optimal healing. And then do all the other things that are known to keep our bodies healthy, including exercise, sufficient sleep, engaging in pleasant activities, spending time with family and friends. And don't forget to drink water. Many of us replace water with sugary beverages as a source of instant energy when we are at our lowest point prior to diagnosis. Water is still the best source of fluids for healing our bodies and maintaining health.

Happy and successful healing, everyone.



## News from Lethbridge

It has been a pretty quiet year here in Lethbridge. On March 23<sup>rd</sup> we did manage to organize the 12<sup>th</sup> Annual Gluten and Dairy-free dinner for take-out instead of dine-in, from the Lethbridge Garden Court Restaurant. We were happy that we were able to continue the tradition in some way, despite the pandemic. Forty-three 3-course dinners were enjoyed by the community. Most importantly, students had practice at making gluten and dairy-free dishes and will be able to take this out into the restaurants and community. Thanks go to Chef Stephen, Amara, Mark and students.



The following was the menu, and perhaps it will inspire you to make some of this wonderful meal at home:

- Orange and Beet Spinach Salad, Candied Nuts, Pickled Onion & Raspberry Vinaigrette
- Roasted Chicken Luxembourg, Braised Fennel & Tomatoes, Crispy Smashed Gremolata Potato, Broccolini
- Salted Dark Chocolate & Fig Tart, Whipped Coconut Cream, Candied Ginger and Macerated Berries.

Even though meetings have stopped, I am still available for support whether it be over the phone, e-mail or safely visiting a grocery store.

Be well,  
Karen Toohey  
Lethbridge Celiac Peer Counsellor  
e-mail: [gettoo@telusplanet.net](mailto:gettoo@telusplanet.net)



## 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](mailto:admin@calgaryceliac.ca)

# Inspiration for Chocolate Cake—The United Nations?

Submitted by Judy G

Moments Desserts made in Calgary, by Judy G Foods, was a product line that originated on a world stage. The United Nations is known to deploy peacekeeping troops and carry out special political missions, so understandably, few would suspect their mandate to encompass the creation of a chocolate cake - but it did!

The 68th United Nations General Assembly declared 2016 the 'International Year of the Pulse'. Pulses are dried seeds including chickpeas, lentils, soybeans, fava beans and peas; that are high in nutrition and a foundation to sustainable agriculture. When soil is fertilized with nitrogen in the form of manure, fertilizer, or crop residue, soil micro-organisms convert some of the nitrogen into nitrous oxide, a powerful greenhouse gas. Nitrous oxide is 300 times more potent than carbon dioxide (CO<sub>2</sub>) and represents around 46% of the greenhouse gas emissions from global agriculture. Fortunately, pulse crops naturally fix nitrogen with a lower carbon footprint.

The UN Declaration to promote harvesting healthy and sustainable pulse crops, created a unique opportunity to encourage connections throughout the food agri-value chain. This led to an increase in the global production of pulses and better utilization of the crops around the world, including in

Alberta. The Alberta Pulse Growers Commission supported the research and development of a fava flour Dark Chocolate Velvet Cake, for which Judy G Foods became the commercializing partner. "The timing was kismet." said Judy Goodzeck, of Judy G Foods. "When I was approached, I was immersed in superfood education and was interested in the health and agricultural benefits of pulse crops! Pulses are gaining recognition, especially among people who are conscientious-eaters and want to support environmentally sustainable crops. Pulses are a hardy plant, naturally enrich the soil, high in protein and low-allergen. They are a natural fit to bring a nutritious twist to an indulgent food."

Judy G Foods collaborated with the NAIT Centre for Culinary Innovation and the Alberta Food Processing Development Centre (FPDC). Troy Sturzenegger, a food scientist at the FPDC noted, "Fava is commercially available, has a nice flavour, as well as adding texture and structure to the final product. We just had to find the optimum amount to positively affect the cake's texture. I'm pleased the four different cakes, including superfoods, were derived from the original chocolate cake recipe. The cakes are special in that they are manufactured without Canadian priority allergens. They are vegan and taste great!"

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

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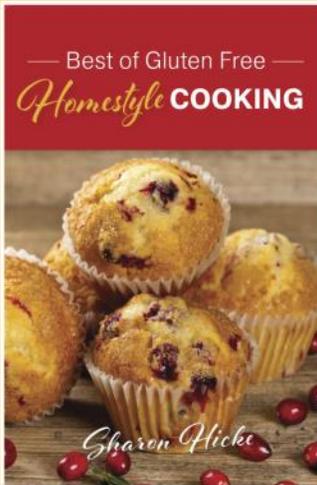
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## Calling all volunteers:

The Calgary Celiac Association is a volunteer run organization and we rely on our community for everything we do.

