



CALGARY CELIAC **NEWS**

Summer 2024



Annual General Meeting

Staff Recruitment

Oktoberfest is Coming!

WHAT'S INSIDE:

OUR TEAM:

Message from President	3
Upcoming Events	4
Stampede Breakfast, Sold Out Success	5
We are Hiring! Open contract positions	9
Navigating Gluten Free —By Marney Yip	11
Guided Grocery Tour & Label Reading —Oct. 8 at Community Natural Foods	13
New Dedicated Gluten Free Restaurant, —Tre Vietnamese, By Emily Halliday	14
Oktoberfest Announcement —Oct.9 at The Park Kitchen & Bar	16
Annual General Meeting —Oct.16 Virtual over Zoom	17
Research News from Celiac Canada	18
Research Participation Request —Dr Diana Mager, Conquer Team	19
Calgary Celiac Diagnosis Stories —By Isabella West	20
Viral Tik Tok—Gluten Free Recipes	22

President

Lisa Cerato
president@calgaryceliac.ca

Past President

Marcia Bruce

Vice President

Christy-Lynn Jenkins

Treasurer

Brooke Barrett

Secretary

Rachael Tweedy

Members at Large

Kristin Stringer
Lisa Park
Dana Hagg
Daphne Nakhid

Office Admin & Newsletter

Joanne Godsman: admin@calgaryceliac.ca

Event Coordinator

Emily Halliday: events@calgaryceliac.ca

Bookkeeper

Courtney Brown: books@calgaryceliac.ca

CALGARY CELIAC OFFICE

403-237-0304

Hours: Tuesday and Thursday

10:00 am to 3:00 pm

Visitors by Appointment Only

info@calgaryceliac.ca

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MESSAGE FROM THE PRESIDENT

Fall Rising

Welcome to August, summer's curtain call. Our one last chance to take in every last warm ray of sunshine. Soon enough, the cooler days of fall will be catching up to us.

On a personal note, summer has been an extremely busy time for me, relocating to a smaller town and planning for an upcoming trip to Europe. While taking in the art, scenery and architectural marvels of Scotland and Italy, I plan to enjoy delicious food, scotch and wine and find many quaint places to dine gluten free alfresco.

In this issue, check out our Stampede breakfast write up and photos. I am delighted that we have so many passionate, committed volunteers eager to continue to make our Calgary Chapter even more successful! Past and current newsletters have detailed how excited we are to have higher turnouts at our events. We truly appreciate the support and hope to see our membership and engagement improve over the next year.

I am so grateful to have been elected to the role of President for the 2022-2024 term and have very much enjoyed serving the association for the past 4 years. I look forward to transitioning to the past president role while continuing to support and mentor new board members. It may soon be fall, but we are rising and there are exciting things happening at the CCA in the coming months: Oktoberfest at The Park, our Annual General Meeting, Staff Recruitment, and the Holiday Zoolights event.

I'm pleased to announce that there will be an upcoming recruitment opportunity for the Calgary chapter this fall. As we prepare to publish this newsletter, we are developing details for the positions of charity administrator and events coordinator. Both roles are contract positions with the CCA and an integral part of our success, please stay tuned for upcoming details on our website and social media. Our chapter believes in continual growth, and it's clear the values and hard work that Joanne and Emily have contributed to the rapid expansion of our growing chapter and have set the bar high. We are seeking enthusiastic and dedicated board of director applicants to join our chapter. We have a great team of board members and I know I'll be well supported through this inaugural term.

Whatever lies ahead, our mission here at CCA continues: To be the primary support and advocate for Southern Albertans with celiac disease and gluten-related disorders. We will rise above and together and create a future in which we can eat without fear and live life to the fullest.

