

Rochester Celiac Support Group

July Meeting Announcements

Rochester Celiac Support Group Meetings have MOVED! Rochester Celiac Support Group Meetings are now on the 3rd TUESDAY of the month at ST ANNE CHURCH at 1600 Mount Hope Ave in Rochester. Meetings are at 7 pm. New members meet at 6:30 pm. Detailed schedule of meeting topics and upcoming special events can be found on our website at <http://www.rochesterceliacs.org/schedule.htm>. I also have copies of our 2010 schedule here tonight.

New Mailing Address for Rochester Celiac Support Group:

Rochester Celiac Support Group
PO Box 813
Fairport, NY 14450

Raffle. Tonight we are raffling off three \$10 gift cards to King Arthur Flour. They have recently introduced a new line of GF mixes. You can order from their website and some of their products will also be available soon at Wegmans.

Free GF Cookbooks. Several years ago a high school class studied celiac disease, and as part of the project, they made GF cookbooks. We have some of the cookbooks here. They are free for the taking!

We need volunteers!

- **2011 Walk for Celiac Disease Committee Members.** Planning will begin soon for the 2011 walk, so we need volunteers NOW to make our 2011 walk a success! It's fun to work with a friend and it helps to spread out the work. Please volunteer and recruit others too! Need 7 volunteers. Volunteer positions include the following areas: cash sponsors, in-kind donors, vendors, marketing, administration, finance, day-of-event operations.
- **Health Fair Coordinator.** This person is responsible for identifying local health fairs for our group to attend, communicating with the organizer of the fair to get us signed up to attend, recruiting RCSG volunteers to attend the health fair, and managing getting our table materials (tablecloth, display board, handouts, etc.) to the fair and back.
- **Refreshments Committee Members.** Volunteer positions to begin in January 2011. Committee members are responsible for the kitchen at monthly meetings - getting volunteers to bring snacks, setting up the kitchen before the meetings, making coffee, setting out snacks, and cleaning 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. Need 2-3 volunteers.
- **Ways & Means.** This person will organize fundraising activities (like raffles) at monthly meetings and will also be in charge of our primary annual fundraiser. Can also organize/plan other fundraisers throughout the year as desired/needed.

What you would like to hear about at a future RCSG Meeting? We are interested in hearing from members what topics you would include in our 2011 meeting schedule - and whether you like having meetings offered monthly, or might perhaps prefer meetings bi-monthly or quarterly. Let us know if you like hearing from doctors, registered dietitians, cookbook authors, etc. Do you prefer topics related to celiac disease research, gluten-free diet, gluten-free cooking/baking, local restaurants and bakeries, etc.? Please offer your input so that we can provide speakers that are of interest to our members.

Celiac Awareness Day at Frontier Field. Friday, August 6. We have a block of tickets at a reduced price of \$5.50 per ticket. Section 221-222 (3rd base side). Fireworks immediately following the game. Ticket orders are due by July 26. Pick up an order form tonight or print one from our website and mail it in.

GF Chinese Dinner at Golden Phoenix Chinese Restaurant. Tuesday, October 5. See Bert Garman for more information. There will also be a printable form on our website as the date gets closer.

July Meeting Notes

- ❖ At the beginning of our meeting Mike and Linda Howell made an announcement that they will be stepping down from handling stuff in the kitchen at the Rochester Celiac Support group meetings. They informed us that they will be starting A Celiac Support group for Wayne County, and will hold the first meetings at their house in the beginning of September. They will look to us for support and said they made a lot of great friends in the past 5 years helping out. They will keep in touch with everyone. We wish them the best of luck as they start their new group!

- ❖ Tina Muto spoke to the group about the Celiac walk, and how we raised 41,400 in proceeds that will go to the Celiac Research Foundation. There were 519 people in attendance at the walk, and we raised more money than the previous year!

- ❖ The top 15 people who raised the most money fundraising for the walk were recognized at the meeting tonight, and were awarded prizes and congratulated by the group.

- ❖ Cassandra talked about Celiac Awareness day at Frontier field with the Red Wings, that takes place on Friday August 6. Reduced price tickets are available through the Rochester Celiac support group.

- ❖ Cassandra spoke about the Meeting in September and how it is a Gluten free Family Picnic. It is held on September 21st, and everyone brings a dish to pass and a list of ingredients in their dish incase anyone has additional food intolerances/ or allergies.