

# GF Lunch Bunch scores free cheesecake at Ruby Tuesday



**Eilene Ealey** who helped organize the outing at Ruby Tuesday is enjoying her lunch.

The GF Lunch Bunch met for the first time Friday, September 9<sup>th</sup> at Ruby Tuesday near River and Stone. About 25 members had meals ranging from grazing at an impressive salad bar to burgers and steaks. Each table had its own server, so there was no waiting.

Best of all, Colleen Beaman, who organized the event, managed to hustle *free* and delicious GF cheese-

cake for all who wanted it.

The GF Lunch Bunch will meet on the second Friday of each month through December at noon. Restaurants lined up include the *Outback*, *Paco's Tropical Café*, and the *Lotus Garden*. See the website and this issue's calendar on page 4 for more details and business addresses.

Colleen finds the venues and Eilene Ealey is making the phone calls and taking the reservation count. Volunteers are always needed to help make phone calls.

Besides being a fun event, the lunches are held during daylight hours when many members feel more comfortable driving. Plus, each restaurant gains awareness of GF food preparation, and we gain experience dealing with waiters and chefs.

Times and places for the GF Dining Club, which meets in the evening, have not been established as yet. Please see the website calendar and first page for updates as they become available. Or, you can contact Karen Keating at [KKeating1111@hotmail.com](mailto:KKeating1111@hotmail.com).

## Food Fair

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They are: Past president, Jeannine Faidley; president, Georgina Rubal; president-elect, Elizabeth Rascon; vice president/membership, Sue Beveridge; secretary, Barb Blackman; treasurer, Hetty Pardee; members-at-large, Brenda Bryson, Shirley Curtis, Mary Massaroti, Marilyn Ringer and Cheryl Wilson.

Members polled on the quality of presentations by guest speakers during the 2004-2005 fiscal year rated most of them as "excellent." They particularly appreciated the presenta-

tion by Dr. Alessio Fasano, MD of the Center for Celiac Research..

LynnRae Ries, a GF baker and author, gave a short talk capped off by members taste-testing her fresh-baked goods and purchasing her vacuum-packed breads. Most importantly, members sampled and took home a substantial selection of donated GF products.

Don't forget the  
Roundtable  
September 28th

## Chapter 15 Notes

**Gluten Free Demo Days** are held at the New Life Health Center, 3954 N. Oracle Rd. every Wednesday from 2 - 5 p.m.. You can sample foods made from GF mixes and products before you buy.

**Buy a five-year membership** in SACS for \$50 and save \$10. The regular price is \$12 per year.

**Jelly Belly Gourmet** jelly beans have been GF for about a year now, since they changed the formula for the buttered popcorn flavor. Their candy corn is GF, too. Happy munching.

**The 2006 Celiac Walk** may be hosted by a Phoenix celiac group next year. They will be deciding within the next month or two whether to sponsor a Walk or not.

**SACS has adopted** an 11-year-old Celiac, Oscar, from Nogales, Sonora. His family is challenged to find or even afford special foods for him. The group will be donating food packages for him periodically. Donate foods or mixes with child appeal to any board member. Money is OK.

**Volunteers needed** to design and construct a portable and durable presentation board on Celiac Disease that can be displayed at health fairs or other awareness events. Contact any board member if you can help.

**Celiac Specialties** a Chicago-based GF bakery has, according to president Georgina Rubal, excellent products. Their website is [www.celiacspecialties.com](http://www.celiacspecialties.com). They will be donating merchandise for the Potluck Sept. 25.

**Center for Celiac Disease** at the University of Chicago has free food basket donations for newly diagnosed. [www.uchospitals.edu/specialties/celiac/](http://www.uchospitals.edu/specialties/celiac/) is the URL. Look for *GF Care Package Program* on that webpage.

**CSA/USA:** 877-272-4272, 8 a.m. to 3 p.m. Central Time. Their URL is: [www.csaCeliacs.org](http://www.csaCeliacs.org).

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