In good health,

Lisa



<p>SEP 10 @ 7:00 pm</p> <p>Celiac 101 Information Session</p> <p>Virtual over Zoom</p> <p>These sessions are FREE and open to anyone who would like to learn more about Celiac Disease. This is a valuable session for anyone newly diagnosed and their family members to learn how to safely navigate the Gluten Free diet. Short presentation followed by open Q&A discussion.</p>	<p>Oct 8 @ 6:00 pm</p> <p>Grocery Store Tour</p> <p>Community Natural Foods—Chinook</p> <p>Presenters will provide valuable insights into celiac disease and living gluten-free through an informative presentation. Afterwards, there will be a guided tour of the grocery store, helping attendees navigate food choices with confidence.</p>
<p>Wed, Oct 9 @ 6:00 pm</p> <p>Gluten Free Oktoberfest</p> <p>The Park Restaurant & Bar</p> <p>Celebrate Oktoberfest with a delicious gluten free buffet at The Park Kitchen and Bar (Quarry Park location). Glutenberg will be at the event offering free samples of their beers. There will be Harvest Bratwurst and Miss Ps gluten free perogies to enjoy together with some Bavarian themed prizes.</p>	<p>Sat, OCT 12 @ 10-3</p> <p>Lokal—Gluten Free Market</p> <p>Marda Loop Community Hall</p> <p>Calgary Celiac will be attending the Gluten Free Market hosted by Embrace Lokal. Our volunteers will be sharing resources and information about Celiac. Stop by and say hello and support some great local gluten free businesses !!</p>
<p>Wed, OCT 16 @ 7:00 pm</p> <p>Annual General Meeting</p> <p>Virtual over Zoom</p> <p>Join us virtually for the Calgary Celiac Association Annual General Meeting. Members and public are welcome to attend. Register on the Calgary Celiac website to receive Zoom Link. To be eligible to vote, a valid membership is required.</p>	<p>Wed, Dec 11</p> <p>Family Holiday Party</p> <p>Calgary Zoo—Enmax Conservatory</p> <p>Save the date for the Calgary Celiac Family Holiday Party at the Calgary Zoo. This family friendly event gives you access to the amazing Calgary Zoolights. Warm up at the Enmax conservatory with a private Calgary Celiac gathering that includes gluten free snacks, cookie decorating and a family take home gift bag courtesy of Community Natural Foods.</p>

SOLD-OUT STAMPEDE BREAKFAST A SUCCESS

Wendy T's Gluten Free Stampede Breakfast, hosted by the Calgary Celiac Association, took place on Saturday, July 6 at the Marda Loop Community Hall. This year we served 700 attendees – an increase of 200 people from 2023!



Being a small charity we rely on our volunteers to make our community events a success. We had an amazing 60 volunteers who stepped up this year.



"I'd like to thank all of the volunteers who gave their time to put on such a wonderful event," says Calgary Celiac Association event coordinator Emily Halliday. **"And thanks to all of our sponsors for providing us with delicious gluten free products."**

Attendees enjoyed their Bob's Red Mill pancakes, Spolumbo's sausages and drinks courtesy of Amaranth Wholefood Market's vendors and volunteers.



The event included a few new additions this year:

- Sweet Rice provided 2000 cinnamon sugar Mochi bites for everyone to enjoy
- Amaranth secured a donation of Discovery Organics bananas, Vital Greens yogourt and Good 2 Go blondies to round out the breakfast
- The Stewart family set up a roping station complete with hay bales and a saddle
- There was a kids' station with colouring pages, bubbles, stickers and buttons
- Calgary Stampede's Harry the Horse joined us to greet our community
- Two research companies, Nimble and IGY, set up tables to recruit people for their research



Niteliflife Band returned to our event for the third year in a row. They are great entertainers, and we hope they'll join us again next year!



“Remember to get your tickets early next year,” says Emily. Despite the extra tickets available, the event sold out in just two weeks.



We would also like to extend a special thank you to 4imprint for providing us with a grant that enabled us to order t-shirts for our volunteers. Read more about 4imprint and the charity profile they did on our charity here:

[T-shirts for volunteers help unite celiac group](#)

Read the article featuring Calgary Celiac on 4Imprint.