Volunteering with us is a great way to give back and have a positive impact on other people affected by celiac disease and other gluten related disorders. It also gives you an opportunity to meet other members and make friends in the gluten free community in Calgary. There are a wide range of both in person or virtual opportunities depending on your time availability, interest and skills.



Here is a list of some current volunteer opportunities. If you have other ideas about how you could help make our Chapter great, please contact us, we would be happy to chat! Email [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca) or phone the office Tue & Thurs (403) 237-0304.

### Board of Directors

- We are currently seeking a diverse range of individuals to join our Board of Directors. Our Board meets monthly and board members have the ability to lead or participate in committees and contribute to our chapter initiatives outside of our meetings.

### Committee Work

- Our committees are the backbone of our organization. From hosting our amazing events to educating newly diagnosed individuals our committees make a difference to people with celiac disease and gluten related disorder. Our existing committees include: Education, Events, Social Media and Governance and we would love to establish a Seniors committee focused on supporting the needs of seniors in our community.

### Events

- We always need extra help behind the scenes or on the front lines when we are hosting events. You could find yourself mixing pancake batter at our Stampede breakfast, working at a casino, leading a craft activity at our Christmas party or handing out gluten free muffins to participants at our Scotiabank Charity walk/run.

### Other

- There are other ways that you can get involved on a regular basis or one time. Some of those opportunities might include helping with our website and technology needs, content submissions to our quarterly newsletter or in a peer support capacity.

We would love to meet you and have you join the Calgary Celiac team.

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## RECYCLING MADE EASY

### We've partnered with SkipTheDepot!

#### What is SkipTheDepot?

A door-to-door bottle collection service that makes recycling and fundraising easier than 1,2,3

1. Download the app and book a pickup using :  
<https://app.skipthedepot.com/calgaryceliacassociation>
2. Refundables are Picked up by SkipTheDepot Team
3. Donate your bottles to us and receive a Tax Receipt \*



\*tax receipts will be issued in January for the total donations made throughout the year

Spread the word by sharing our SkipTheDepot posts on social media!



Date: September 25th  
 Time: 6:00—10:00 pm  
 Location: Heritage Park,  
 Millarville Ranchers Hall  
 Tickets: \$50 per person  
 \*limited tickets sold  
 \*adults only

[Purchase Tickets](#)

#gfoktoberfestyyc

Willkommen!

Join us **September 25th** for Gluten-free Oktoberfest at the historic Millarville Ranchers Hall at Heritage Park.

Your \$50 ticket includes one free drink, a Bavarian-style buffet, Bratwurst on a gluten free bun, sides, and dessert. Additional drink tickets can be purchased on-site. For each ticket purchased you will be automatically entered into a draw for door prizes. Costumes welcome though by no means required. Tickets are limited. We can't wait to see you!

A cash bar will be available with GF beer, cider, and wine, as well as complimentary non-alcoholic drinks.

### Menu

- Grilled Valbella Bratwurst sausage on a gluten free bun (bun contains dairy) and condiments
- Fennel coleslaw with champagne vinaigrette
- German potato salad (contains eggs)
- Selection of fruit and gluten free apple streusel
- Homemade beer nuts
- Locally roasted coffee and tea selection

Thank you to our Sponsors:



# Tips for people with Celiac disease & hospital care

Submitted by Alberta Health Services

When admitted to hospital or receiving food in Emergency, make sure to notify your nurse or Physician that you have celiac disease and require a gluten-free diet. By doing this, Patient Food Services will completely remove any gluten containing foods from your meal.



All items on the provincial patient menu(s) are checked for the presence of gluten by Nutrition and Food Services' Menu Management team. Foods with precautionary allergen statements relating to any ingredient indicating the possible presence of gluten will not be included in the gluten-free diet.

Special care is taken to ensure no cross contamination with gluten containing products. There are separate toasters, knives, cutting boards and colanders/ strainers for gluten free products and are properly cleaned and sanitized.

When you receive your meal, there will be tray ticket included that shows the gluten-free diet order and a list of the foods included. Double check the tray ticket to ensure the correct diet order is listed (circled in red on the sample tray ticket). Sometimes the tray ticket will list gluten as an allergy. This is an alternate way our system uses to remove gluten containing foods from your meal.

If you do happen to find a gluten containing food on your meal tray, be sure to notify your nurse or dietitian. They will be able to submit a patient safety incident report that will help Patient Food Services investigate where the error occurred and will help prevent future hazards from happening.

