



NEWSLETTER

DECEMBER 2012 ~ VOLUME 3 ISSUE 2

Bouquets of Thanks!



ABOVE: Wendy Moreton (knife in hand) persuades REALTORS® Kyle Kerr, Brian Graves and Richard Acomba, and VREB IT staffer Adam Brown to help in the kitchen.



Sarah Tradewell

BIG THANK YOU to the Victoria Real Estate Board for organizing a crew of about 20 realtors who served dinner to our volunteers on Saturday, November 17 at St. Matthias Anglican church.

This was a special evening to recognize our volunteers and honour the work they do in our community at Rainbow Kitchen.

Many thanks also to Sarah Tradewell, Victoria singer and fiddler, and her mother Cheryl Tradewell (keyboard), who provided the wonderful entertainment throughout the evening. For more information about Sarah and her music, please visit her website — www.sarahtradewell.com.

The Victoria Real Estate Board is an Association of Victoria-area REALTORS® who have the knowledge, training and expertise to assist people with all of their real estate needs. Info: www.vreb.org



Rainbow Kitchen

Strange lot us lot at this kitchen
 Some who've slept the night
 On brown leaf woodchip or lichen
 Some ornery
 (roses have thorns)
 Some plain hungry
 Or lonely
 Some feeling boney
 Not always presentable
 Nor fetching
 Some on side of the road
 Who sleep in meadow vetchling
 Some on Mars see us earthlings
 as alien
 Out-of-space happenings
 But in their dissing
 They're slow seeing
 The morsels they're missing
 'specially saliva satiating grub
 on plate
 Tomato/lettuce leaf that glisten
 Inside as outside the raindrop pour
 Sun surging through the gaps
 Barging in the door
 And there's the man on the piano
 Sometimes playing Kinks
 Or in a ragtime manner
 Jazz in spontaneous links
 Steel strings struck by hammer.
 Don't need suit and tie here
 Hollywood nor glamour
 Not even rock n roll gear
 More eccentric Brando-like we are
 Less svelte Monroe/ cool Richard Gere.

Paul Burnside
 Victoria, BC
 2012-11-05

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Victoria Rainbow Kitchen Society

500 Admirals Road
 Victoria, BC V9A 2N4
www.RainbowKitchen.ca
 Phone: (250) 384-2069

IF YOU HAVE EVER HELD A NEWBORN INFANT IN YOUR ARMS, you know what it is like to feel the swell of hope and optimism in your chest as you wonder at the miracle of this tiny creature and its newly arrived presence in this world. And if you gaze in to the child's eyes in those moments after birth as they flutter for objects in the world outside the womb you can almost capture the love and tenderness that created this child. If you allow yourself to go further to an existence beyond those dark eyes, you can imagine the line of ancestors taking you back in time from whence this child came. Everything is perfect then, in those moments after birth until slowly another wave of emotion washes over as you also see through moist eyes that this child will face its own set of hardships and struggles as it takes those inevitable steps towards the challenges of life.

I'm reminded of this feeling at Christmas time. In the steely cold days of winter we're imprisoned by the short days and endless dark nights that seem to come too early. If it wasn't for the anticipation of Christmas coming we would be lamenting relentlessly with despair. But for many Christmas brings a season of uplifted spirits, food, song and merriment. For those of Christian faith, Christmas is also the time of celebration of the birth of Jesus. It's that special time of year when we remember what it's like to hold a newborn baby, a time of hope and optimism, a belief that the future will be good, and that spring will come again.

As I look over this last year at Rainbow Kitchen there are many things to be hopeful about.

It was on December 23, 2011 that we held Christmas dinner at St. Saviour's church for the last time. As if by some miracle, it was only a few days before that we secured a new location at Esquimalt United Church. Although this changed our costs as we now had to pay rent and therefore increased our annual budget to \$80,000 there was still a swell of optimism.