Wescana Foods' Steelcut Oatmeal



Ingredients:

- 3 cups water
- 1 cup milk of choice
- 1 tablespoon coconut oil or unsalted butter
- 1 cup Wescana Foods Steelcut Oats
- ¼ teaspoon salt
- Fruit or nuts of your choice

Directions:

- In a large saucepan, combine the water and milk. Bring the mixture to a simmer over medium heat. In the meantime, melt the coconut oil (or butter) in a 12-inch skillet over medium heat. Once shimmering, add the oats and cook, stirring occasionally, until golden and fragrant, around 2 minutes. This toasting step greatly enhances the flavor of the oats.
- Stir the oats into the simmering liquid. Reduce the heat to medium-low, adjusting as necessary to maintain a gentle simmer. Cook for about 20 minutes, stirring occasionally, until the mixture is very thick.
- Stir in the salt. Continue to simmer the mixture, stirring occasionally and reducing heat as necessary to prevent scorching on the bottom, until almost all of the liquid is absorbed, about 10 minutes. The oatmeal will be very creamy when it's done.
- Remove from heat and stir in any mix-ins that you'd like. Let the oatmeal rest for 5 minutes before serving so it has more time to thicken up and cool down a palatable temperature.



Shop Wescana Foods:



wescanafoods.com



Wescana.Foods

What the Flour's Vegan and Gluten-Free Blueberry Pancakes



Ingredients:

1/2 cup What The Flour Pancake + Waffle Mix
1 flax egg (2 tbsp ground flax and 2 tbsp water)
1/3 cup milk of choice
Blueberries

Directions:

Spray a pan with non stick spray and set to medium low heat. To a bowl, add the What The Flour Mix and flax egg. Slowly whisk in the milk to reach a thick batter consistency. Add blueberries, and gently fold into batter. Pour into the pan. Cook on each side for 1-3 minutes. Add toppings and enjoy!

Recipe yields roughly 3 pancakes.

Shop What the Flour:



HOMESENSE



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We're Hiring:

 fulfilling non-profit jobs

Do you want to make a difference in the lives of those living with Celiac Disease?

Charity Administrator & Event Coordinator
part-time contracts open this fall/winter.

Visit www.calgaryceliac.ca for
position descriptions & details.

Exciting Opportunity to Join Our Team!

Are you passionate about making a difference? We're thrilled to announce that our charity is seeking dedicated individuals to join our team in part-time, contract positions!

Positions Available:

- Charity Administrator
- Event Coordinator

What We're Looking For:

- Enthusiasm for our cause and commitment to the Calgary Celiac mission
- Relevant experience or skills
- Volunteer and/or charity work experience
- Strong communication and teamwork abilities

Details:

- **Type:** Part-time, contract
- **Hours:** 15-20 per week
- **Location:** flexible in-office & remote
- **Duration:** 1 year contract
- **Application Deadline:** September 25, 2024

How to Apply: Send your resume and a cover letter detailing your interest and qualifications to info@calgaryceliac.ca

Join us in making a tangible impact in our community. We can't wait to welcome you to our team!

For more information & job descriptions, please visit our website www.calgaryceliac.ca

A NOTE FROM OUR CASINO CHAIR

Yee Haw! Greetings everyone. I am writing this during Stampede and the sun is shining.

The May 2024 Casino was a success. Being a Thursday and Friday before the May long weekend, it was pretty quiet until Friday night. Thanks to all the volunteers who make it possible to do these fundraising events. Signup Genius worked brilliantly. So much better than before!! We made a small positive contribution to the pool.

For background, Casinos are still 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. Casino funds allow our charity to provide educational programs, resource materials and community events for the Southern Alberta gluten free community.

The 2024 Gluten Free Pancake Breakfast served up 700+ guests and dozens of volunteers with GF pancakes and sausages. It was a picture-perfect morning, warm, sunny, with a slight breeze. The coffee was hot and the band was fabulous. Big thanks to Emily for putting it all together.

The next CCA Casino will be Q1 2026. The exact date will be known closer to the time. Dana Hagg will be taking over as the new Casino Chair. I'm confident she will be a fabulous coordinator and has been shadowing me this past year. Please give Dana the same outstanding support you have given me.

I'm not going anywhere, and I plan to work a shift or two at future events, Arizona winter getaways notwithstanding.

Ralph B



Ask your local grocer for original Spolumbo's

All meat. No wheat

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NAVIGATING GLUTEN FREE LIVING WITH MARNEY



Hi there!

My name is Marney Yip, and I'm a supervisor at Community Natural Foods' 10th Ave location.

