



# Ride, Walk Run 2023 was epic!

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**Register today  
for our online AGM 2023**

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**Learn about our  
Board Vacancies**

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**Register for our  
Celiac Community Christmas party**

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**Learn more about  
our Celiac Kids Connect group**

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The Celiac Circular is a quarterly publication of Celiac Edmonton. Celiac Canada is the national voice for people who are adversely affected by gluten and is dedicated to improving diagnosis and quality of life.

## The Gluten Problem: Found. Treated. Cured.

Board meetings are held monthly, online. Meetings are open to all members interested in the management of the Edmonton Chapter, including the planning of events. Check the calendar of events for meeting dates.


*Have a question? Need some guidance? We're here to help!*


The Edmonton Chapter is committed to building a strong celiac community through events, awareness, and education. Our volunteers are trained to offer assistance with the gluten free diet and resources available. You can reach us by:


 780.485.2949

 [info@celiacedmonton.ca](mailto:info@celiacedmonton.ca)


 [www.celiacedmonton.ca](http://www.celiacedmonton.ca)

 Edmonton Chapter –  
Canadian Celiac Association

 @edmontonceliac

 @celiacyeg

Or you can send mail to:

 CCA - Edmonton Chapter  
9, 12122 68 Street  
Edmonton, AB T5B 1R1



### 2023 BOARD MEMBERS

The board of directors and committees are made up of dedicated volunteers committed to contributing to the celiac community. New volunteers are always welcome.

If you'd like to contribute to the work we do, consider volunteering for the board or serving on a committee. Contact us for more information.

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#### **VICE PRESIDENT**

Sarah Redfern

#### **SECRETARY**

Samantha Cyrkot

#### **TREASURER**

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## ONLINE SUPPORT GROUPS

Did you know that there are many online celiac support groups to help you?

### NATIONAL GROUP

- The CCA National body (now Celiac Canada) has a facebook group "Celiac Canada Support Group" which has over 21,000 members representing celiacs from coast to coast.

### LOCAL GROUPS

There are many online local support groups and the ones listed below are not associated with Celiac Canada.

- [Gluten Free Edmonton Support Group](#) 
- [Edmonton Celiac Family Support Group](#) 
- [St. Albert Gluten Free Community](#) 
- [Gluten Free Fort Saskatchewan](#) 

If you have a support group which you would like to see listed above for future issues of our newsletter please contact me at [coordinator@celiacedmonton.ca](mailto:coordinator@celiacedmonton.ca)

## ANNUAL SUBSCRIPTION RATES

<b>Non-Member Rates</b>	<b>Edmonton Chapter Members</b>
\$10/year for electronic copy via email	Free electronic copy for Lifetime members (Lifetime membership costs \$20)
\$25/year for non members. \$20/year for members for printed copy sent by regular mail.	

The winter issue deadline is December 31, 2023 and will reach inboxes in late January 2024

### INTERESTED IN ADVERTISING?

Do you own a business and would like to advertise with the Edmonton Celiac Circular? We offer competitive quarterly and annual rates for our advertisers.

For more information, please contact our advertising coordinator by phone on 780.485.2949 or via email to [coordinator@celiacedmonton.ca](mailto:coordinator@celiacedmonton.ca)

### Edmonton Chapter Office Hours

Our chapter office is open:

Mon-Thurs 12:00pm-3:00pm

We are located in the Jerry Forbes Centre for Community Spirit.

**Please call our office at 780.485.2949 to book an appointment.**

### NATIONAL OFFICE

Want to get in touch with the CC National office?

Phone: 1.800.363.7296

Fax: 1.905.507.4673

E-mail: [info@celiac.ca](mailto:info@celiac.ca)

Web: [www.celiac.ca](http://www.celiac.ca)

*Please do not expect our office staff to recommend a doctor, dietitian, a gastroenterologist or medications.*

*Our staff are trained to offer help with the gluten free diet. They are not trained medical practitioners and cannot offer medical advice.*

*Your pharmacist should be able to help you with advice about medications.*

*To find a physician go to [www.cpsa.ab.ca](http://www.cpsa.ab.ca). Physician search is on our home page.*

## President's Message

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How the time flies! Summer has come and gone and winter is in the air. It's been a busy season planning and organizing two major events: the GF Pancake Breakfast and the Ride Walk Run. We are so lucky to have a dynamic coordinator, Lisa Rigney, who single-handedly doubled the participation (or more) in both events. The dedicated volunteers made the events shine, and our sponsors continually show their support for our community.

The Board of Celiac Edmonton meets once a month and makes decisions about Chapter activities and initiatives to support our celiac and gluten sensitive community.



As we roll into fall, we are preparing for the upcoming Annual General Meeting on Tuesday November 21, 2023 at 7PM. If you have an hour, please join us virtually to wrap up the year and, importantly, to elect the 2024 Board.

On that note, my term as President comes to an end at the end of the year. It's been a joy to work with such a dynamic and fun team. I invite you to consider putting your name forward for a Board position - they are typically two year terms, with a talented group and for such a special cause. The Board is seeking a new president and treasurer as well as Directors at Large.

Wanda Goulden,  
President, Edmonton Chapter  
Celiac Canada

# 2023 CALENDAR OF EVENTS

## NOV

Nov 21 Annual General Meeting 7pm  
 Nov 27 In person Gluten Free Living 101 6.30pm

## DEC

Dec 9 Celiac Community Christmas Party 1-3pm  
 Dec 12 Chapter Board meeting online Google Meet Session 7pm

