

Rainbow Kitchen



Newsletter

Victoria Rainbow Kitchen Society

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Uncertain Future

Dear Volunteers and Friends of Rainbow Kitchen:

As most of you know, we have lived under a cloud of uncertainty about our stay in the St Saviour's location for some time. The Diocese had notified us that St Saviour's was one of the properties listed for sale however we didn't expect there would be much interest in the property. We have now been advised that there is an offer for the purchase. This offer has been accepted by the Diocese pending a number of conditions being met. These conditions must be met by December 2 for the sale to go through. The sale of the property would then be completed on January 2, 2012. The buyers are a private couple who intend to convert the space to a dance hall and art gallery.

The board of Victoria Rainbow Kitchen Society has met and re-affirmed that Rainbow Kitchen will continue to provide a hot meal and a friendly face for the many guests who have come to depend on us. A committee consisting of Grace Holness, Deborah Hunt, and Diana Kozinuk was formed to begin the process of finding another location. If you have any suggestions about a suitable location, please contact one of these individuals. (send emails c/o: victoriarainbowkitchen@gmail.com)

I recognize that the change in location for Rainbow Kitchen will completely change what Rainbow Kitchen is today. But I have to remind myself that Rainbow Kitchen is not about the building. It is about what all of you have offered to the many who find their way there Monday through Friday --- a rainbow of hope in a stormy world of struggles and challenges. It has also been a rainbow of God's presence in our world. My hope is that you will join me in prayer that this will not change for either us or our guests in whatever form Rainbow Kitchen will take in the future.

Garth Walmsley
President, Victoria Rainbow Kitchen Society

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Gardening at the RK

Angie has been gardening for the Rainbow Kitchen since January and has taken over from Adelaide as the head gardener. She also helps out in the kitchen doing odd jobs like bagging bread and bun donation. Angie has always been an avid gardener on her own. She has a certificate in rock gardening and has a pas-

sion for design. Angie is available to design anyone's garden that may need help. She enlists the help of some of the younger men who frequent the RK to dig holes and move heavy objects around the garden. Angie is happy to have extra hands in the garden or just popping their head into the garden to say hi.

Meal Volunteers...featuring Monday

Mondays began as a group out of the St. Georges congregation and is now a mixed group of helpers from all over the region. On Mondays, several people taking turns being the lead cook. Lawrence is a head cook once a month. He's been busy cooking here for two to three years. The other head cooks have included Andrea, Gail, Dawn and Carol.

Cedric has been volunteering for five to six years. He is usually in on Mondays to do vegetable prep work. Allen S. comes from Pender Island with Antonio and Andrea and arrives on the RK step at 08:30am! Beth has been with us for six years and regularly does veggie prep work and has been the scheduler in the past five years. Paula began here two months ago. She serves and preps vegetables. Josh has been a volunteer for years. He is in early to pick

up donations from our wonderful suppliers like Spuds. Josh helps prepare coffee and drinks. For two years Lynn has been setting the tables and preparing salads, etc. Helen and Oliver have been regular volunteers for almost three years. Al started volunteering in the RK as an overnight caretaker in the shelter five years ago. He is a regular board member and prepares any foods needed for lunch. Tonja is here Monday, Wednesday and Friday doing food prep. Jane has been setting the tables and doing prep work for four years. Trisha can be seen bagging bread, preparing foods and serving desserts. Leigh has been busy as Monday's number one pot-washer for several years! Carol summers in Saskatchewan, and winters in Victoria and comes to help us in the kitchen while living here! Mondays are definitely a unique team!

The Ghost Crew



When the kitchen is unused for the regular weekday's lunch, another crew comes in! This past fall the Rainbow Kitchen has received bountiful donations of fresh apples, cauliflower and string beans. A crew assembled by Deborah Hunt comes in to peel, blanch and freeze all these fresh foods. Some of the crew includes Sheila H., Cheryl, Judy, Kelly, Pat, Viola, Shellie and Lynn.

Thus far they have frozen about 20 Ziploc bags of apples, 54 bags of cauliflower (and we're still eating the fresh stuff!) and 14 bags of beans! Thanks to this crew for helping us to use every dona-

Did You Know

- The number of meals served has increased to over 130 daily, plus leftovers given to as many as 40 people!
- Students from Springwood Middle school were very excited to help out in the RK, the board is looking into these great kitchen helpers to come in on Saturdays as a regular prep crew.
- A crew of students assisted in the RK from Nov. 11 to 15.
- December 1 will see a group of grade 7 students from Montessori working in the kitchen.