There were huge obstacles to overcome to actually take up our new tenancy in Wheeley Hall at Esquimalt United but there was a host of volunteers that came together to do what needed to make it happen. Many volunteers with carpentry and handyman skills got to work to make the renovations while others prepared meals for the crews.

On January 2, 2012 two 5-ton trucks were donated by Truck-It Delivery

MIRACLES

recipient of the *Volunteer Victoria Award for Excellence in Community Spirit and Volunteer Management.*

In September the Victoria Real Estate Board

donated \$10,000 and on November 17 hosted and served the 100 plus Rainbow Kitchen volunteers in a night of recognition.

The Ensemble Laude Women's Choir performed in September and Just Us Jazz group performed in October, both groups donating all proceeds to Rainbow Kitchen.

The contribution from individuals, organizations, churches and businesses has been an amazing show of support from the community.

As Christmas approaches I am filled with both hope and optimism about the future of Rainbow Kitchen. It is clear that there is a whole community behind this miracle and regardless of the challenges that lie ahead for Rainbow Kitchen, it will continue to be a ray of caring, support and hope for so many.

Garth Walmsley, President

(including fuel and two drivers) and muscle was provided by 9 bus drivers from CAW local 333 to make the move.

Victoria Rotary Club donated \$20,000 towards the cost of renovating the kitchen.

Every time I turned around I heard about someone else offering to help.

In March 2012 the City of Esquimalt approved a \$10,000 grant.

The Dinner Auction at St. Matthias church pulled together another host of volunteers to put on the event and raised \$11,000.

Walter Adams, our Kitchen Coordinator, was named the *Unsung Hero of 2012* by the Community Social Planning Council of Victoria and the Unitarian Church and the dinner celebration brought in another \$5,000.

There are 10 different church organizations that send us money.

In June Rainbow Kitchen was the

Christmas Season Meals

- Dec. 24, Christmas Eve: ham
- Dec. 25, Christmas Day: turkey
- Jan. 1, New Year's Day: roast beef

Financial donations to help with these meals are gratefully received.

It's interesting how much a hot beverage can change your life.

I met Dave Simmonds over coffee at our local Starbucks a few years ago. It was nothing more than a chance meeting and talk over coffee that became a regular event in both our lives; I'd have a book, he'd have the Globe, and we'd each have a coffee and we would spend an hour or two arguing over the state of the nation.

Finally, one day Dave asked if I wouldn't mind giving him a hand one Monday morning at the Rainbow Kitchen. I agreed, and before I knew what had happened, the Kitchen had become a regular routine as well. Before long, the Board was asking me to step into a full time role in the Kitchen—which I did. But even while I was spending five (or more) days a week at the old Kitchen location at St. Saviour's, I was still grabbing my morning cup at Starbucks.

As a regular, you get to know the staff,

and this particular Starbucks has an excellent staff of very friendly, interesting people. Naturally, I was always talking about the challenges and successes I was experiencing at the Rainbow Kitchen. How many people were being fed, how community develops in such situations, and the sheer joy you can take in getting a meal prepped and onto people's plates.

And then one day the manager, Leanne, asked if there was a way the staff of Starbucks might become involved. "Of course," I replied, and we started a very enjoyable partnership. First there was the donation of reusable mugs from Starbucks, which helped our programme of trying to get a reusable mug into each of our clients hands. Then there was the donation of mis-ordered bulk sugar. And finally the trial run of having Starbucks staff come in one evening and cook a meal ahead of time to give one of the regular volunteer groups a break.

This has proved to be a fairly popular event. Although very few staff sign up beforehand, there's always a good crew cooking on the last Thursday evening of the month. I feel privileged to be part of the crew: they arrive on time, break into

highly efficient sub groups that take on the various jobs, and the place is spotless when they leave. And they enjoy each others' company.

With Christmas coming, Leanne suggested that perhaps Starbucks could leverage their presence in the Victoria area and do a little more for the Kitchen. **So Starbucks stores will be collecting donations from their customers towards shoebox Christmas presents for the clients of the Kitchen.**



Toiletries, space blankets, mittens and caps, Starbucks will collect them all (and already have a head start with donations from their own staff), and in mid-December, will package and wrap them for distribution Christmas Day.