## JAN 2024

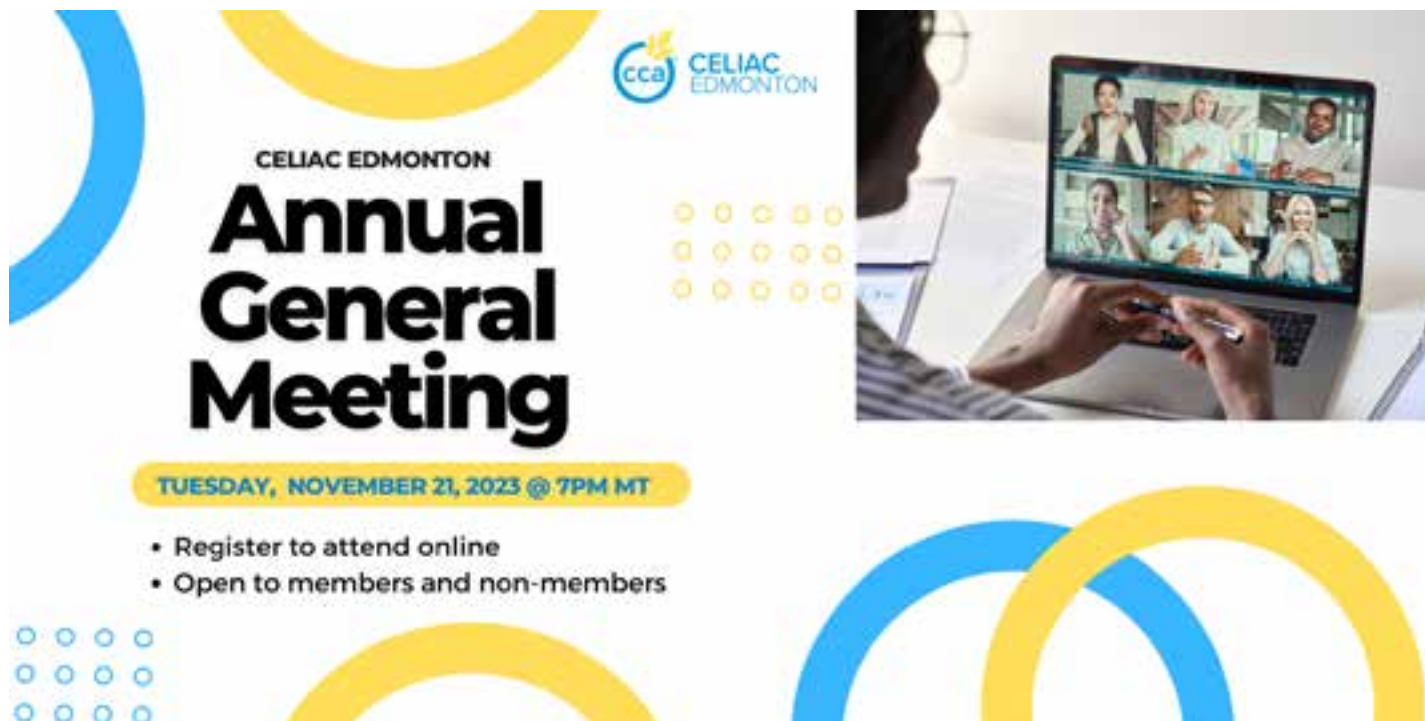
Jan 16 Chapter Board meeting - online Google Meet Session 7pm

Please note that this is not a comprehensive list - please check our website and social media channels for events which may be at the planning phase at time of writing. We are on Facebook, Twitter and Instagram - see page 2.

## NOTICE OF OUR UPCOMING 2023 AGM

Our 2023 AGM will take place on Tuesday November 21st at 7pm. This is an online event. As a member of the Chapter, you are encouraged to attend. To register for this event please click this link - <https://www.zeffy.com/en-CA/ticketing/5f6a911d-ae15-4dae-a259-f5a5cab0f5fb>

You will receive an email prior to the meeting with your Zoom invitation link.



## OUR FIRST IN PERSON GF LIVING 101 MEETING SINCE 2019



Celiac Edmonton is delighted to announce that we will host our first IN PERSON Gluten Free Living 101 session in addition to a guided grocery store tour at Community Natural Foods Store here in Edmonton on Monday November 27th at 6.30pm. This session is intended for those newly diagnosed or the caregiver of a newly diagnosed child. This event is free but spaces are limited. Please click this link to register <https://www.zeffy.com/en-CA/ticketing/553a54e4-7e2b-40e1-a46b-963ab27a4459>



# OUR CELIAC COMMUNITY CHRISTMAS PARTY 2023 TAKES PLACE ON SATURDAY, DECEMBER 9, FROM 1-3PM

Celiac Edmonton is delighted to announce that we have commenced planning for this year's Celiac Community Christmas Party 2023. Like last year the event will take place in the Mezzanine at the Jerry Forbes Centre for Community Spirit from 1-3pm. We will offer a cookie decorating station sponsored by Kinnikinnick for the kids in addition to the return of Michelle from Twisty Girl Balloons. Shannon had so much fun leading a group of adults to create their own mini Whoville trees last year that she is returning with another unique craft idea - a Christmas wreath. Spaces are limited for this element and it will cost you \$25 to take home your masterpiece. In the spirit of giving we ask that you please bring a non perishable gluten free food bank donation which will be delivered to the Edmonton Food Bank as part of our "Save me for Gluten Free Initiative" - [Save Me for Gluten Free - Celiac Canada](#) Spaces are limited - to register please click the link below.

<https://www.zeffy.com/en-CA/ticketing/dc978bb5-ff54-4df5-a70b-df018c17c415>



**Celiac Community  
Christmas Party**

**Saturday December 09, 2023**

Free RSVP for general admission but please bring a non-perishable food bank donation for the Edmonton's Food Bank.

<b>1-3PM</b>	<b>Jerry Forbes Centre 12122 68 St T5B 1R1</b>
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Join us for free gluten free snacks, music, kids activities and so much more! We will also have an adult Christmas wreath workshop for an additional fee. Please use the link to register for this event!

CELIAC EDMONTON

# REGISTER FOR CELIAC CANADA'S VIRTUAL CONFERENCE 2023



FREE! Celiac Canada's Annual Virtual Conference. Discover all the latest news, research & hot topics from world-renowned speakers. Invest some time to learn all you need to thrive. Sat Nov 18th noon - 4:30 pm ET.

**REGISTER NOW**  
[NATIONAL CONFERENCE - CELIAC CANADA](#)



## KINNIKINNICK EVENTS

### **Holiday Appetizers!**

Come join us on November 3rd anytime between 9:30am and 1pm. Kinnikinnick Corporate Chef Lori Grein will be in the Kinnikinnick Show Kitchen creating a collection of appetizers. Perfect to add to your holiday entertaining line up.

### **Tasty Holiday Desserts!**

Come join us December 8th anytime between 9:30am and 1pm. Kinnikinnick Corporate Chef Lori Grein will be back in the Kinnikinnick Show Kitchen creating some sweet treats. Easy recipes to add to your holiday desserts selection.

Join us anytime between the posted times for this free event at Get It Fresh 10940-120st Edmonton, Alberta (780-732-7527)



# CELIAC EDMONTON CHAPTER NEWS

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## EDMONTON CHAPTER BOARD VACANCIES

Serving the community of persons who are celiac, have dermatitis herpetiformis, and/or are adversely affected by gluten, the Edmonton Chapter of Celiac Canada has a strong tradition of leadership and volunteerism since 1984. There is a committed core of Directors in place, however, we have a critical need to fill vacant Board positions for the 2024-2025 term. We especially need to recruit a President, Treasurer and Secretary. These are core positions required for the Board to function. We also have openings for additional Directors-at-Large. These are great volunteer positions for you to contribute to the Chapter and celiac community.

We are very interested in recruiting persons from diverse ethnic/cultural communities. Celiac and gluten issues affect all types of persons and we are interested in having more of a cultural perspective on our Board to provide input to help our Board provide support to all communities.

We are recruiting to fill our vacant positions for the 2024-25 terms. These positions will be nominated to and voted on at our Annual General Meeting in the fall of 2023.