I've been navigating life with celiac disease for 34 years, so I know a thing or

two about the challenges that come with it. I love helping our customers with all their gluten-free baking and cooking needs, and I especially enjoy sharing my own recipes and hearing about your gluten-free journeys, whether it's due to celiac disease, intolerances, or other health reasons.

These days, with so many allergies and intolerances to wheat, gluten, dairy, corn, nuts, and more, planning meals can feel overwhelming. I get it! Just the other day, my daughter was preparing snacks for her daughter's birthday at daycare. Since my granddaughter can't eat tree nuts, my daughter was super careful about what she sent. She remembers growing up with celiac disease and how not everyone was as accommodating back then. She even got a list from the school of other kids' food sensitivities, and the other parents were so grateful for her effort.

With back-to-school season around the corner, I know how challenging packing lunches can be. Here's a tip: try meal prepping with your kids the week before. Let them pick out what they like, but make sure to include a fruit, a protein, a carb, a vegetable, and a little something sweet. While I'm a big fan of cooking from scratch, I know it's not always practical.

Luckily, we've come a long way with prepackaged foods, and here at Community Natural Foods, we have some new items that might just make your life easier!

Here are a few of my top picks to boost your kid's protein intake:

- Our new Laiki seed crackers are packed with fiber and protein.



- We have fabulous tortillas that come in sweet potato and high-protein varieties.
- Our prepacked soups are perfect for making ahead—just add protein, put it in a thermos, and you're good to go!



- Stoked Oats granola is low in sugar, high in fiber, and full of protein—such a great choice!



- We also just got gluten-free Bannock, and trust me, it's fantastic!



I hope these suggestions help make your meal planning a bit easier and more enjoyable.

Remember, I'm always here to help with any questions or tips you need. Just ask for Marney at the 10th Ave store. Let's make this back-to-school season a healthy and delicious one!

Happy cooking and happy eating!

Marney



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No other discounts apply.
Coupon has no cash value.
In store only.

Community
Natural Foods
has over 2,300
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products.

From deli to dairy, we think about everything we put on our shelves. With the largest selection of natural products and highly trained in-store experts, you can feel good knowing you're always getting the very best.

10th Ave Market
1304 10th Ave SW
CGY

Chinook Market
202 61st Ave SW
CGY

Crowfoot Market
850 Crowfoot Crescent NW
CGY

Strathcona Market
7917 104 ST NW
EDM

DO YOU NEED HELP WITH LABEL READING?

Our next Guided Grocery Store Tour will be

Tuesday, October 8th at 6 PM at

Community Natural Foods Chinook Market

202 61 Ave SW, Calgary

This session is tailored for those who are newly diagnosed or caregivers of newly diagnosed individuals.

However, anyone seeking assistance with **label reading** is welcome to attend. Please note that spaces are limited to ensure a personalized experience. Reserve a maximum of two spaces: one for yourself and one for a support person if needed.

Sign up today on www.calgaryceliac.ca.



RESULTS OF GLUTEN FREE FOOD DRIVE

Thank you to everyone who participated in our gluten free food drive that took place in July. We collected over 250 lbs of gluten free food as well as \$250 for the **Calgary Food Bank**.

Remember that you can donate to the Calgary Food Bank any time throughout the year and mark your bags with a “Save-Me-For-Gluten Free” label to make sure your donation goes towards a Celiac safe hamper.



[“Save Me for Gluten Free”](#)
[Download printable PDF here](#)

NEW DEDICATED GLUTEN FREE IN CALGARY

By Emily Halliday

There has been a lot of buzz in the Calgary Celiac Community about TRE Vietnamese Kitchen. It is the first completely gluten-free Vietnamese restaurant in the city. My husband and I had to check it out, and we were so glad that we did! We both enjoyed our Vermicelli noodle bowls, and I ordered a Bubble tea for the first time! I've always hesitated ordering Bubble tea in the past because I wasn't sure if it was safe. What a treat to go to a dedicated restaurant!

The restaurant offers all of the items you would expect to find at a Vietnamese restaurant including Pho, Vermicelli noodle bowls, stir fries and Vietnamese subs. They use toasted Care Bakeries



sandwich buns for the subs. (pictured Lemongrass Chicken sub).