Springwood Middle School Volunteers at the Rainbow Kitchen

Thanks Bernie and Victoria Rainbow Kitchen for giving our CISV youth an amazing opportunity to learn about and contribute to our community. I have attached some photos from last Friday which you can use in your newsletter if you wish. I have also shared some comments from the participants (edited to maintain privacy) which shows what they have taken away from the experience. We look forward to participating further with the Rainbow Kitchen. Jeff Dubney



I learned about how serious our poverty problem in Victoria is. I also was shocked and saddened how many lonely people there were; a man said he came in just to talk to someone. I had a long chat with another older man about drama. I learned that the people we Served are people just like ourselves who not only need shelter and food but also love and care. B

I learnt so much about the awful quality of life is for so many people in Victoria. I talked to one man who told me he couldn't eat his carrots because they weren't steamed and were hard for him to eat. He told me he had lost 26 teeth in the past 5 years. A

I thought it was an awesome experience! I was so surprised at how many unfortunate people are living in Victoria! I was thinking about it, and lots of people here are sending things to Africa, and saving people in Africa, and giving them food (which, don't get me wrong, is very important). But I didn't notice how many people we have HERE! In our own back yard that need food also! I think it's just as important to feed our neighbors as it is to feed those in Africa. I was dying to go on one of those great trips to Africa, but maybe before I go I will donate to the homeless shelters, and spend some more time in the soup kitchen. Thank you so much for letting me go with you all!! ♥♥E

My experience was really great! this was something that was waaaaay outside my comfort zone, so I'm proud of myself for doing it. It really showed me that yes, there are the people out there who can't afford food because they are on drugs or have made some bad choices, but some are simply there because they cannot make ends meet. The most heartbreaking thing was the few older ladies that came in right at the beginning and left very quickly, hobbling away in their little worn out shoes and there arthritic legs. That truly made me upset. All in all, a great experience. :) C

When I was done serving the food, I went to sit. I was hesitant to sit by all the homeless people without anyone I knew, but then I saw my group of CISV friends sitting at the table. To the right of them sat an old man, so I came to sit across from him, and beside "B". I started to talk to him, and he was kinda quiet at first, with very short answers, but "B" and I chatted with him for a while. Our conversation started with asking about his day, and the meal, to CISV, then politics, then to school, then to the arts, and we had a really nice conversation with this man! He used to be an actor, and loved theatre. In his current job, they couldn't always pay him, and at times like that he had to go to the soup kitchen. I had an amazing time talking with this man, and the only thing I regret, was not asking him more. I felt I didn't talk to him enough, and I wish I could talk to him again. All and all, it was an amazing experience!! E

Occupy

In the past couple months the idea of 'Occupy' has been much in the news. Starting with Occupy Wall Street, and moving on to many cities around the world including here in Victoria, the chant of "We are the 99%!" has brought attention to the disparity between the 1% (the very few people who hold a large portion of the world's wealth), and the 99% (the rest of us).

But things are not equal within the 99%, either. We may not have bank accounts with millions of dollars deposited, but we probably:\

- Have a roof over our heads
- Have sufficient food on our tables
- Have adequate access to health care
- Have fairly secure finances
- Have no fear of the local police

But that is not necessarily the case for all of the 99%. At the lower levels of society's strata are those who may not have even those basic securities.

The word 'occupy' has a couple different meanings:

1. to take or fill up (space, time, etc.).
2. to engage or employ the mind, energy, or attention of.

The first is part of the model of the 'Occupy' movement—the idea of taking over a location, in this case for the purpose of making a statement.

The second would be particularly appropriate for us as the Rainbow Kitchen. We are occupied with providing a safe and comfortable setting where we can provide nourishment and fellowship for those who are in need of those basic necessities. Our minds, energies, and attention are

engaged in carrying out this wonderful duty.

We may or may not be wealthy as far as our bank accounts are concerned, but we recognize that we have a responsibility and privilege to share with those around us.

I recently read some helpful words by Gregory Boyle in his book *Tattoos on the heart*: "Compassion is not a relationship between the healer and the wounded. It's a covenant between equals."

This is the challenge for all of us. We are the 100%. Whether we are part of the haves or the have nots, we are still equal partners in humanity. And we will do our part to make things a little bit more equal.

If you wish to contribute of your time or treasure towards the work of the Rainbow Kitchen, please contact us. We can always use more cooks, food prep people, dishwashers, or donations of food or cash.

In the words of another wise man; "You must be the change you want to see in the world." [Mahatma Gandhi](#)

This Christmas, occupy (engage) yourself with making a difference, being the change you want to see in the world. And if your heart is occupied (filled up) with love, you'll be surprised at all of the joy that will come back to fill your spirit.

Al Lindskoog, Board Member
Victoria Rainbow Kitchen Society



Bouquets of Thanks!

A very heartfelt thank you to the Anglican Diocese for Rainbow Saviour's Church and the Rainbow Kitchen to St. Vincent Church rent free for the past ten years.



This newsletter was put together by Viola.

We welcome all ideas, submissions or joining us as part of the team or helping in any capacity.

Our next Newsletter will be March 2012. Deadline for submissions is Feb. 15.

Please email at: victoriaainbowkitchen@gmail.com
Thank you. Viola