You don't have to be from the metro Edmonton area to join the Board. As long as you have the ability to attend meetings virtually via Google Meet, you are welcome! The Board could certainly use some input from outside the major urban centers.

If you are interested in joining our Board, or would like more information on any of the available positions, please email me at [chris@celiacedmonton.ca](mailto:chris@celiacedmonton.ca)

### Why You

You are concerned about celiac disease and gluten intolerance and want to give back to the community. This is an excellent opportunity to not only help the celiac community, but also to develop your resume by bringing your leadership and administrative skills to the Board.

- **President:** Time commitment is variable. The President is responsible for overseeing the affairs of the Board/Chapter and chairing meetings of the Board of Directors. The President is required to have filled a previous position on the Board or have related Board experience.
- **Treasurer:** Is responsible for processing the income and expenses and provides a detailed reporting of revenues and expenditures to the Board. This includes the payroll for one employee. This is completed with the assistance of an external bookkeeper. The Treasurer is also responsible for submitting required work to the external accounting firm to have our annual taxes completed and required reporting to Celiac Canada, the Canada Revenue Agency, AGLC and Alberta Registries.
- **Secretary:** Is responsible for keeping accurate minutes of Board meetings, circulating minutes and information to Board members and maintaining general correspondence.
- **Director-at-Large:** Time commitment is approximately 2 hours per month to as many hours as you would like! As a Director-at-Large you are responsible for the general governance of the Chapter along with the other Board members. In addition, you are free to take on any responsibilities or projects you would like to be involved with. You can help with recruitment, hosting events, promoting the Chapter, the possibilities are endless. We can have up to ten Directors-at-Large on the Board and many hands make light work.

Your interest and participation will be welcomed.

Chris Kluthe  
Nomination Committee Chair





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# RIDE WALK RUN



 Saturday, September 16, 2023  11am to 1pm MT  Rundle Park, Edmonton



BY LISA RIGNEY

## **RIDE WALK RUN FOR CELIAC 2023 WAS EPIC - RECORD NUMBER PARTICIPANTS, SPONSORS & FUNDRAISING!**

On Saturday September 16th, 219 participants gathered in Rundle Park for our Ride Walk Run for Celiac 2023 event which was not only an optional FUNdraiser for Celiac Edmonton but also it was very much about bringing the celiac community together.

Lots of planning goes into an event - the one thing that is always outside my control is Mother Nature but she has been very accommodating since I started as Program Coordinator in 2021 - three Ride Walk Runs under my event belt and three beautiful September days provided. In 2021 and 2022 we had between 100 and 120 participants so I was thrilled to see this event grow and my personal goal of 200 participants was reached - 2024 what will you look like - but back to 2023!!

Our office was full to the brim with wonderful gluten free product donations for our Gluten Free Sampling Tables and coupons for our race bags. I reached out to a number of volunteers who loaded up their trunks to transport these exciting boxes to the event as my



RIDE WALK RUN FOR CELIAC 2023 (Continued)

little car could only accommodate so much! The Running Room race signage was picked up a few days prior to the event with our blue race bibs which tied in nicely with our logo colour. Our office volunteer Paul and his wife Darlene helped stuff our race bags with coupons and swag on Thursday September 14th. Thank you to Continental Treat Fine Bistro, NuPasta, Queen St. Bakery, O'Doughs, Freenyum, Alkeme, Promise Gluten Free, Dr. Oetker, Little Northern Bakehouse, SCHÄR, Piccola Cucina, GlutenNull, Daiya, Theobroma Chocolat for providing us with coupons and to Teresa from Gluten Free KOB who provided participants with a complimentary recipe card. Friday the 15th was busy dropping off race bags to the Running Room, collecting Kinnikinick's cookies and icing donations for our cookie decorating station. I had many volunteers help with picking up product donations from Poco Loco Cocina, WOW Factor Desserts and Rio Vida. Thanks to Chris and Fran who distributed participants race bags at the Running Rooms store on 109th street the evening before the event. I did a check and recheck before I left the office on Friday evening to ensure that I had everything I needed for the event - it was list after list!

On Saturday morning September 16th my set up crew arrived at 8am with smiles on their faces ready and willing to make our Ride Walk Run for Celiac 2023 event one to remember. My husband and 12 year old son set off on their bikes (with a borrowed chariot) to lay signage as they have done for the past three years. Tents were erected and picnic tables were moved around under site #5 and adorned with blue and yellow tablecloths (our logo colors) and sponsor signage was strategically placed. More volunteers arrived to either assist at the Gluten Free Sampling area or to wear a high visibility jacket and transform into a Race Marshal. Others headed to the Celiac Information table, cookie decorating station or race bag pick up table. The Edmonton Food Bank attended and thanks to our participants and volunteers collected 29 kg of gluten free food for those in need. Some of our sponsors were able to attend in person - thank you to Christine from Continental Treat for serving us hot Dill Pickle soup, thank you to Damaris from Epicure who not only provided us with samples but also with two wonderful gift baskets for our top fundraisers. Thank you to Ryan from Maple Leaf Roadhouse BBQ who attended and served his new BBQ sauces on rice crackers.

This year is special as Celiac Canada turned 50 and we have woven this into all our events in 2023. Participants who registered before August 20th could select either a special 50th stash belt or a 50th reusable bamboo cutlery set. After that date it was first come first served and while supplies lasted at our race bag pick up on September 15th. Additionally, Daiya sent a product donation which was distributed on a first come first served basis on race bag pick up.



The race commenced at 11am but this year our pre-race announcements were longer than the normal 15 minutes. Pre race activities commenced at 10:15am. Wanda Goulden, our Chapter President welcomed everyone to the event and she passed the microphone to Dr. Diana Mager who shared news about the upcoming Gluten Free Food Guide for kids. Dr. Mager and three members of her team stayed and provided information under site #5. The microphone was passed to me and I had the pleasure of thanking our many sponsors, volunteers and of course our participants - the event can't take place without these three important groups. I was beyond thrilled to announce the recipients of our new "Marty Award" which honors exceptional youth. As it's a special year we decided to provide two awards in 2023 - Isabelle (16) and Elah (11) were handed their trophies by Marty himself - a very proud moment for us all.



Isabelle accepting her award



Elah accepting her award

The Marty Award





RIDE WALK RUN FOR CELIAC 2023 (Continued)

Natalya and her crew joined us from Planet Fitness for the first time and they made our event extra special. Not only did they raffle off an annual membership worth \$400 but they also did a pre race warm up for us.



Funnily enough I had asked Dominic (14) who attended the first meeting of our Celiac Youth Club in May of this year to do our countdown and he was the winner of the Planet Fitness membership. Dominic did a wonderful job and everyone headed off at 11am - cyclists first, then runners and finally our walkers. Our participants had three route choices (because we love options) - they could do 2.5km, 5km or if they were feeling very energetic 10km!





