



WHITE SQUIRREL GOLF TOURNAMENT SECRET  
AUCTION - 2017

**Thai Extravaganza – Naturally Gourmet Cooking  
Class with Joanna Rogister Registered Holistic  
Nutritionist and Classical Homeopath  
[www.lifestagesholistics.com](http://www.lifestagesholistics.com).**

Foodie (noun) A person keenly interested in food, especially in eating or cooking.  
Nutrition (noun) The act or process of nourishing or being nourished.

If you consider yourself to be a foodie or are interested in nutrition then this is the class for you. Joanna loves food, cooking and nutrition and loves to share her knowledge and insights with all those interested in eating amazing food and feeling their best.

With a background in Nutrition, her world travels and a curiosity of all things food related, Joanna has the knowledge to help you better understand what foods you are eating and why you should be incorporating them into your daily life. In addition, Joanna will expand your repertoire of exotic foods and their ingredients. Come and join us for this great class to satisfy that desire that you have, not only to eat and feel better, but to develop your knowledge of the incredible, sometimes mindboggling, array of ingredients that are available to us at local grocery stores.

We will be discussing, preparing and eating an amazing meal of Thai dishes including Tom Kai Thai Soup, Spring rolls, Shrimp Thai Curry and Khao Neow Ma Muang (Sticky Rice with Mango).

This cooking class is for 8 people and can be held at the Church or in one of the participant's homes. The class will be held at a mutually agreeable time in September or early October. Golf and MOE Committee members will help with advance food preparation and will be responsible for cleanup. Alcohol will not be included and can be provided by the participants.

The MINIMUM BID IS \$500.

Bids can be submitted up to the beginning of the after dinner program on June 10 at the Ironwood Golf Club in Exeter.

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Bidding form for the "Thai Extravaganza – Naturally Gourmet Cooking Class"  
with Joanna Rogister

Name of bidder \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Bid \_\_\_\_\_

