

Rochester Celiac Support Group

May 20, 2009 Meeting Minutes

Susan Kath called to order the regular meeting of the Rochester Celiac Support Group at 7:00 pm on April 15, 2009 at the Brighton Reformed Church, Rochester, NY.

Topic: Board Member Election and Traveling on the GF Diet

Meeting Chair: Susan Kath, President

Note Taker: Erin Collins, Secretary

Meeting highlights:

There is a 16 year old Spanish exchange student who just found out that he is a celiac and the group is looking for a host family for four weeks in July. He is a volunteer for the Red Cross and has many hobbies including basketball and soccer. The host family can be of any make-up- kids young or old or none. He arrives on June 26th and will be taking classes during the week and will spend the weeknights and weekends with the host family. If you are interested, please contact Barb at 585-747-3060.

Kathy Oaks will be doing a GF Cooking Class at the June 17th RCSG meeting. She will have samples of the items she is cooking and has prepared a varied menu of easy to prepare dishes for busy families. Her presentation may go past 8:30pm but we plan to get started on time. If anyone gets the Betty Crocker mixes before the meeting and can bake and bring them that would be awesome. Please let Kathy know @ koaks@bcs1.org.

Cassandra Coffey gave an update on the May 30th Walk. We already have 454 people registered for the walk! WOW! We are going to have twice as many vendors this year, a raffle, and a silent auction. The raffle winners will be drawn at 12:15pm and there will be a big party at the park after the walk with lots of vendors. Uno's is doing a "dough-raiser" for us that weekend. If you go to Uno's, they will give us (RCSG) back 20% to go towards the walk at both the Victor and Webster locations. Be sure to tell them that you're with the Celiac Walk. There will be a TV spot tomorrow night featuring Susan Kath and Cassandra Coffey with Elizabeth Harness, the Honorary Chairperson for this year's walk, from Channel 8. Cassandra will be doing a radio interview as well. Have you seen the Celiac Walk spots on TV? They

have been running on Channel 8 and Fox! Register for the walk soon if you haven't yet- we only have 500 t-shirts and bags so be sure to register soon!

Susan recently purchased the Starbucks Valencia Orange Cake at the Starbucks in Eastview Mall on Route 96 in Victor. All Starbucks should have them in stock. They will have one on display in the display case and the others will be individually wrapped. She liked it and said it was light and not too sweet, 3 ounces, 290 calories, individually wrapped and the price was \$1.95. She highly recommends it and will buy it again.

There were several new GF corn products given out at the meeting from Bob's Red Mill. If you picked up one of these samples, please take the time to comment on the product at www.BobsRedMill.com and mention RCSG or Matthew Cox. Thanks!

Nominations and Elections for July 2009 through June 2011 positions:

President: Cassandra Coffey

Vice-President: Kathy Oaks

Secretary/Communications: Erin Collins

Treasurer: _____ Please contact Susan Kath if you are interested!

At Large: Denise Copelton

Chairpersons:

- i. Membership and Newcomer Orientation: Donna Steele
- ii. Communications: Joel Elias
- iii. Resources: Tina Muto
- iv. Walk Committee: Tina Muto and Susan Gattozzi

The vote by the members for the new board members was unanimous.

Cassandra Coffey conducted a brief Day of Walk Volunteers meeting immediately following the meeting.

Donna Steele talked about Traveling on the GF Diet. As a military family, they travel a lot and she kindly offered several tips on traveling on the GF diet:

Some GF tips to keep in mind while traveling:

- Call ahead to restaurants to let them know you are gluten free so they can prepare
- Speak to the manager or the chef to ensure no cross-contamination occurs
- Always bring food with you and be prepared in case nothing else is available
- Remember that there are a lot of naturally GF things to eat like fruits, vegetables, cheese, rice crackers, rice noodles, etc.
- You can take the Mrs. Leeper's box mixes to make and eat when you're traveling and have access to a kitchen
- Whenever you travel, it is great to carry a note from your Doctor explaining your requirements to have gluten free food- this might allow you to take food with you even when it is not allowed so that you can eat something

Great websites for traveling on the GF diet:

www.Glutenfreeonthego.com

www.Glutenfreeregistry.com

GF Friendly Chain restaurants to go to when traveling:

Outback

PF Changs

Biaggi's

Carrabas

Chile's

Wendy's

Olive Garden

Red Lobster

Cheeseburger in Paradise

99 Restaurant

Godfather's Pizza

Bojo's Pizza (Colorado)