RIDE WALK RUN FOR CELIAC 2023 (Continued)

After the race participants returned to site #5 and enjoyed an array of products at our Gluten Free Sampling Tables - thank you to the following businesses who provided us with samples - Continental Treat Fine Bistro, Rio Vida, Poco Loco Cocina, McSweeneys, Hornby, WOW Factor Desserts, GluteNull, Nairns, Epicure, Theobroma Chocolat, Crunchmaster, Freeyumm, Nutless Clusters, Maple Leaf Roadhouse BBQ, Hippie Snacks and the Gluten Free bar. I'd also like to thank Belmont Sobey's for providing us with bottled water for our thirsty participants.

We tried some new things including a cookie decorating station sponsored by Kinnikinnick which was a big gluten free treat. Additionally, this year we had live music in the form of DJ Trick & Mack Sax which really elevated the event.



FUNdraising was optional as it is every Ride Walk Run event but our final fundraising tally was a STAGGERING \$9,482! Like our participant numbers - our fundraising was almost double that of 2022. Our top ten fundraisers raised \$6,827 collectively. Thank you to ALL of you who fundraised on our behalf or made a donation on registering for our event - you are contributing to keeping the Edmonton Chapter a very active one. This figure also includes \$500 from myFRIES who were our Silver Cash Sponsor at this year's event. For those of you new to the gluten free diet - myFRIES is a 100% gluten free poutinerie here in Edmonton - if you haven't been before or in a while start the car!

Thank you to the amazing fundraising efforts of our top 10 fundraisers of Ride Walk Run - Elah, Charlie, Troy, Wilhelmina, Maura, Autumn, Turner, Scott, Adalyn and Jerry. A special shout out to Elah (11) who was our top fundraiser two years in a row raising an amazing \$1,550 this year - she doubled her efforts of last year. What a young lady!







Our cut off for top fundraiser prizes was September 14th and on this date Adalyn was showing \$285 raised through her Running Room page and was our #9 but she did some additional fundraising post cut off and raised a further \$580 which meant she raised a total of \$865 with the help of her family and in particular her grandparents - it really is a family affair. Thank you to Adalyn.

Thank you to the following businesses who provided us with prizes for our top fundraisers this year - Keurig, Sport Chek (Sherwood Park), Mud Sweat and Gears (Sherwood Park), United Cycle, Celebrate Gluten Free Bakery, Epicure, Cut Cooking, Sweets from the Earth, Celiac Kids Stuff, Gluten Free KOB, Gluten Free and More, Community Natural Foods, Paneriso and Alkeme.

#### WHAT SOME OF YOU HAD TO SAY AFTER THE EVENT:

“This was a fantastic event! Thank you for all your hard work” - **Amanda**

“Thank you so much. I had fun! The event organization was very impressive - attention to detail. Well done! And a huge thanks to your enthusiastic and friendly volunteers. They made us feel like superstars!” - **Lorraine**


“Thank you! We had a wonderful time!” - **Amy**


Our Ride Walk Run for Celiac 2023 was an absolute blast and I look forward to ensuring that this event continues to grow and bloom. There is always room for improvement and I will look at what worked really well and what didn't and tweaks will be made. It was simply wonderful to see this event grow. I'm already looking forward to next year's event already.

## Did you know that you can fundraise on our behalf any day by using Skip the Depot?

Skip The Depot is a door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3 - donate with ease. Why not start donating your bottles to us today without leaving your house? Simply download the app and select Canadian Celiac Association Edmonton Chapter upon refund. Use promo code CCAEDMONTON. <https://app.skipthedepot.com/celiacedmonton>

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# OUR CELIAC KIDS CONNECT - SECOND IN PERSON MEETING TOOK PLACE ON OCT 21, 2023 & THERE WAS GIGGLES AND GAMES GALORE!

BY LISA RIGNEY



We renamed our Celiac Kids Rock Support Group to Celiac Kids Connect as it is less of a mouthful but also it hits the nail on the head - it's all about connection. This group was established in May of 2021 with the aim of connecting kids living with celiac disease with other kids living with this disease in a fun and meaningful way. Our tagline has been "Your diet is limited but you are not".

It has really developed over the past two years and Deanna (Director at Large) and I love being part of it. We offer both in person and online meetings so that we can capture children who can't make the in person meetings due to location. Our online meetings are led by Teresa of Gluten Free KOB and she has taught us how to make delicious gluten free cookies and pavlova in addition to showing us how to decorate sugar cookies. Teresa has published two books





*Our Celiac Kids Connect (Continued)*

Each meeting has a theme and this one was named “Games and Giggles Galore” - that was the aim and we lived up to expectations. To help us fulfill this I reached out to four teen volunteers who assisted with the games stations and they were amazing with the kids. Thank you to Laura-Leigh, Isabelle, Emily and Dominic for all your help. I rented 6 games through the Edmonton Federation of Community Leagues (EFCL) rental program which included bowling, carnival bean bag toss, a clown ring toss, hop sacks, hula hoops and a parachute.

We had 23 children registered and 15 attended the event. We had 11 kids who have already attended a Celiac Kids Connect event and we welcomed four new ladies to the group. We had 12 girls and 3 boys on the day ranging in age from 6 to 11 years old.





One parent was welcome to stay and at this meeting and at past meetings we have encouraged parents to get to know each other by setting up a parent circle. We tried something new at this event - I took the parents to a separate room for a half hour to host a Q&A session. We talked about things such as the tax credit, the challenges of attending a daycare and we were very lucky to have a special guest. Rita, who is a University of Alberta student and who works alongside Dr. Mager on the upcoming food guide joined us to answer questions.

Patricia (Director at Large) joined us for the first time and she was amazing with the kids and we hope that she comes again! Thank you to Daryle at Poco Loco Cocina who supplied us with a delicious

tray of gluten free treats which were gobbled up by both the children and adults.

12 lucky kids got to take home a t-shirt from O'Dough and 3 kids got to take home our Celiac Edmonton Neck Gaiters which were left over from Ride Walk Run 2022. We are very generous at the Chapter so they also got to take some bubbles home to continue the theme of the day.

Please stay tuned for upcoming meetings of our wonderful Celiac Kids Connect Group. We look forward to continuing to connect children living with celiac disease.