This is the way communities are born, this is the way communities act. The simple act of talking to each other and deciding to make a change, to make a difference, grows out of the fact that we are a social animal, that we recognize that caring is an essential part of life. This grew out of my mild caffeine addiction. What can grow out of yours?

Bernie Klassen

Kitchen Coordinator, May–December 2011

The Human Touch

*'Tis the human touch
in this world that counts,
The touch of your hand and mine,
Which means far more
to the fainting heart
Than shelter and bread and wine.
For shelter is gone
when the night is o'er,
And bread lasts only a day.
But the touch of the hand
And the sound of the voice
Sing on in the soul always.*

Spencer Michael Free



The Volunteer Appreciation night on November 17 was a way of honouring volunteers like Robin and Sue. Robin is a cook on the Wednesday crew and Sue comes in and rolls up her sleeves to wash dishes whenever we're short-handed.

Rainbow Kitchen wouldn't exist if it weren't for the many committed volunteers like these two.



PORTRAIT : GEOFF SMITH • CREATIVE THINKING PHOTOGRAPHY • CT-PHOTO.CA

Fairway Market's Building Communities Together Card

I have a Fairway Market *Building Communities Together* card. I took it to a Fairway Market and 'loaded' it with a cash value that I chose, and then used the value on the card to pay for my groceries at Fairway.

Every time I put money on my card to pay for my Fairway groceries, Fairway



donates 5% from its own funds to the Rainbow Kitchen. I buy groceries anyway; this way I'm helping Rainbow Kitchen feed its clients while I'm feeding my family, at no extra cost to me.

Contact Elinor at Rainbow Kitchen to get your card.

Miriam, Volunteer



Rainbow Kitchen aprons make excellent gifts or keepsakes while contributing to the operating costs of Rainbow Kitchen. Cost: \$20.

Please contact Grace Holness through the Rainbow Kitchen office (250-384-2069) if you would like to purchase one.

Help Wanted

Office Assistant

We desperately need a volunteer to assist with various tasks in the office. Familiarity with Microsoft Word, Excel, Outlook and Google docs would be an asset but not essential. This could be a couple of hours a week or more, depending on what the volunteer is willing to contribute. Please contact Elinor at Rainbow Kitchen for more information at 250-384-2069.

OCTOBER MEALS:

First servings: 2403

2nd servings or take home: 679

Total servings: 3082

Busiest day: Thanksgiving – 300 meals served. 25 turkeys cooked

NOVEMBER MEALS:

First servings: 2204

Second servings or take home: 662

Total servings: 2866

Busiest day: November 15 – 179 meals served. Menu: Veg soup, scrambled eggs, bacon, blueberry pancakes, potato hash, creamed shrimp on bun, green salad, cookies

Rainbow Kitchen relies on your help.

About 75% of our funding comes from people like you, and from churches and other organizations. This year, we also received donations from the City of Esquimalt, Victoria Rotary and Victoria Real Estate Board. We are deeply grateful for all donations, as they are all necessary for Rainbow Kitchen to provide a place for people to gather in companionship and have a good meal. Please donate.

Name

Address

City Province PC

Phone Email

Please complete this form and mail it with your cheque to Rainbow Kitchen, 500 Admirals Road, Victoria, BC V9A 2N4

Credit card donations are made online. Go to www.canadahelps.org and enter Rainbow Kitchen in the search box. The process is secure and straightforward.

An official receipt for income tax purposes will be issued for donations of \$10 and more. Charitable Registration No. 81450 4650 RR0001

Please send me information about Rainbow Kitchen membership. I would like to receive the Rainbow Kitchen emailed newsletter.

We respect your privacy and your personal information. We will never trade, sell, or otherwise make it available to any other organization or individual. For more information about Rainbow Kitchen, please call 250-384-2069 or visit www.rainbowkitchen.ca.