I spoke to Quoc Vu one of the partners in Tre Vietnamese Kitchen about their new restaurant.

Why did you decide to open a dedicated gf restaurant?

My partner Park Li is Celiac, and I am dairy free. We wanted to open a restaurant where we could feel normal!

All of the mains at the restaurant are completely gluten free and dairy free.

Diners can request cheese on their Vietnamese sub, but the standard is dairy free. Some of the appetizers and desserts contain dairy, but everything on the menu is completely gluten free.

Cross contamination is a real problem. We wanted to be really strict to ensure a safe environment. All staff receive training about Celiac disease because it's hard for them to understand unless they've experienced it themselves.

Staff and customers are not permitted to bring gluten-containing foods into the restaurant.

We said if we do it, we have to do it strictly 100 percent gluten free.

Has it been difficult to re-create any of the traditional gluten containing dishes using gluten free ingredients?

Traditional Vietnamese food is 99 percent is naturally gluten free. However, when Vietnamese people arrived in Canada many of the traditional ingredients weren't available. They would often use Chinese sauces which contain gluten as substitutes for traditional ingredients.

We carefully check all ingredients to ensure they are safe.

When did you open?

Just over one month ago - July 9. We've received really good support from the Celiac community since we opened. We've had to hire more staff!



TRE VIETNAMESE—1414 8 STREET SW

I heard that you make your own Hoisin sauce. Why did you decide to make your own?

Hoisin sauce is the hardest product to source and supplies can be unreliable. It is cheaper in some ways to make our own, but paying staff to make it is also expensive.

I noticed that you've added some new items to the menu since I ate at the restaurant. Are you working on any other new items?

We are testing five new items. We're currently testing one new dessert, two new appetizers and two mains. We plan to have new items every quarter.

Is there anything else we should know?

We make everything fresh which is not typical for most Vietnamese restaurants. In fact, we make even our spring rolls fresh every day. We're always trying to learn from others and improve. We really appreciate feedback from our customers.

To learn more about Tre Vietnamese Kitchen, check out their website [TRE Vietnamese Kitchen](https://www.trevietnamesekitchen.com)

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THE PARK - QUARRY PARK

WEDNESDAY, OCTOBER 9

THANK YOU SPONSORS!



FOR TICKETS GO TO CALGARYCELIAC.CA

You are Invited to the Calgary Celiac Gluten Free Oktoberfest.

Celebrate Oktoberfest with a delicious gluten free buffet at The Park Kitchen and Bar (Quarry Park location).

Glutenberg will be at the event offering samples of their beers.

Harvest Meats will be providing Bratwurst and Miss P's Gluten Free will be supplying delicious perogies.

We have some great prizes and it is sure to be a gluten free good time.

Tickets will go on sale mid-September.

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YOUR GLUTEN FREE (AND VEGAN) FAVOURITES

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VISIT US AT ODOUGHS.COM FOR FURTHER DETAILS





SEEKING BOARD MEMBERS



Annual General Meeting of Members October 16th at 7:00 pm.

We have a few remaining spots on the Board of Directors. If you would like to be involved in the direction of our charity, please forward your Board Application to info@calgaryceliac.ca

[Download Board Application](#)

The AGM will include the election of new board members, review of financials and year in review. Registration will open in September. A valid membership is required to be on the Board of Directors and to vote at the AGM.



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CCA RESEARCH CRACKS ORIGIN OF GLUTEN REACTION

Research News from Celiac.ca

A major breakthrough has been made through a research project funded in part by Celiac Canada. Thanks to donors of the JA Campbell Research Fund, a Young Investigator at McMaster University, Sarah Rahmani, has worked with a multi-disciplinary team to uncover the mechanism of the gluten reaction in celiac disease.

In a statement released by the researchers, “Using microscopic biomaterials in the laboratory, the team created a biologically functioning model of the intestinal epithelium which allowed the researchers to isolate the effects of specific molecules in the epithelial cells of people with celiac disease... They were able to observe how the molecules alert immune cells to the presence of gluten, and to conclude definitively that the epithelium plays a crucial role in activating the immune system in celiac disease.”

The results of the research will be published in *Gastroenterology*, an international peer-review journal.

