

## *Celiac Support Group Picnic*

The Celiac Picnic was quite a success, and many families and friends joined us for a great time and tons of gluten free foods and yummy goodies to sample. Udi's provided us with bread as well as chocolate muffins to sample and Nick's provided us with pizza and sausage. Thanks to both for their contributions and their time at the picnic.

There was a wide variety of foods to try that was brought in by guests as well. Among them were: Tarts, cookies, krispie treats, tortilla chips, broccoli salad, cucumber salad, a veggie tray, quinoa tabbouleh salad, pasta salad, eggplant parmesan, rice chex treats, pretzel salad, raised doughnuts, Texas sheet cake, raspberry chocolate torte, and raspberry chocolate cake.

There were also door prizes and a 50/50 raffle which were very exciting, and we had several winners! We would like to thank Udi's and our walk sponsors for the prizes since they were leftover from the walk.

All in all the picnic was a good turn out and a great way for people with Celiac disease and gluten intolerance in the Rochester community to get together and talk about how it effects their lives and families. My husband and I met some great people we had not met before and it was nice to share stories and make new friends.

-- Kelly

# Announcements & Upcoming Events

**\*\*THANK YOU!\*\***

**THANK YOU** to **Nick's Deli & Pizza** for providing us a great deal on pizza and sausage for tonight's dinner!

**THANK YOU** to **Donna Marie's GF Bakery** for donating dessert trays!

**THANK YOU** to **Udi's** for donating bread and chocolate muffins!

**THANK YOU** to **Amica** for honoring Tina Muto with an Amica Citizenship Grant to the Rochester Celiac Support Group!

**\*\*AT TONIGHT'S MEETING\*\***

**Half-price Book Sale Tonight!** We have a selection of books that are available tonight for half-price. Visit the book sales table for some great deals!

**50/50 Fundraiser Tonight. Drawing at 7 pm.** Total proceeds are split 50/50 between the winner and RCSG.

**Walk T-Shirts for Sale Tonight!** \$10 each. Proceeds go to Center for Celiac Research.

**Door Prizes.** We are giving away 4 door prizes tonight. Make sure you have a ticket. We will announce winners at 6:15, 6:30, 6:45, and 7 pm.

## **\*\*FREE STUFF\*\***

**Leftover Walk Samples!** Please feel free to take a sample home.

**NOTE:** Udi's granola **CONTAINS TREE NUTS.**

**Coupons.** Help Yourself!

**Cookbooks.** From a high school that did a project on celiac disease.

## **\*\*VOLUNTEERS\*\***

### **Thanks to our new RCSG Volunteers!**

- Joette Astifan is our new Sign-In Table/Attendance Volunteer. Please welcome her as she welcomes you to each of our meetings!
- **Audra Stickney is our new website content editor. She will be keeping our website up-to-date. If you have any suggestions for new content on the website, please contact Audra. [stickney@rochester.rr.com](mailto:stickney@rochester.rr.com)**

- Bridget Dugan is our new Health Fair Coordinator. If you are interested in volunteering at a health fair, please contact Bridget. [bdugan3@gmail.com](mailto:bdugan3@gmail.com)
- Celeste Kovachi has joined the New Member Committee. She will be helping to welcome and educate our new members.

### **We need more volunteers!**

#### **2011 Walk for Celiac Disease Committee Members** (Need 7 volunteers).

- Planning needs to begin soon for the 2011 walk, so we need volunteers NOW to make our 2011 walk a success! At this point, we have a few volunteers for the 2011 walk, but we need a few more people to spread out the work. We cannot have a walk with volunteers to plan it.
- It's fun to work with a friend and it helps to spread out the work. Please volunteer and recruit others too!
- Volunteer positions include the following areas: cash sponsors, in-kind donors, vendors, marketing, administration, day-of-event operations.

#### **Ways & Means** (Need 1 volunteer or 2 to work as a team).

- Organize and run fundraising activities (like raffles) at monthly meetings.
- Plan, organize, and run the primary annual fundraiser for RCSG.
- Organize/plan other fundraisers throughout the year as desired/needed.

#### **Refreshments Committee Members** (Need 2-3 volunteers).

- Volunteer positions to begin in January 2011.
- Committee members are responsible for the kitchen at monthly meetings:
  - recruit volunteers to bring snacks

- set up the kitchen before the meetings
  - make coffee
  - set out snacks for serving after the meeting
  - clean up the kitchen after the meeting.
- Need to arrive by 6:30 pm to set up, and will need to stay until kitchen is clean.
- **Vice President of RCSG (Kathy Oaks) is chair of this committee.**

## **\*\*UPCOMING EVENTS\*\***

**New Google Groups Calendar on our Website.** Go to [www.rochesterceliacs.org](http://www.rochesterceliacs.org) and click on the link on the left side that says calendar. As we get the calendar updated, it will have all events in which RCSG is participating in the Rochester area, plus any other CD/GF-related events that we know about.

**Taste of Lori's. Sunday, Sept 26. Lori's Natural Foods Center.** Free samples and food tastings of products. Talk with the knowledgeable representatives that will be at this event to answer your questions about products. Join in on the Healthy Living Raffle to raise money for two local not for profits. Our grand prize will be a Big Berkey stainless steel water filter system, other prizes include a water filter for your shower, Lori's gift cards, giveaways, gift baskets from our vendors and much more!

**Hilton Apple Festival. Saturday, Oct 2 & Sunday, Oct 3.** Bridget Dugan, our new health fair coordinator, is coordinating the RCSG table at the Hilton Apple Festival. We need more volunteers to work at our table. Please sign-up to help out at the festival. [bdugan3@gmail.com](mailto:bdugan3@gmail.com)

**Chili-Paul Wegmans Gluten-Free Sampling Event. Saturday, Oct 2 from 11 am to 3 pm.** There will be numerous GF food samples, goodie bags and literature available. Be sure to stop by, enjoy some GF samples, meet the food reps and support Wegmans and their suppliers! This event is

like the one held at the Webster store in August - they had lots of great samples. RCSG will be there with a table and volunteer to answer questions about CD, gluten intolerance, and RCSG.

**Book Signing.** Katie Chalmers, author of the book *Mommy, What is Celiac Disease?* Saturday, Oct 2 @ Chili Paul Wegmans. Sunday, Oct 3 @ Pittsford Wegmans.

**GF Chinese Dinner. Tuesday, Oct 5 @ 6:30 pm. Golden Phoenix Chinese Restaurant.** \$17.50 per person. RSVP by Sept 28. Registration Form is available on our website.

**GF Bread Baking with Elizabeth Barbone.**

• **Wed, Oct 6 @ Brockport Wegmans. 6-8 pm.**

• **Thurs, Oct 7 @ Pittsford Wegmans. 6-8 pm.**

Tickets are \$15. **Book Signing and Demo!**

Elizabeth Barbone, author of *Easy Gluten-Free Baking* will teach you the ins and outs of Gluten-Free Baking. In two hours, you will learn:

- How to successfully bake gluten-free bread
- The differences between a bread machine and stand mixer—and which Elizabeth thinks is the best for gluten-free bread baking
- How to bake, slice and store homemade gluten-free bread

Copies of her book are available at Wegmans at 20% off.

**Alesi Family Health & Fitness Fair at the Dome. Thursday, October 7. Fair & Expo Center in Henrietta.** Please see Bridget Dugan if you are interested in volunteering for a shift at this health fair. Volunteers sit at our table and answer any questions that attendees have about celiac

disease, gluten intolerance, or RCSG. All materials are provided - you just need to come and help out! [bdugan3@gmail.com](mailto:bdugan3@gmail.com)