

## Rochester Celiac Support Group

April 15, 2009 Meeting Minutes

Susan Kath called to order the regular meeting of the Rochester Celiac Support Group at 7:05 pm on April 15, 2009 at the Brighton Reformed Church, Rochester, NY

Topic: Annual Gluten Free Auction Fundraiser

Meeting Chair: Susan Kath, President

Note Taker: Erin Collins, Secretary

General discussion highlights:

- We need volunteers to put storyboards in libraries in Greece, Gates, the city, and any other libraries we have not had them in yet. Thank you to all that have helped with this.
  
- The RCSG elections will be held at the May 20th meeting. We need people to step up and fill the following positions:
  - o Vice-president
  - o Treasurer
  - o Walk Chair

Please contact an advisory board member if you are interested.

- May 30th is the annual Making Tracks for Celiacs walk. If you have not already done so, sign up online for the 2009 Celiac Walk. We already have over 100 people registered! The first 500 people registered will receive a walk t-shirt, goodie bag, and coupon for 1 free ice cream. The funds raised from this event are donated to the Center for Celiac Research at the University of Maryland. Also, we are still

looking for volunteers to help at the park the day of the walk. If you would like to help out, please contact Cassandra Coffey at [walk09@rochesterceliacs.org](mailto:walk09@rochesterceliacs.org).

- Thank you to all of the volunteers who helped put the Annual Gluten Free Auction together and a special thank you to our auctioneer, Amy Van Dussen. The goal of this auction is to cover the Rochester Celiac Support Group's expenses for the year so that we do not have to charge dues to our members. With your donated Gluten Free goodies and generous bidding, we made our annual fundraiser a success. Thank you to all who participated!

#### Upcoming Events:

- May 20th is a membership meeting where we will hold nominations and elections for the board and discuss traveling on a gluten-free diet.

- May 30th is the 2009 Celiac Walk. Registration begins at 9:30am and the walk starts at 10:30am at Perinton Park. Click the link for more details.

- 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 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](http://www.gluten.net/events.php) (scroll to conference info & register online) I sent an email about this on March 10th. If you aren't a member of GIG, sign up soon at [www.gluten.net](http://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 impaction 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.