In addition, a dietitian can bring you a gluten-free write in list. A write in list provides a list of additional foods you request by writing them on your menu. Menus are provided a day ahead of time. Ask for a dietitian consult if you would like this write-in list.

You are also welcome to bring gluten-free food with you that can be kept at your bedside. Protein snacks are often suggested to supplement your gluten-free hospital food.

Foothills Medical Centre 4/23/2021 14:44

Please do not discard dishes into garbage

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1	Svg	Chicken Breast/Gravy**
1	120ml	Asian Vegetable Blend**
1	120ml*	Steamed Rice**
1	Each	Tropical Fruit Cup**
1	Each	Milkette 2%**
1	180ml	Tea**
1	Each	Pepper**
1	Each	Sugar**

---

GF

Supper  
Fri 4/23/2021  
01/10/1960

Gluten Free (SHELF)  
restrest06 SHELF

# Board / Membership Announcements:

There were some important changes that happened at the National level regarding memberships last year which necessitated a review of the Calgary Chapter Bylaws and membership policy. Save the date and watch for information regarding a Special Meeting on September 29th to ratify some important governance changes.

Make sure your 2021 Membership is renewed if you would like to participate in these important changes to the Calgary Chapter governance. Notice of the Special Meeting and Annual General Meeting will be emailed to all active 2021 Members.

Don't delay, get your membership today.



Purchase a Membership to the Calgary Chapter of the Canadian Celiac Association. Your membership gives you voting rights and a voice in the Calgary Celiac community. Fee \$10

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

I have enclosed a cheque, or

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Memberships can be purchased online, by mail, or by phone :

(403) 237-0304

(Tues & Thurs)

**Purchase On-line**

Print and Mail to:  
Calgary Celiac Association  
Suite 9A,  
4500—5th Street NE,  
Calgary, Alberta  
T2E 7C3



## **RESEARCH REPORT**

### *Probiotics & Celiac Disease “Autoimmunity” in Alberta*

*James King, MSc*

Many trials for certain drugs and supplements for the treatment of celiac disease are ongoing in their search for a non-dietary approach to help reduce damage to the small intestine. While the pandemic has put some of these on hold, there is reason for optimism as some treatments are showing a reduction in symptoms for those with celiac disease. As the wait for a therapeutic breakthrough specifically designed for celiac disease continues, there are alternative approaches that might complement the gluten-free diet. Probiotics are a product that are available over the counter in various forms, but their use is potentially applicable to a variety of different health needs. Therefore, their relevance in the context of celiac disease is worth consideration.

#### **Probiotic Use for Celiac Disease – What is the Evidence?**

A recent study demonstrated that approximately one-third of adults with celiac disease take a probiotic supplement.<sup>1</sup> It should be noted that this was on a volunteer-based survey, and so there may have been an overestimation in the proportion of those who take probiotics (individuals who participate in types of surveys or studies may feel more affected by a particular health condition and therefore more likely to try different health products). Another key finding from this study was that individuals who still experienced symptoms despite following a gluten-free diet were twice as likely to take probiotics than those with symptom resolution. These results demonstrate that a notable amount of people with celiac disease are seeking out additional treatment to aid in their management of symptoms and/or gastrointestinal health.

But, what does the evidence suggest about taking them if you have celiac disease? A recent systematic review that examined 6 randomized controlled trials found that there may be some benefit in reducing symptoms; however, the evidence is limited and the authors caution that further high quality randomized controlled trials are necessary to confirm this.<sup>2</sup> Furthermore, they note that the specific species of bacteria, the timing of the consumption, and the quantity taken are still unclear if it is to be of benefit. Outside of the current literature, it may still be worth discussing with your family physician or gastroenterologist for additional insight into the use of probiotics.





## **Incidence of “Celiac Disease Autoimmunity” in Alberta**

I recently had the opportunity to present some local research (virtually) at Digestive Disease Week<sup>®</sup> earlier this spring.<sup>3</sup> This study is currently ongoing, but we had put together some preliminary findings that examined how frequently celiac disease is being tested for in Alberta based on the tissue transglutaminase IgA (tTg-IgA) and how many people have had their first positive test (celiac disease autoimmunity). Between 2013 and 2019, a little over 600,000 people in Alberta had been tested for celiac disease at least once. This equates to about 24 people for every 1,000 being tested at least once every year, as there were no major changes in the number of people tested throughout the years. Almost 16,000 individuals in the province had at least one positive test during this time period (2-3% of all tested). Notably, females were more likely to be tested than men, and those living in urban areas were more likely to be tested than those in rural.