**A LOCAL**

**CELIAC IS SHARING EXCELLENT GLUTEN FREE RECIPES**

**SCAN**

**FOR MORE INFO & TO GET IT DELIVERED**

**Gluten Free Family Recipes**  
by KOB  
Teresa Anderson

**GLUTEN FREE CHRISTMAS**  
BY KOB  
FAMILY TRADITIONS  
TERESA ANDERSON

## PAST PRESIDENT BRIAN READMAN SHARES HIS EXPERIENCES WITH CELIAC DISEASE AND CELIAC EDMONTON.



### **Brian, when were you diagnosed with celiac disease? What were your symptoms? Are there more celiacs in your family?**

My journey with celiac disease began with my retirement from a 35 year career with the Edmonton Police Service in 2012. A retirement gift of sorts. I was unaware of any symptoms but the advice was to get a medical check up on retirement so I made an appointment with my family doctor. We were away from home when I got a call from the doctor's office saying the doctor wanted to see me as soon as possible because she was concerned about the results of a blood test. The test showed that I was anemic with a low red blood cell count. That triggered a series of cancer screening probes, scopes and scans for a period of several weeks. All turned up normal. The doctor was still concerned and said there was one more blood test she would

like me to have. The result of that test led to what seemed to be a very strange moment that I likely will never forget. I was sitting in the doctor's when she came in. She had a big smile on her face and said, "Brian I am so happy for you, you have celiac disease!" I remember thinking, why is she happy I have a disease and what is celiac anyway. To that day I had never heard the words celiac or gluten. That changed! Understanding that she had thought I may have another disease that starts with "C" I understand why she was happy...and so am I.

In hindsight and the knowledge that there are hundreds of possible symptoms perhaps I had a couple. There was that panic trip to the bathroom a few months earlier. And, I had gone to see a doctor at a walk-in clinic because I had dry itchy skin. After examination the doctor conferred with a colleague and they diagnosed that I indeed did have dry skin and that I should put cream on it. This whole experience has highlighted for me the importance of regular check-ups with a thorough doctor. I was fortunate that from the time of being found anemic to being diagnosed was only a matter of a few months, much shorter than the 10 years on average to diagnose someone with this disease.





There are no other known celiacs in my family. I have wondered, why me and why did it show up when it did? Celiac disease can spring up at any stage in life and as an autoimmune disease stress can be a catalyst. The why me has no answer but the why then may be stress related. In the year leading up to diagnosis I had lost both of my parents within a short period of time and the change of retirement itself although a good thing can add stress.

### **When and how did you get involved with the Chapter?**

After celiac was indicated by the blood test I was off to see a gastroenterologist for a confirmation endoscopy. I was lucky to be referred to Dr. Connie Switzer who at the time was on the Canadian Celiac Association's Professional Advisory Council. After my celiac disease was confirmed she provided an information package and a strong recommendation to contact the Edmonton Chapter of the Canadian Celiac Association. (now Celiac Edmonton and Celiac Canada). Shortly after I attended an Anti Panic session put on by the Chapter and presented by the Chapter President, Don Briggs. That began my involvement with the CCA and the Edmonton Chapter. I volunteered to help out at a GF Pancake Breakfast and saw that there were a lot of good people in the organization working to support the Chapter's goals. Later that year I attended the Annual General Meeting. Knowing that my celiac disease was not going anywhere I was interested in getting involved to learn as much I could about the disease and the organization and contribute what I could. My hand went up twice. Once to be vice president and once to be the casino chair.

### **How long were you President for?**

After three years as Vice President (2014-2016) I assumed the role as President for five years (2017 to 2021), and Past President during 2022. There were both challenges and rewards along the way. It was a terrific opportunity to learn more about the CCA both at the Chapter and National level.

### **What are some of your highlights as President?**

Without question the highlight that stands out the most is the strength of the Chapter. That strength comes from not just the number of members but the many good people that step forward to volunteer at Chapter events. Truly a volunteer driven organization. Another highlight has been working with the Officers and Directors-at-large on the Board. Many people shy away from being on Boards due to conflict and infighting. Over the nine years of Chapter Board involvement that was never the case. I found the Boards were always very cohesive. Over time there were changes and challenges. The first was the office move from the Capilano Mall space to the Jerry Forbes Centre. This move that was in the planning for years prior to the actual move was such a positive change. The benefits of being in a facility with other not-for-profit organizations, a newly renovated space, and a significant decrease in rent were very welcome. Another challenge came from CCA National's decision to change from a membership model to a donor model. The Chapter was left with deciding which model to choose and making the appropriate bylaw changes. Covid also presented challenges as many meeting and fund raising events needed to be canceled or altered. During that time it was also necessary to explore cost saving measures to ensure the sustainability of the Chapter. Near

the onset of covid we were also faced with replacing our long term Program Coordinator. The process involved filtering hundreds of applications. I was able to hire Lisa as our new Program Coordinator. Watching her develop in the role and enhancing programs and events was a definite highlight. I need to mention again that it was the people involved that made meeting these changes successful.

### **You are still very much involved in the Chapter - tell us about what you have been involved with in the past two years since you stepped down?**

It continues to be a pleasure to remain involved with events. It is a chance to stay connected and socialize with good people. I continued to be involved as the Casino Chair. I see many charity organizations, even large ones, struggle to find enough volunteers to meet the staffing requirements to host a casino. With the four casinos that I have been involved with as casino chair over the last nine years we have always been able fill all the volunteer spots with spares in reserve. This is a testament to the great volunteer base within the Chapter. Helping with the Christmas hamper program, pancake breakfast and ride-walk-run continue to be of interest to me. I have always felt that the RWR is a great statement that although celiac disease is a lifetime condition you can still live a full, healthy and active lifestyle.

### **It's a family affair with the Readmans - tell our members about your wonderful wife Lauren and her invaluable contributions to the Chapter too?**

Lauren has always been incredibly supportive and understanding. This includes volunteering at all the events that I volunteer at but the support goes beyond that. Lauren often asks the gluten free questions at restaurants when I forget, always cooks gluten free and any non gluten free food gets marked with an "X", indicating it's not for me. This support that is usually taken for granted is very much appreciated.

### **We are currently looking for a new President as Wanda has served her tenure for the past two years "wander"fully? What would you say to someone who was interested in the position? What are the key attributes needed?**

There are some official requirements for the President's position but personal attributes are likely more important. As I mentioned earlier the Chapter's strength is in the volunteers so being a people person is important. Patience is also important. Time management, knowing when your plate is full and being willing to delegate are also important.

To anyone that may be interested in the President position or any other position on the Board I would say give it a try. No one gets parachuted into a position and then left to fend for themselves. There will be mentors to help and Board members to provide guidance. Also it should be remembered that the Chapter is part of a national organization. There are a dozen other Chapter Presidents out there and a National office that are all resources. Being President or being on the Board in any role is an opportunity to give back to the community by using skills you have developed. Or, it can be an opportunity for a younger person looking to learn,



develop skills and build a resume.

Over the years since first being diagnosed I have noticed a tremendous increase in the knowledge and awareness of celiac disease. There is an increased availability of GF foods in stores and restaurants and heightened awareness in the general population. It now seems that everyone knows someone who is celiac. Now if we

could just get the medical profession up to speed to cut down on the ten year average time from first symptoms to diagnosis.

Get involved to continue the work of the Edmonton Chapter and CCA National to increase education, research and advocacy.

Be happy you have Celiac disease, it could have been worse.



