

Rainbow Kitchen

Newsletter

Victoria Rainbow Kitchen Society,
310 Henry Street, Victoria BC V9A 3J2 phone 250 384-2069
www.rainbowkitchen.ca



May 2010

Society News

On June 11, 2010 the Victoria Rainbow Kitchen Society will have its first Extraordinary Meeting called for the nomination and election of officers. The evening will start by sharing a meal together followed by the business meeting

The nominations are as follows:

Garth Walmsley, President
Deborah Hunt, Treasurer
Nicole Gauvin, Secretary
Amin Kassam, Director
Anne Thomas-Knudsen, Director
Julie Wright, Director
Sharie Westgate, Director
Allan Lindskoog, Director

Further nominations should be directed to Anne Thomas-Knudsen, phone: 250-598-1167 or email: dkatk@shaw.ca.



A Special Meeting

Of the
Victoria Rainbow Kitchen Society

**Called for the Nomination
and Election of Officers
June 11, 2010 at 6:30 pm
At the Rainbow Kitchen**

Friends and volunteers of the Victoria Rainbow Kitchen Society are encouraged to both attend the first meeting of the Society and to sign up for membership during the supper time which will precede the meeting.

Please join us for an evening of dining, spending time getting to know each other and a little business

Logo competition!

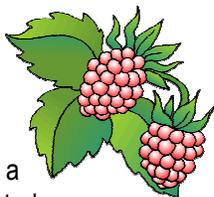
Prize for the selected logo:

Gift certificate for two for dinner at the Inn at Laurel Point or Paul's Motor Inn.

Please submit your ideas to Walter, Sharie or Alexander in the Office.

Submission will be accepted until June 4, 2010 for viewing and voting on at our Special Meeting June 11, 2010

Raspberry patch



If you've ever had the chance to crawl way inside a raspberry patch you'll know what its like to be in a truly safe environment. I was a young child the last time I pushed my way through the prickly stalks on my hands and knees until I found the perfect hiding spot way inside. It didn't matter that I got scratched along the way and charging into the spider webs with the fierceness of a knight in armour only made it more of an adventure. Of course I had to close my eyes when I hit the sticky webs but I thought most knights would have to do that when they bravely stepped forward to face their foe and weren't really sure what the outcome would be. But once I made it to the inner sanctuary far inside among the raspberry stalks I had a sense of cosy security. My older brothers and mother wouldn't find me here and even the kid down the lane who kept harassing me every time he came past our house wouldn't know I was in there. When I looked up I could see the hot summer sun shining through the velvet green raspberry leaves. Sometimes I imagined they were lime popsicles but when my imagination got the better of me and I tried one, it didn't really work out they way I had hoped. The large juicy raspberries that hung down like gumdrops in the sky were the best. They couldn't be seen by the older members of my family and therefore I could plop them in my mouth whenever I felt like it.

I think the best part of all this was that I was in complete charge of my environment. The ants who scurried with purpose when they went about their business could be picked up, turned around in the opposite direction and reliably they would re-orientate themselves to carry on with resolve the way they had been before being interrupted. It was fascinating to turn the wood bugs on their backs and watch them struggle to right themselves. When I found an earth worm I'd scoop it up with clumps of earth and hold it in my hand with wonder. Did it have eyes, ears and a mouth? Did it feel pain? This was my world and I was the centre of it. It was also God's world and I felt his presence there too. It was as though we were all part of the same -- earth, sun, raspberries, ants, worms, bugs, God and me. Eventually I'd come crawling out of my safe place with raspberry juice on my face and worms dangling from my pockets. It was reassuring to know I could go back there whenever I had the chance.

As a young child my world was dominated by adults and other circumstances beyond my control and understanding. I was free from all this when I escaped into the raspberry patch. Growing up male, I was never

conscious of the ways I could control others. As a boy I slowly learned how to exercise power, at times even by intimidation. If I didn't I faced the risk of being controlled by others. It was just part of being a boy. As I grew older I never really thought about my place in the world and the various ways that I exercised power. Nor do I always recognize the ways that I make use of power now. But I do, I'm educated, I have money, information, I'm 6 feet, tall, male, and physically strong. Even my presence can intimidate someone who doesn't have these qualities. I can intimidate someone without even knowing that I am doing so. Intimidation happens whenever I assert my will over someone else, or when I take for granted that I have a right to exercise power over others.

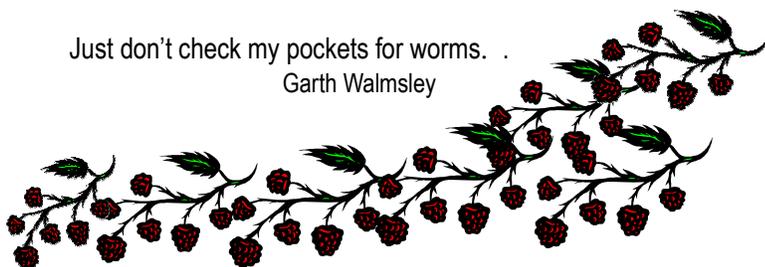
Sometimes I come to Rainbow Kitchen just before the meal is to be served. Our guests are lined up outside and I can feel them looking at me as I walk past them in the line. I'm dressed for work and I couldn't stand in line with them if I wanted to. They'd know I didn't belong. The first person in line has been waiting there at the door for sometime but I can open the door and go in leaving them to wait. It separates us. I'm not saying it should be different in this situation. I just think it's important to acknowledge how authority and power affects us and others in our everyday lives.