In terms of incident celiac disease autoimmunity, a little over 7,000 people between 2016 and 2019 were positive for tTG-IgA for the first time. This corresponds to an incidence rate of about 42 people per 100,000 each year. This rate did not dramatically change over the 4-year period, although similar to other research on celiac disease incidence, rates were higher in children compared to adults and females compared to males, respectively. Rates also varied in regard to location: urban areas had higher incidence rates compared to rural, consistent with rates being highest in the cities of Calgary and Edmonton compared to other health regions in the province.

These results may also highlight a relationship between testing patterns and the rate of celiac disease autoimmunity. The higher incidence rates of celiac disease autoimmunity in certain groups (e.g., those in urban settings) compared to others may partly reflect higher testing rates in those same groups as opposed to an actual higher occurrence of celiac disease. Higher testing rates in certain groups are likely related to a variety of factors including higher risk for developing celiac disease, access to health care, or increased awareness of celiac disease in specific regions.

While indeed most studies exploring this topic have restricted to biopsy-confirmed diagnoses, a recent study from Israel explored the same outcome as here in Alberta. Their findings showed that the rate of celiac disease autoimmunity (tTG-IgA positivity) increased from 25 to 52 per 100,000 between 2007 and 2015.<sup>5</sup> While this time period is earlier than what we studied in Alberta, it is interesting to note that the overall rate in Israel (37 per 100,000) did not drastically differ from what was seen in Alberta (42 per 100,000). Additionally, they noted that the increase in incidence was solely attributed to an increase in celiac disease autoimmunity among children (rates were stable among adults across the study period).





These findings offer new insight into how frequently celiac disease is tested for in the province as well as potential gaps in positive tTG-IgA rates versus diagnosed celiac disease. For example, a study from Calgary reported an incidence rate of celiac disease to be about 14 per 100,000 in 2008.<sup>4</sup> While we have not yet determined how many of these 7000 or so individuals went on to get diagnosed based on biopsy-confirmation, this will be an important next step in the research to compare to this earlier finding from 2008. Stay tuned to a future edition of the newsletter for some additional findings on this research in Alberta!

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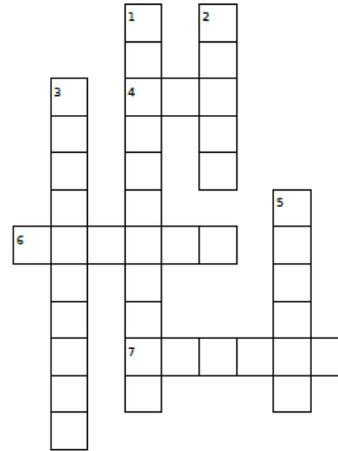
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# Kids News

- **Scotiabank Kids Marathon!** Did you know there is a Kids 1K run hosted by Scotiabank Marathon? If you would like to participate and Join the Calgary Celiac Team. See the run page above.
- **Kids Meetups** are on hold until we can have them safely in person again. We are seeking a volunteer to bring these back to life with the mentorship of Cinde Little.
- **Kids camp** re-negotiations are happening soon. Once the dates are secured for 2022, we will let you know in the newsletter and on our website.
- **Kids Events:** Christmas party plans are awaiting what will be happening in the world with back to school and current health restrictions. Watch for news on upcoming kids activities on our social media and website.

## Celiac Kids Puzzle



**Down:**

1. How to know a product is safe.
2. A grain containing gluten
3. The special diet to keep me safe.
5. A grain containing gluten

**Across:**

4. the R in BROW
6. Name the Disease where you can not eat Gluten.
7. What I must not eat!



Answer Key:  
 Down : 1. CertifiedGF 2.Wheat 3. GlutenFree 5. Barley  
 Across. 4. Rye 6. Celiac 7. Gluten

# Fire Roasted Tomato, Beef and Chipotle Chili

*Submitted by Lisa Cerato\**

\* as Modified from Rachael Ray – 30 min Get Real meals



6 servings

## Ingredients

- 6 slices Applewood smoked bacon (or black pepper bacon)
- 1 tablespoon vegetable oil (once around the pot)
- 2 pounds of ground sirloin (or lean ground beef)
- 2 tablespoons of montreal steak spice
- 4 garlic cloves chopped
- 1 medium to large yellow onion, finely chopped
- 1 red bell pepper, chopped
- 1/4 can small chipotle chilies in adobo sauce, finely chopped (1/3 if you like it spicier)
- 1 - 28 ounce can of mixed beans
- 1 - 28 ounce can of fire roasted tomatoes
- 6 ounces of gluten free dark beer
- 1 cup smoked white or Applewood cheddar, shredded

## Directions

Heat a medium pot over medium heat. Chop the bacon into 1 inch pieces. Add vegetable oil to the hot pot with the bacon. Brown bacon until crisp and reserve on a plate lined with paper towels. To the bacon renderings and oil add the meat and break up with the back of a wooden spoon. Season the meat with grill seasoning. Let the meat brown for 3 minutes, then add the garlic,  $\frac{3}{4}$  of the onions, bell pepper, and the chopped chipotle in sauce. The remaining raw chopped onions are for topping the chili.