This major step will advance more research into potential treatment and pathways towards a cure.

Read more here: [Researchers crack a celiac mystery: Where does the gluten reaction begin? - Brighter World \(mcmaster.ca\)](https://www.brighterworld.com/mcmaster.ca/researchers-crack-a-celiac-mystery-where-does-the-gluten-reaction-begin/)



Reduce your risk of osteoporosis with Biostrong

Nutrient deficiencies and chronic inflammation such as the kind experienced in those with Celiac Disease can contribute to the development of osteoporosis. Osteogenic loading can prevent this.

What is Osteogenic Loading?

Osteogenic loading is a series of safe and controlled exercises supervised by a specialist proven to increase bone density naturally. This method improves bone mineral density, strength, and balance to prevent future bone fractures.



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RESEARCH PARTICIPATION REQUEST: CONQUER TEAM

Does your child have Celiac Disease? Have you noticed changes in your family's food habits or concerns about affording gluten-free products since the pandemic?

The Conquer team would like to thank everyone for participating in our recent survey. We uncovered important insights into the challenges faced by families with children living with Celiac Disease and were able to show that many such families experience food insecurity.


We are now embarking on Phase 2 of our research, where we'll dive deeper into understanding how food insecurity impacts the diets of children with Celiac Disease so that we can effect positive change

by sharing our final results with policy makers. Phase 2 will involve virtual interviews (via Zoom) to explore various aspects, including the home food environment, household food security status, parental nutrition literacy, and adherence to the gluten-free diet using validated questionnaires.

If you are a parent of a youth (5-18 years old) with Celiac Disease and are interested to share your insights, we invite you to participate in our research study. Contact us today to learn more and schedule your interview!

[Contact information \(ualberta.ca\)](https://ualberta.ca)

Thank you from Dr. Mager



The team is inviting **youth** (13-18 years) with Celiac Disease and **parents** of children/youth (5-18 years of age) with celiac disease to participate in an **online interview**.


What will you do in this study?

- Complete 3-day food records
- Fill out several questionnaires
- Participate in an online interview with study investigators


This will take approximately 3 hours in total.

To participate in this study, please scan the QR code or click the link below.

<https://redcap.ualberta.ca/surveys/?s=4FF8WHPN7447XNFM>



SCAN ME!



Please contact Nicole Wang at xw6@ualberta.ca or Dr. Diana Mager at mager@ualberta.ca if you have any questions about this study.

HREB (Pro 00126345) Version 2: May 2 2023

DIAGNOSIS STORIES—CALGARY CELIAC COMMUNITY

Mount Royal Journalism students interview the Calgary Celiac community. The following are some excerpts. Read the full story here:

Financial kneads: Assessing gluten sensitivity

by Isabella West, Jordan Rebagliati and Ryan McMillan

Coming from a farming background, wheat was a pillar in Carol S-B's life. So much so, that she got a wheat sheaf tattoo.

"Now, I need to put a circle around it with a line through it," said S-B jokingly, as she discussed her new diagnosis of celiac disease.

Born and raised in Calgary, S-B's family members all live and work on farms around the city. This engraved in her a strong sense of pride in the Albertan farm life, which is often associated with wheat. Now, the symbol that was a major part of her identity, has become a source of discomfort.



S-B's journey began more than 10 years ago when she recalled experiencing acute abdominal pain. The pain kept her up at night, pacing trying to ease the discomfort. Eventually, S-B decided to go to urgent care to be assessed and to determine if something was really wrong.

Because her symptoms were not manifesting into something physical, the physicians who treated her that night brushed off her pain and sent her home.

"I have abdominal pain," S-B recalled telling the doctors. "It's so nebulous. How can a physician say, 'This is what it is.'"

But that night wasn't the last of her pain. S-B said that the acute abdominal pain would come and go. On average, her pain was sitting at a three out of 10 on the pain scale. Sometimes it would spike to an eight or nine to the point where she knew she didn't need to go to the hospital but was left wondering if something was severely wrong.

This led to S-B initially "self-diagnosing" into diverticulitis. Diverticulitis is when small, bulging pouches develop in your digestive tract and become infected causing severe intestinal pain.