It is important to have an awareness of the various ways that we make use of power. When acts of intimidation take place, we are all responsible for putting a name to it and therefore ensuring that those practices change. To speak to these things when we see them happening can be a very difficult thing to do. No one wants to create a confrontation. It's kind of like pushing through the raspberry canes and getting scratched in the process. Or striking down cobwebs to make our way to that wonderful place that we know exists.

You may find me alone in the Rainbow Kitchen garden from time to time. I'm trying to recapture that feeling from childhood and bring it back. It's a feeling of wonder and respect for all living things, a feeling of safety and freedom, a feeling that God is present in your life and in everything that surrounds you. That's the kind of vision I have for Rainbow Kitchen.

Just don't check my pockets for worms. .

Garth Walmsley



Creating a Safe Place

Unsafe or threatening incidents which cause either physical or emotional injury or both occur in all organizations. When such incidents take place, it is important for anyone involved in the incident to report it so it can be reviewed by those in positions of responsibility. A review serves to explore why the incident occurred, the factors leading up to it, and what can be done to prevent the situation from reoccurring. Although the incident is unpleasant, the outcome of the review is often positive, in that its recommendations may include a needed revision of policy or procedure, an upgrading of equipment, or additional training of personnel. The following are some situations where a report should be made:

- an accident resulting in the need for medical care;
- a potential accident that narrowly missed causing injury;
- an abusive situation between any two people where one person feels traumatized by the incident;
- a critical incident where there was the potential for serious injury (such as a physical confrontation with a guest);
- harassment

These incidents should be reported on the form available in the office.

Barn Dance Fund raising for the Rainbow Kitchen

We may have been small in number but those of us who were there had a fabulous time dancing the night away! The "Front Porch String Pickin' Band" had us stomping our feet with every note.

Brad Arnold showed off his fancy footwork with many of the ladies including me (Nicole G.). For those who missed this great event, not to worry, the band is willing to play for us again. \$500.00 was raised and donations to the Rainbow Kitchen are always gratefully accepted.



Walter Adams won for being the best dressed participant!

Pictured here dancing with Nicole Gauvin

Announcements

from the diocesan website:

~ The Reverend David Opheim has accepted an appointment as the Priest-Director of All Saints Outreach Ministry, Diocese of Toronto, effective September 1, 2010

Alexander Boxer will be Kitchen Coordinator starting June 1, 2010 while Walter Adams is away.



In the Rainbow Kitchen Garden

The garden has been planted and growing well.

Meals Served in April...

On an average day we had 122 guests with more than 2000 guests coming through the doors at the Rainbow Kitchen in April.



Reminders

Volunteer Applications due in the office as soon as possible.

This newsletter was put together by Enid Brazier, Nicole Gauvin, Diana Kozinuk and Garth Walmsley. We welcome your ideas, submissions or joining us as part of the team or helping in any capacity. Please email me at: ngauvin@shaw.ca. Thank you.
Nicole Gauvin

Standout Volunteer

Josh Gavel



Josh joined the Monday Crew about 5 years ago. He is our “go to” kind of guy!

Every Monday he picks up the SPUDS donations on his way in to the Kitchen and arrives early to start on a multitude of functions! Josh had been away for about a month, fulfilling another purposeful agenda; RK wasn't the same without his presence.

When the serving begins, when chaos could erupt, Josh is there making sure the servers have enough food - anticipating – replenishing, refilling: salads, sugar bowls, milk jugs, juice, getting extra bowls, whatever is needed, he goes and gets it.

The Monday crew is so grateful to you Josh.....
Thank you for all that you do so well!

Please submit the name of someone you feel is a standout volunteer for the next newsletter

Rainbow Kitchen Help Wanted

Volunteer Position Opportunities

1. Co-ordinator of Volunteers –

This is an opportunity for someone to use their organizational and people skills to plan volunteer orientations, training workshops, and appreciation events. The individual volunteering in this position would be expected to attend the Leadership Team meetings but otherwise the hours and times are flexible. If you are interested in this position, please talk to Garth Walmsley (250-386-8248)

2. Newsletter team

...help with writing, editing, photography, artwork, distribution

3. Media liaison –

see Information Coordinator job description

4. Garden Team

Leader – speak to Walter Adams or Sharie Westgate



Bouquets of Thanks



Thank you for providing the Kitchen each week with your delicious bread



Thank you B & C Food Distributors Ltd. for giving generously to the Kitchen each month.

Printing of the Newsletter has been provided for a nominal fee by *St. Matthias Anglican Church* at the Corner of Richardson and Richmond.