5 and Diner

The Austin Grill

Boston Market

Carrino's Italian Grill

First Watch

Flemmings

Mitchell's Fish Market

Ted's Montana Grill

The Elephant Walk

Wildfire

Five Guy's

Chain grocery stores to find GF food on the go:

Whole Foods

Wegmans

Trader Joe's

Mother Earth

Hannaford's

Kings' Supers

Albertsons

Earthfair (Southeast)

These places are GF friendly:

Disney World: Donna's family went to Disney this year and had a wonderful GF experience. They are very accommodating and did a really great job. They were able to prepare GF food at the buffets and big restaurants. Just be sure to talk to the manager or the chef to prevent cross-contamination.

Canada: Traveling to Canada is generally great on the GF diet. At Niagara on the Lake, there are a lot of different GF options including many different GF dessert options and main dishes.

Philadelphia: There are a lot of GF friendly restaurants.

Adirondacks:

Indian Lake Restaurant

585-648-5115

Misty Mountain Bakery Café, Indian Lake

518-648-0242

Hemlock Hall, Hemlock Hall Road, Blue Mountain

518- 352-7706

Iris' Café

2022 City Hall Place, Plattsburg

518-566-7000

Pizza Bono

93 Margaret Street, Plattsburg

518-561-8541

Lucky Leprechaun

612 Morris Memorial Highway, Olmsteadville

518-251-3380

Wally's Diner

Route 28, Old Forge

Other Rochester Resources:

Celiac Specialties is a bakery that is out in Michigan and the baked goods are fantastic. Donuts, angel food cake, and cookies are awesome. If you order and spend over \$100, they offer free shipping to anywhere in the US.

Angel Food Ministries has a lot of allergy-free products. You can get an allergy-free box for \$25 each. Just be cautious with marinated meats and sauces. Visit the website at www.faithtemple.net.

Upcoming Events:

-May 30th is the 2009 Celiac Walk. Register ASAP if you have not done so already!!!

-May 31st from 1 to 3pm, Lori's will be hosting a Gluten Free Tasting at the store in Henrietta. They will have raffles, gluten free tastings, and free samples. Money raised will go to the All 4 Pets WNY & H.O. R. S. E. Sanctuary Rescue Charities.

-June 2nd from 5 to 7pm, Wegmans will be hosting the first ever Living Gluten-free with Wegmans event at the Wegmans Conference Center in Rochester, NY. Cost is \$10 per person. Space is limited to 300. Buy your ticket at the Wegmans "That's the ticket" locations.

-June 3rd from 6 to 8pm, Wegmans will be hosting "Gluten-Free Baking 101" at the Pittsford store. Cookbook author Elizabeth Barbone will teach you the ins and outs of "Easy Gluten-Free Baking." And you'll see Elizabeth demonstrate two easy recipes (banana muffins and chocolate chip cookies) from her cookbook, Easy Gluten-Free Baking. Cost is \$15 per person.

-June 5 and 6, 2009 in Seattle, WA is the GIG Annual Education conference. Dr. Peter H. R. Green will be the keynote speaker on Saturday night. Dr. Green is the Director of the Celiac Disease Center at Columbia University and the author of the book, "Celiac Disease A Hidden Epidemic". Go to www.gluten.net/events.php (scroll to conference info & register online)

If you aren't a member of GIG, sign up soon at www.gluten.net.

-June 9th, 2009 from 6 to 8pm, Wegmans in Pittsford will be hosting "Gluten-Free Bread Baking" where cookbook author Elizabeth Barbone will teach you the ins and outs of gluten-free bread baking. Elizabeth will be demonstrating two bread recipes: basic sandwich bread and a yummy cinnamon raisin bread. Cost is \$15 per person.

-June 17th is a membership meeting where we will discuss the 2009 Celiac Walk and Kathy Oaks will be leading a gluten free cooking class about dealing with CD without spending a fortune; including topics such as cross contamination, social situations and eating at restaurants.

-July 15th is a membership meeting where we will discuss the GIG Conference and have an open discussion.

-August 7, 2009 (Friday) will be a new event for Celiac Awareness Day at Frontier Field. They have concessions with gluten free food at the stadium. We ask that our members wear their walk t-shirts.

-August 19th is a membership meeting where we will have a round-about discussion with parents and children to discuss the issues impacting celiac kids and their parents.

-August 23rd at 5pm at Biaggi's Restaurant, we will be having a fundraiser so please save the date. We would like you to come and bring family and friends.