## FOOD INSECURITY AND CELIAC DISEASE - TIME TO ACT

Did you know that over 1 in 10 households grapple with food insecurity, and the numbers are climbing? For those who rely on a gluten-free diet as their sole treatment for celiac disease, this presents a unique and significant challenge. Gluten-free foods are, on average, a staggering 183% more expensive than their gluten-containing counterparts, as highlighted by Celiac Canada. For families with children with celiac disease, food insecurity is a concern as it may change household behaviors, which can adversely impact the long term-term health of children. We invite you to participate in our online survey (20-25 questions), focused on parent perceptions and how food insecurity affects the household food environment, diet quality, and adherence to the gluten-free diet in Canadian children with celiac disease. Findings will contribute to future applications to improve food security and quality of life for members of the community living with celiac disease and inform policymakers to address the concerns.

Together, We Can Do More - Take the survey now

<https://redcap.ualberta.ca/surveys/?s=P4N4FTE7NT9KECKL>



# Are you the parent or caregiver of a child or youth who has been diagnosed with Celiac Disease and is on the gluten-free diet?

A research team led by Diana Mager PhD RD at the University of Alberta is conducting an **ONLINE SURVEY** to assess the potential impact of COVID-19 on Household food insecurity and adherence to the gluten-free diet.

<https://redcap.ualberta.ca/surveys/?s=P4N4FTE7NT9KECKL>

- Currently seeking **parents of children and youth (2-18 years) with Celiac Disease who are on gluten-free diet.**
- **Minimum age to complete the survey is 12 years.**
- **If you are interested in this study, please scan the QR code or follow the link above.**
- **The survey will take about 15-20 minutes to complete.**



**CONQuER**

Celiac disease **O**utcomes in **N**utrition,  
**Q**uality of life, and **E**merging **R**esearch.



Any questions, please contact Nicole Wang at [xw6@ualberta.ca](mailto:xw6@ualberta.ca), or Rita Jiang at [zhiqian3@ualberta.ca](mailto:zhiqian3@ualberta.ca), or Dr. Diana Mager at [mager@ualberta.ca](mailto:mager@ualberta.ca)



# “MY CELIAC JOURNEY” - LEARN ABOUT DOMINIC (14) WHO IS PART OF OUR CELIAC YOUTH CLUB WHICH LAUNCHED IN MAY OF THIS YEAR.

By Dominic Bakal and Karrie Adolf

I had the pleasure of meeting both Dominic and Karrie over the past three years in my role as Program Coordinator. Dominic and his family have attended our Ride Walk Run for Celiac events for many years. Dominic attended the first meeting of our celiac teen group known as our Celiac Youth Club last May at myFRIES. Since then he agreed to become one of my teen mentors to help our younger celiacs and volunteered at our most recent in person meeting of our Celiac Kids Connect group. He did the race countdown at this year's Ride Walk Run and agreed to share his story with the help of his mom Karrie.



**Karrie** - “When Dominic was about 7 years old, he started to get, what we thought were canker sores in his mouth. The difference was these “canker sores” lasted for weeks, came in multiples and he also felt sore all over, lethargic and he didn’t want to interact with the family at all”.

**Dominic** - “Before I knew I had celiac disease, I was constantly tired, couldn’t focus, had so much mouth pain, and was a B student”.

**Karrie** - “We went to our family doctor during the first couple of “outbreaks” of sores to see if there was a way to help”.

**Dominic** - “The doctors tested my sores for canker sores and cold sores but both tests came back negative. The main symptoms I had were mouth ulcers (up to 16 at a time), joint and muscle pain, nausea, failure to thrive, depression, and constipation”.

**Karrie** - “Dominic was prescribed pain meds, mouth-numbing meds, and creams from the store and put on antivirals, even though the viral tests came back negative. The antivirals would help for a bit, until the prescription ran out, when he would have to start all over again. Eventually, he was put on a long-term prescription of antivirals and sent to a pediatrician. This pediatrician decided that he was a healthy boy and he was just one of the unlucky ones who got “families” of canker sores and he would just have to live with it. He took him off the antivirals because there was no reason for them, sent us back to our family doctor, and things got much worse.

Over the next 3 years, we visited the doctor numerous times, and Dominic was prescribed multiple steroid medications for pain and mouth treatment. We were on a waitlist to see a pediatric

dermatologist but our family doctor was not giving us much hope for that. Finally on his 10th birthday, when he couldn’t eat or swallow due to the sores or get off the couch due to his pain, I started calling mouth specialists off the internet in a desperate attempt to get help. My smiling, happy, 90th percentile kiddo, had dropped to the 25th percentile, was crying all the time, didn’t want to get out of bed or see friends, and was struggling in school.



Through some internet sleuthing and a stroke of good luck, I found Dr. McGaw, an Oral Medicine and Pathology Specialist. I happened upon his personal office number. I called, he picked up and I almost burst into tears. He agreed to see Dominic that week.

I am eternally grateful. He was the first person who ordered blood work that included vitamin levels and called the sores in his mouth, ulcers. It came back that Dominic was deficient in a lot of areas (vitamin D, B, low iron, etc.). After 2 appointments with Dr. McGaw, he mentioned celiac disease. This was not his area of expertise of course, but coincidentally, the same week, we got into the pediatric dermatologist on a cancellation.

We ended up doing an intake with a 4th year medical student, who, for the first time since this all started, did a full exam and history, looked at all the past blood work, talked to us about autoimmune diseases in the family, and ordered celiac disease blood work. It came back positive and we were finally referred to the gastroenterologist. We were allowed to stop gluten immediately due to the numbers from his blood work. A biopsy was deemed unnecessary for diagnosis.

The first six months after diagnosis was hard, as the ulcers got better, but did not go away. We had a few mistakes, where we thought that something was safe and it wasn’t (a spice, used an old cutting board in error, put on sunscreen at the beach and then ate trail mix with some non-GF sunscreen on his hands, and read a library book that had crumbs in it at breakfast). These mistakes would put him in bed for a week or more. The reactions seemed worse but slowly they became fewer and further between. We learned, met others in the same situation as ours and joined Facebook groups, learned how to make a lot of food GF at home”.

**Dominic** - "After diagnosis, we went to our cabin and de-glutened it. We thought we threw out every old cutting board but accidentally missed one. We had potatoes for dinner that we cut up on an old cutting board that we thought was brand new. That night I got really tired, I had stomach pain and I got some mouth ulcers. The next day, we had strawberries for breakfast, cut up on the same cutting board. I got really sick, and could not leave the cabin for a week. I got a bunch of mouth ulcers, had joint pain and joint freezing (where it feels like your joint is frozen solid), nausea, stomach pain, and depression. We figured out that it was the cutting board".

**Karrie** - "Dominic has been GF for 4 years now. He is growing, smiling, and so much healthier than before. He has improved academically and enjoys a happier frame of mind. We have a pediatrician now that understands celiac disease and we continue to follow up with the dermatologist due to another autoimmune disorder that is appearing. We are so grateful to the doctors and medical students who finally made this diagnosis so we could start taking steps to help him feel better".