After years of living with constant discomfort, an unclear self-diagnosis and the worry of appendicitis, S-B said that she was fortunate enough to have a family doctor who listened to her symptoms and took the next steps in finding a diagnosis. Once her results came back, it was revealed that S-B, without a doubt, had celiac disease.

"It's hard to swallow. Pun intended," said S-B. At this point, a complete lifestyle change was in the books for S-B.

Once S-B received her diagnosis, everything that contained or touched gluten had to be removed from her home. Her partner now has a designated "gluten station" to avoid cross-contamination.

Now, just a few months after receiving her diagnosis, S-B is focused on advocating for her health, trying new things and finding her favourite gluten-free eats. A few notable spots for S-B include Selia Bar, Boogies Burgers and Spot On. S-B has also become connected with the [Calgary Celiac Association \(CCA\)](#) for continued resources and connections.

"I feel so grateful that we live in a city where there is a fairly dynamic community of celiac sufferers that are willing to share what works for them," said S-B.

DIAGNOSIS STORIES CONTINUED..

Trust your gut... literally

Christy-Lynn Jenkins had been living the gluten-free lifestyle for nearly 10 years in rural New Brunswick before finding a community of supporters when she moved to Calgary.



“I came from a city where no one really talked about it or even knew what celiac was,” said Jenkins.

Once in Calgary, Jenkins started looking into the resources available to support people with celiac disease and people living gluten-free. That’s when she came across the Calgary Celiac Association (CCA) and immediately got involved as a volunteer.

But it hasn’t always been an easy walk. Jenkins spent years advocating for her health with doctors, never truly getting to the root of her diagnosis. Initially, she was diagnosed with type 1 diabetes which, according to Jenkins, can be brought on with untreated celiac disease. Knowing that something else wasn’t right, she pushed for further testing. However, since she wasn’t eating gluten at the time, her tests kept coming back negative until finally she said, enough was enough.

In order to check for celiac disease, a blood test must be conducted on a patient. But to get an accurate diagnosis, the patient must have gluten in their system – this is why Jenkins tests kept coming back as negative. Some physicians may recommend doing the “gluten-challenge” which would consist of eating gluten every day for a certain amount of time before testing.

Jenkins did the gluten challenge for three weeks

and once her blood tests came back, her physician was sure that she had celiac disease, so much so that she didn’t need further testing.

“I shouldn’t have had to have diabetes in order to just get the test,” said Jenkins.

Now, as of December 2023, Jenkins has joined the board of directors at the CCA, advocating and teaching others about the disease. She says that she’s grateful for the association because of the inclusivity and community it offers.

Jenkins says that although getting a diagnosis may be intimidating, because of the lifestyle changes it could bring on, it could give you answers to so many questions you didn’t even think to ask.

“Even if you’re not exhibiting obvious symptoms, it’s still damaging you,” said Jenkins.

“I was hurting my body for so many years in so many little tiny ways... I won’t get that time back.”

If you suspect that you may suffer from gluten sensitivities but don’t know where to start, getting a diagnosis, or getting connected with the CCA may be the first step.

“There’s so much information on the internet that you don’t know if it’s valid or if it’s research-based or not, and [the CCA] had some concrete stuff,” said Jenkins. “Even I was learning stuff.”

Bethany Saunders is the co-chair of the Calgary Celiac Association’s education committee, and she has had celiac disease for the past 10 years.



“Ten years ago, when I was first diagnosed, there was nowhere to eat. And also the attitude at the time was that it was like an eating disorder. So, if you’re trying to restrict foods, you’re trying to avoid foods, then you’re trying to lose weight and whatnot.”

DIAGNOSIS STORIES CONTINUED..

Now when you go to most restaurants, they will have designated signs on their menus for items that are vegan, nut-free, gluten-free, etc., which shows the changes people in the restaurant industry have made over time.

Shedding some new light on this situation, Jenny Suneby Jagers is able to highlight why our grains are so troublesome. Suneby Jagers has a PhD in medical science from the University of Calgary and has studied respiratory and general physiology.

“There’s a combination of reasons why celiacs will do better in certain places around the world and why they’ll do better, even with certain kinds of wheat-based foods,” says Suneby Jagers. The grains are a different strand of wheat and the reality is that, “a lot of it can be because the gluten content is lower,” explains Suneby Jagers.

