

Rochester Celiac Support Group

June 17th, 2009 Meeting Minutes

Susan Kath called to order the regular meeting of the Rochester Celiac Support Group at 7:00 pm on June 17th, 2009 at the Brighton Reformed Church, Rochester, NY.

Main Topic: Gluten Free Cooking Class with Kathy Oaks

Meeting Chair: Susan Kath, President

Note Taker: Erin Collins, Secretary

Meeting highlights:

1. VOLUNTEERS NEEDED

-The group needs to recruit a communications person. This person would be responsible for responding to requests for publicity about the group and to work with local publications to have our RCSG-GIG ads published this fall.

-The Advisory Board has decided to increase the number of special events at local restaurants. This will increase awareness plus get folks involved with the group who may not attend regular meetings. The group needs a volunteer to work with local restaurants to coordinate events for us and inspect the preparation process before we agree to hold a function at each venue.

-The CSA group in Buffalo is researching the feasibility of getting insurance reimbursement for GF foods for people with a diagnosis of CD. You can actually use your FSA to get reimbursed for the difference between GF food and other food when the individual is a diagnosed celiac. We are looking for a volunteer to look into this further and we have some information already.

-We are continuing our search for a treasurer. The system is all set up and very easy to use.

-Anyone willing to assist the group with one of these needs please contact Susan or Cassandra!

2. CELIAC WALK 2009 RESULTS – Cassandra Coffey

-THANKS to everyone who participated in the walk - participants, volunteers, donors, sponsors, vendors! A special thanks to the Walk Committee - the event would not have been what it was without the walk committee member's efforts. Thanks to walk chair Cassandra Coffey, Tina Muto, Susan Gattozzi, Julie Steele, Amy Van Dussen, Gretchen Lawler, Beth Wiegand, Christina Malycha, Pat March, Mary-Lynn Bender, and Erin Collins.

-It was a HUGE success! Highlights included:

- perfect weather

- lots of great photos taken by Joel Elias, which are available for purchase through the Kodak Gallery website

- an abundance of delicious gluten-free food from vendors

- entertainment for all ages—live music by Carol and the Impalas, a visit from the Red Wings Mascot and Happy the Clown, and face painting

- a long list of great prizes

- overstuffed event bags full of GF samples to try before purchasing

-We were honored to have Joe Robach attend and address the crowd.

-Elizabeth Harness from WROC-TV was the event emcee. She brought along a camera crew, and our event made it to the Saturday evening news.

-We had a total of 652 registered participants!! This is up 40% from last year! And, since 2007 the Walk has doubled in terms of attendance!

-Donations are still trickling in, but at this point we have net proceeds of \$37,500! Our fundraising goal was \$38,000, but I'm crossing my fingers that we'll hit that target with the donations that are still coming in. Regardless, this is a wonderful fundraising total. These funds are dedicated to supporting research and awareness at the University of Maryland Center for Celiac Research, while are providing support for the Rochester Celiac Support Group's local celiac awareness initiatives.

-Introducing the 2010 Walk Co-Chairs: Susan Gattozzi and Tina Muto. They will be a great team, and I can't wait to see the great ideas they have for the 2010 walk.

3. THANK YOU GIFTS TO TOP FUNDRAISERS

-As a way to say thank you to the top 15 fundraisers, Cassandra presented them with thank you gifts. All thank you gifts are items that have been donated from businesses that cater to those on the gluten-free diet. Together this group rose over \$13,000! Our event would not have reached \$37,500 without the hard work of these people!

4. RAFFLE

-There were a few unclaimed raffle prizes from the 2009 Celiac Walk that we will be raffling these off tonight.

5. GF SAMPLE EXCHANGE

-We are having a "GF Sample Exchange". We've set out all the samples, and you can take home different samples that you would like to try.

6. GLUTEN FREE COOKING CLASS

-Our new Vice-President, Kathy Oaks, gave us a gluten free cooking class on dealing with Celiac Disease without spending a fortune. She also included a discussion on cross contamination, social situations, and eating at restaurants. Thank you Kathy for all your efforts and sharing this wonderful presentation with us and delicious gluten-free food!

-The recipes Kathy shared with us include:

- Microwave Popcorn
- Broccoli Bacon Salad
- Polish Sausage with Pineapple
- German Potato Salad
- Spinach Salad with Raspberries and Strawberries
- Orange Creamsicle Pie
- Easy Turkey Spanish Rice

-The recipes, shopping list, and PowerPoint presentation that Kathy Oaks used for here cooking class will be posted by Joel Elias on our website at <http://www.rochesterceliacs.org/>.

Upcoming Events:

-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. Please see the flyer below.

-September 16th at 6pm is our annual picnic with Celiacs and their families. More details to follow.

The minutes are respectfully submitted by Erin Collins, Secretary of RCSG. Thank you.



**Rochester Celiac Support Group
Fundraiser**



**Gluten-free Italian Dinner
Sunday, August 23, 2009 at 5pm
Biaggi's Ristorante Italiano,
818 Eastview Mall, Victor, NY
585-223-2290**

Italian Buffet including:

- *Pizza Appetizer*
- *House Salad*
- *Rigatoni alla Toscana*
- *Unlimited non-alcoholic beverages*
- *Pasta Marinara*
- *Farfalle Alfredo*
- *Dessert*

Adults - \$20

Children 3 to 11 - \$12

RSVP by 8/8/08, along with check payable to RCSG, to:

Nancy Wise

276 Ross Street, Batavia, NY 14020

585-343-5707

RCSG Gluten-free Italian Dinner Reservation

Name: _____

Phone Number: _____

of Adults _____

of Children (3-11) _____

of Children (under 3) _____

Total Paid: _____