Thank you to Dominic and Karrie for sharing their story and we are thrilled to see a happy and healthy Dominic who has become a very active part of the celiac community.



**Rediscover pasta night.**  
**Gluten-free and al dente every time.**



# THINKING OF HEADING TO NOVA SCOTIA - GAIL PROVIDES YOU WITH HER POSITIVE EXPERIENCES AS A CELIAC

By Gail Atamanchuk

“Nova Scotia is remarkably celiac aware.” A casual comment I made while attending a recent online Board Meeting resulted in our Program Coordinator and person of all talents suggesting I do a little something for the newsletter. The more I thought about it, the more I recognized that, yes, Nova Scotia is a wonderful place to explore for those of us whose health depends on gluten free options. Time to share!

My name is Gail and, although only diagnosed in 2011, I have had celiac since childhood. Since Nova Scotia is where our daughter’s family lives, my husband and I spend a lot of time there. Interestingly, there is no Celiac Canada Chapter in Nova Scotia, though there are a couple Facebook pages to look for which are ‘A gluten free Halifax’ and ‘A gluten free Nova Scotia’.

For groceries, there’s the usual assortment at Sobeys and Atlantic SuperStore and there are several gluten free bakeries: Schoolhouse Gluten Free Gourmet, Odell’s Café and Bakery, North End Baking Company to name a few. Pete’s Frootique & Fine Foods has the best gluten free selection, I’ve found, and there are two locations, downtown Halifax and in Bedford at the Sunnyside Mall. The Halifax Seaport Farmers Market at the Halifax waterfront is a great place to browse and there are always several gluten free food producers participating. Pop in after searching for your family history at the Canadian Museum of Immigration at Pier 21.

In a province that grows a ton of apples, cideries make perfect sense and there are at least 18 of them. A wonderful selection from very dry to fruity and sweet, there’s a flavour for everyone who enjoys a cold naturally gluten free cider. A ‘cider route’ provided by the Nova Scotia Cider Association is mapped out to explore and enjoy. <https://www.cidernovascotia.ca/nova-scotia-cider-route>

Add to that the amazing wineries around the province, most with charming restaurants along with offering wine tasting and tours. I have yet to visit a vineyard in Nova Scotia where the restaurant did not offer a delicious selection of gluten friendly options. <https://www.novascotia.com/things-to-do/eat-drink/wineries?f=ivdwjw0hZo>

I think we’re all familiar with a pub menu being reduced to anything not in the fryer, a salad or the nachos when heading out to grab a quick bite. Not the case at the Beer Garden (BG) on Lower Water street at the Halifax waterfront. At this popular location, I was able to enjoy all kinds of goodies with the rest of the crew because the chef makes most of his food gluten free and therefore the shared fryer is not a limiting issue. Lobster poutine anyone? Another favourite is The Wooden Monkey and there are two locations, one in Dartmouth and one in Halifax. Items not gluten friendly on the menu are very few. Evan’s Fish & Chips is located at the Dartmouth ferry terminal. You know you can trust a restaurant when they

explain what celiac is on the “gluten free” link on their website. Order their gluten free fish & chips or seafood platter, head to their patio and enjoy the view of the Halifax harbour.

Wander into the valley and towards the Bay of Fundy and your choices are still very gluten friendly. Stop at The Church Brewing in Wolfville, a beautiful converted church where the staff is very knowledgeable about the celiac friendly choices on the menu. You won’t be disappointed with the selection. Halls Harbour is a wonderful spot to watch the world’s highest tides come and go. The restaurant is very casual: place your order, go find a table and your food is brought to you at your picnic table. I had the gluten free lobster mac & cheese last time we were there; it was very good.

Chowders are available everywhere, some better than others but everyone offers “the best!” If the chowder on the menu is not listed as gluten free, I often ask. Sometimes it’s the biscuit or bun that comes with it that isn’t gluten friendly but the chowder is. There is the chowder trail too if you want to plan a trip around this wonderful dish [www.novascotiachowdertrail.com](http://www.novascotiachowdertrail.com). Cape Breton Island has both wonderful scenery and food. The Glenora Distillery offers tours, whiskey tasting, accommodations, and a lovely menu at the Washback Pub.



*Fish cakes for lunch with husband, Wayne (centre), and friends at the Washback Pub*

In Baddeck, take in beautiful Bra D’Or Lake while enjoying a meal at The Freight Shed where almost anything on their menu can be made celiac friendly. The gourmet grilled cheese, gluten free, of course, was excellent and unique.

There must be something in the training of all restaurant workers, perhaps through the culinary school at Nova Scotia Community College, but it seems celiac/gluten sensitivity is well understood



wherever we go to eat and it is refreshing. I've only spoken of a few of the wonderful restaurants we've experienced and there are so many more. Fortunately, most indicate their options on their website to allow you to know if their menu will work for you. Simply start your order with that often repeated phrase "I have celiac so my food must be gluten free" and dive into your choices with glee.



To finish up, here's a link to a blog for the best gluten free fish and chips in Nova Scotia. Where to Eat Gluten Free Fish and Chips in Nova Scotia – [Mike's Bloggity Blog | Canada's Entertainment Blog \(mikesbloggityblog.com\)](https://mikesbloggityblog.com) You'll note we have a couple favourites in common.

Happy gluten friendly travels to all!



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## WHY YOU SHOULD CONSIDER BECOMING A MONTHLY DONOR LIKE VIC

Celiac Edmonton has become a large part of my life. The friendships, guidance and support freely provided is always amazing and limitless. Our Chapter is vital to so many Celiacs. As with any such wonderful organization, it needs to be supported. That's why monthly donations work so well. It's easily managed and yet so meaningful. Please consider establishing a monthly donation. With this steady source of reliable monthly funding more programs can be created to encourage and grow our support of celiacs across Northern Alberta. These donations will foster and contribute to the supportive spirit of our fabulous Chapter.

**Vic Mitchell,**  
**Director At Large**

## WHY YOU SHOULD CONSIDER VOLUNTEERING LIKE PATRICIA

I was diagnosed with celiac disease in 2015 and I discovered Celiac Edmonton soon afterwards. Celiac Edmonton has been an invaluable resource and support to me since my diagnosis and I try to support it in turn. I volunteer my time with the Celiac Edmonton Board and at events, but I was looking for ways to contribute financially, as well. Last year I discovered that my company has an employee program called "Dollars for Doers." Employees who volunteer 25 or more hours with a non-profit organization in a calendar year may apply to Dollars for Doers. If their application is accepted, the company will donate \$500/year to that non-profit organization in recognition of the employee's volunteer hours. I'm happy to report that my "Dollars for Doers" applications have been accepted the past two years and as a result, Celiac Edmonton has received donations from my company totalling \$1,000. I encourage people to inquire with their employers to see if there are similar programs and/or ways that companies can support community volunteerism and local non-profits. Every little bit helps!