Furthermore, Suneby Jagers says, “Many celiacs are diagnosed in one country and when they travel or are exposed to gluten elsewhere, they might be in another country, and their intestine is already healed.”

The reality is a complex set of problems and circumstances with unique symptoms. Understanding how the body reacts to gluten is important as well.

This means that the best course of action may be to consult your physician and schedule some tests before removing gluten from your diet. Removing gluten from your diet, before testing for gluten sensitivity or celiac disease, can lead to a false negative test result according to Suneby Jagers.

read the full story here:

[*Financial kneads: Assessing gluten sensitivity*](#)

by Isabella West, Jordan Rebagliati and Ryan McMillan

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Baked Egg Tortilla

Recipe credit ([Viral TikTok Recipe](#)) - [iFoodReal.com](#)



Ingredients

- 1 gluten free tortilla
- 3 large eggs
- 1/3 cup cottage cheese
- 1/2 large bell pepper finely chopped
- Handful of spinach finely chopped
- 1/3 cup cheese grated
- Salt pepper to taste



Tik Tok Recipes

This viral recipe is great for using up those dry gluten free tortillas. Adding the egg and cottage cheese makes a great quiche type meal. You could use any veggies you like and brush the tortilla edges with butter for a crispier finish!

Instructions

- Preheat oven to 425 F and place tortilla in a pie dish or any small baking dish where the edges curl up and form a cup.
- Crack the eggs, add cottage cheese and sprinkle with salt and pepper. Whisk with a fork.
- Top evenly with bell pepper, spinach and sprinkle with cheese.
- Bake for 18 minutes or until the middle is set and edges are golden brown.
- Remove from the oven and enjoy.

Cottage Cheese Wrap

Recipe Credit (somethingnutritiousblog.com)



Ingredients

- 1 cup cottage cheese
- 1 egg
- seasonings



Tik Tok Recipes

This viral recipe was inspired by the Keto food trend but great for us gluten free foodies. This is a very filling and cheesy wrap that can be used for many gluten free creations!

Instructions

1. Preheat the oven to 350 F
2. Add the cottage cheese, egg and seasoning to a small food processor or blender and blend until smooth.
3. Line a small baking sheet with parchment paper and spray with a little cooking spray.
4. Pour the batter onto the pan and spread as thin of a layer as you can, without seeing through the parchment
5. Bake for 25-35 minutes, depending on your oven. The top should be browned and soft to touch, but you should be able to lift it off of the parchment.
6. Let cool for 5 minutes then fill with your favorite fillings, then roll into a wrap

Cottage Cheese Ice Cream

Recipe credit [Cozymeal.com](https://www.cozymeal.com)



Ingredients

- 2 cup(s) full-fat cottage cheese
- 4 tbsp honey or maple syrup
- 4 tbsp peanut butter, divided, plus more for garnish
- 1 peeled ripe banana, broken in half
- 1 tsp pure vanilla extract
- 1/2 cup(s) mini chocolate chips



Tik Tok Recipes

Another viral recipe using cottage cheese. I haven't tried this one yet, but it is on my list! I would imagine crushed gluten-free oreos would be a delicious substitution for the mini chocolate chips.

Instructions

1. In a food processor or a blender, add the cottage cheese, honey (or maple syrup), two tablespoons of peanut butter, banana and vanilla extract.
2. Blend until smooth and creamy. Transfer the mixture to a freezer safe container.
3. Fold in the mini chocolate chips until evenly distributed.
4. Microwave two tablespoons of peanut butter for 30 seconds. Drizzle the melted peanut butter over the cottage cheese mixture. Fold it in with a spatula to create streaks of peanut butter.
5. Scatter some mini chocolate chips on top. Freeze until frozen. If the cottage cream cheese is too hard to scoop, let it defrost for about 10-15 minutes until it's soft enough to scoop.
6. Scoop with an ice cream scoop. Serve with a drizzle of melted peanut butter. Enjoy!



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Charity Legal Information

Legal Name: Calgary Celiac Association

Address: 102, 6940 Fisher Road SE, Calgary, AB , T2H 0W3

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