Cook the meat and onions together for 5 to 6 minutes, then deglaze the pan with the beer. Add the mixed beans and fire roasted tomatoes and stir them in to combine. Simmer the chili for about 20 minutes over low heat. Top the bowls of chili with cheese, bacon and finely chopped raw onion.

Add your favorite gluten free corn chip (mine is the multigrain tortilla chip from Costco called Food Should Taste Good), use your tortilla chips as a spoon for the chili and you're all set!

# KinniTOOS® Birthday Ice Cream Cake

*A decadent dessert that will have everyone coming back for seconds... and thirds! Recipe created by Chef Lori Grein*



## Ingredients:

1½ packages Kinnikinnick Birthday KinniTOOS® - reserve ½ package (330 g)  
½ cup Kinnikinnick Chocolate Cookie Crumbs (68 g)  
1 tbsp butter (15 g)  
4 cups vanilla ice cream (500 g)  
3 tbsp confetti sprinkles (gluten-free) (45 g)  
Optional: whipping cream and confetti sprinkles for decorating

## Directions:

### Cookie Base

Using a pastry knife or your hands, combine **Kinnikinnick Chocolate Cookie Crumbs** and butter together. Set aside. Line a 6 inch cake pan with a removable bottom or use a springform pan. Use parchment paper to line bottom and sides. Press crumb mixture in bottom of cake pan. Set aside.

## Assembly

In a mixing bowl combine confetti sprinkles and vanilla ice cream mix just until combined. Divide ice cream into three portions. Spread the first portion evenly over cookie crumb base. Place a single layer of **Kinnikinnick Birthday KinniTOOS®** on top of ice cream layer. Spread a second layer of ice cream on top of cookies. Line a second single layer of **Kinnikinnick Birthday KinniTOOS®** on top of ice cream layer (to help with slicing line up cookies above first layer of cookies). Finish with the remaining ice cream and spread evenly. Freeze for 4 hours. To remove cake from pan. Warm the outside of the cake pan with a kitchen torch or hot towel. Carefully lift out ice cream cake by pushing up from bottom of a removable bottom or undo sides of springform pan. Place KinniTOOS® Birthday Ice Cream Cake on a serving tray. Decorate with optional whipping cream and additional Kinnikinnick Birthday KinniTOOS®. Return to freezer until ready to serve,

*The finished ice cream cake is 3 inches high.*

# Orange & Chocolate Chip Muffins

*Submitted by J Godsmann*



## Ingredients:

½ cup butter

1 cup sugar

Peel of 2 oranges, grated

2 large eggs

½ cup sour cream

½ cup fresh squeezed orange juice

1 teaspoon baking powder

½ teaspoon baking soda

2 cups Gluten-Free flour blend

½ cup chocolate chips (Mini)

\*Tip... A great way to use up mandarin oranges that are past their prime. Just throw 2 small oranges in blender, blend, remove any large pieces and substitute into recipe for orange juice and peel.

## Instructions:

1. Beat butter and sugar until creamy.
2. Add orange peel, eggs, sour cream and orange juice.
3. Mix all dry ingredients and fold lightly into batter.
4. Fill paper lined muffin tins.

Bake at 400° for 12-15 minutes.

These freeze well.

Wrap individually for a perfect snack for back to school lunches.

# Crispy Lemon Baked Salmon

*Submitted by M Bruce*



*From Marcia:*

*I love this salmon recipe because it is healthy, easy to make and my whole family loves it. If you don't have lemon powder, you can use lemon juice. I just like the powder because it soaks in nicely and makes every bite lemony.*

## **Instructions:**

1. Preheat oven to 450 F or 230 C.
2. Generously sprinkle TRUE lemon powder and coarse sea salt on the salmon.
3. Turn the oven to broil at 450 F and bake the salmon until done (15—20 minutes) depending on thickness.
4. Enjoy! Delicious, healthy and gluten-free!

## 2020 - 2023 BOARD OF DIRECTORS & KEY CONTACTS

*Please Note: To contact the individuals listed below, email: [info@calgaryceliac.ca](mailto:info@calgaryceliac.ca)*

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### Secretary

Stacey Hilscher

### Lethbridge

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Brooke Barrett

Tracy McMillan

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Meg Furler

### 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 Godsman**

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