**Patricia Amer,**  
**Director At Large**



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# Product Review

CRICH - Nuova Crich

website: <https://www.crich.it/index.php>

Michelle Brazeau  
MGFKitchen



I was recently in Kamloops, and we stopped at a small market for road snacks before we started the long drive home. That's where I first found the CRICH Salted Crackers with Rice and Corn.

Let me tell you that I love my crackers! I've been on the hunt for something to replace saltines since starting the gluten free lifestyle and have found a couple decent stand-ins. Well, I think my hunt is now over! The CRICH crackers are superior to all of the many brands I have tried. They have a great snap, and they don't fall apart when you bite them. Best of all, they soak up the delicious mushroom soup in my bowl!



I knew I might have a problem finding them again since they were imported from Italy. However, I was extremely lucky to find them at The Italian Centre in West Edmonton, at 17010 90th Ave! Not only did they have three other CRICH products, but they were about \$4.00 less per package than what I paid in Kamloops. Naturally, I bought one of each!

Pictured above are the Salted Crackers with Rice and Corn, and the Petit Lactose-Free Biscuits. On the left are the Cocoa and Chocolate Drop Biscuits, and the Multi-Honey Biscuits. They are all delicious, and I highly recommend you try them right away!





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# BANANA CHOCOLATE CHIP MUFFINS

What  
the  
Flour



## Ingredients

- 1/2 cup semisweet chocolate chips
- 1/3 cup vegetable oil
- 1 cup Wescana Foods rolled oats
- 1 1/4 cup unsweetened almond milk
- 1 Banana
- 1 Package What The Flour Oat Muffin mix

## Directions



- Preheat Oven to 350' F
- Mash banana and mix together with milk and oil
- Add WTflour Mix and Wescana Oats. Stir or Wisk to Combine
- Fold in Chocolate Chips (or fruit of choice)
- Bake 25 to 30 mins, or until golden brown and centre bounces back when touched





## Recipe Corner

### Sausage Apple Cranberry Stuffing

**So scrumptious, everyone can enjoy traditional stuffing on special occasions or everyday as a side. Recipe created by Kinnikinnick Corporate Chef Lori Grein**

#### Ingredients

2 packages Kinnikinnick Traditional Stuffing Mix (370 g)  
1 medium red onion - diced (110 g)  
3 turkey sausages - casing removed/ cooked/chopped (gluten-free) (260 g)  
2 celery sticks - chopped (80 g)  
1 medium apples - cored/ chopped/ leave peel on (220 g)  
1 cup cranberries - frozen or fresh (100 g)  
2 cloves garlic - diced (6 g)  
2 tbsp fresh parsley - chopped (4 g)  
2 sprigs sage - chopped (1 g)  
2 sprigs rosemary -stem removed /chopped (4 g)  
1 tsp pepper (2 g)  
1½ cups water (360 g)

#### Directions

##### Stuffing

In a large skillet cook turkey sausage. Remove from skillet and set aside. Using the same skillet, melt butter over medium heat. Sauté onions, celery, garlic, and pepper until translucent (approx. 5 - 7 minutes). Add apples, cranberries, parsley, sage and cooked turkey sausage. Sauté for 3 - 5 minutes over medium-low heat. Set aside. In a large bowl, toss together Kinnikinnick Traditional Stuffing Mix and cooked apple sausage mixture. Mix until combined. Moisten stuffing with water prior to stuffing bird or baking in a roaster pan.

##### Cooking in Turkey (6.5 kg, 14 lb bird)

Pat Turkey dry inside and out. Moisten Sausage Cranberry Apple Stuffing with water. Stuff both cavities with Sausage Cranberry Apple Stuffing. Skewer cavities closed, tie legs together and tuck wings under back. Place in roasting pan breast side up. Follow cooking directions based on the weight of your bird to an internal temperature of 165°F (74°C). Extra Sausage Cranberry Apple Stuffing can be cooked in a casserole dish as per directions below.

##### Cooking in Roaster

Preheat oven to 350°F (176°C). Place stuffing mixture in casserole dish or small roaster. Moisten Sausage Cranberry Apple Stuffing with water. Bake covered for 40 - 45 minutes in preheated oven. For a crispier finish uncover for the last 5 minutes.

##### Tips & Variations

Stuffing can be prepared and stored in the refrigerator up to 24 hours ahead. Hold back water until just prior to stuffing the bird or baking in a casserole dish.





## Recipe Corner

### Pumpkin Pie

**This recipe makes two pies.  
One for your guests and one  
just for you the next day!**  
Recipe created by Kinnikinnick  
Corporate Chef Lori Grein

#### Ingredients

2 packages Kinnikinnick Pie  
Crusts - reserve 1 package  
(780 g)  
1 tsp ground nutmeg (2 g)  
½ tsp ground ginger (1 g)  
4 large eggs (224 g)  
1 can (370 ml) evaporated milk  
(373 g)  
1 can (798 ml) pumpkin puree  
(782 g)  
2 cups brown sugar (440 g)  
4 tsp cinnamon - reserve 2 tsp  
(10 g)  
1 tbsp butter - melted (15 g)  
Optional: 2 tbsp apricot jam -  
heated (24 g)

#### Directions

##### Pie Filling

Beat eggs slightly in a bowl. Add pumpkin, sugar, cinnamon, nutmeg and ginger. Mix until combined. Slowly add evaporated milk, mix until combined. Set aside.

##### Pie Decorations

Remove 2 Kinnikinnick Pie Crusts from freezer and invert on a piece of parchment paper. Remove foil container and let thaw for 1 hour. Using the aid of parchment paper, roll out pie crusts slightly. Cut into desired shapes to use for decorations. You will require 30 - 35 (approx. 1 - 1½" in size) for each pie. Place decorations on a baking tray and brush with butter. Sprinkle with reserved 2 teaspoons cinnamon. Preheat oven to 400°F (204°C). Place rack in the middle of oven. Bake decorations in preheated oven for 7 - 10 minutes (time may vary depending on thickness). Remove from oven and set aside.

##### Pumpkin Pies

Preheat oven to 400°F (204°C). Place rack in the middle of oven. Pie crust bases - Thaw reserved 2 pie crusts in foil for 30 minutes. Pierce with a fork to avoid air pockets. Pour filling into pie crusts. Place filled pie crusts on baking tray. Bake in preheated oven on middle rack for 15 minutes. Reduce oven temperature to 350°F (176°C) and continue baking for 30 - 35 additional minutes.

##### Assembly

Brush outer edge of cooled baked pies with warm apricot jam (use a pastry brush to help). Attach decorations to outer edge of baked pies. Cool decorated pies in refrigerator for 1 hour. Serve with whipping cream.

Yields two 9" pies





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Community Spirit

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