



NEWSLETTER

DECEMBER 2013 ~ VOLUME 4 ISSUE 2

In Gratitude...

AS COORDINATOR of the Rainbow Kitchen, I feel truly blessed to be part of a uniquely awesome team. This team of dedicated volunteers, Board members, community partners, and our “family” members is what makes the Rainbow Kitchen a safe, nurturing and welcoming place.

The morning “open door” policy invites everyone to spend some time over a coffee, listening to each other, often solving problems that, at the time, seemed insurmountable.

Coffee time is followed by a wonderful, hot nutritious lunch served by smiling faces.

I have witnessed the acceptance, the gratitude and the happiness that occurs as we sit together sharing a meal along with a story, a laugh, or simply being acknowledged.

Many of the family join in with the preparation of the meal or the clearing, cleaning and closing at the end of the day.

There is a sense of belonging.

Together we are finding a better way and I am so grateful to be part of the opportunity to simply make a difference.

In gratitude,
Sally Challenger
Kitchen Coordinator

“Family, community and food have always been a central focus in my life. During the dark, bleak and desolate times of my life, Rainbow Kitchen has provided all of these. Consistently, with generosity, the people who donate their time go above and beyond sharing food, and themselves. The community that has developed is based on understanding, sharing and acceptance. The example of the Rainbow Kitchen inspires a person to search for and believe in the power of good in all of us.”

Rainbow Kitchen guest



INSIDE

| | |
|---|---|
| Hungry for Your Support. | 2 |
| Business Owners & the Rainbow Kitchen | 3 |
| Christmas at the Rainbow Kitchen . . . | 3 |
| RK Facilities Update. | 3 |
| Fairway Market Card | 4 |
| Rainbow Kitchen Membership | 4 |
| Donation Form | 4 |

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

Our Volunteers

- They are retired folk who can't stop working.
- They are working folk doing something they love.
- They are parents of adult children who miss cooking and cleaning up.
- They are folks between jobs seeking new experiences and making connections.
- They are all ages... kids to seniors.
- They come with vast experience and unique gifts to offer.
- They live nearby and far away.
- Our guests volunteer and our volunteers are guests.
- They are seeking and building community.
- All come with patience and good will to share.

Thank you all for making it happen! The Rainbow Kitchen is ONE community.

RAINBOW KITCHEN FUNDRAISING UPDATE

Hungry for your Support

We thank our volunteers for your service but you may be able to help in other ways too!

We have launched a number of creative fundraising campaigns we would love you to step up to the plate to help with.

- Do you belong to an organization or congregation that could take the pledge and support Rainbow Kitchen?
 - Do you have children or grandchildren involved in Victoria area high schools?
- Do you, or a company or organization you know want to sponsor a Special Holiday Meal
 - Have you ever wanted to be in a parade?

Faith Based Organizations / Congregations Monthly Pledge



Would you encourage your congregation or community group to pledge \$100-\$300 monthly to Rainbow Kitchen?

If just 10 of Victoria's 100+ congregations pledge a monthly donation half of our operating budget would be covered.

Huge thanks to **Harbour View Church** and **St. Peter's and St. Paul's** for accepting this challenge!

If your group will 'take the pledge', contact Jeff Dubney, 250-818-8109.

High School Leadership Challenge "Feed the Community for a Week"



We recognize that Rainbow Kitchen's success is based on community support at all levels.

Every Victoria High School has a leadership program. High school students need to volunteer 30 hours of community service in order to graduate. High School students are also excellent fundraisers. Reynolds High raised \$57,073 this year for Cops for Cancer.

If you are able to inspire a Victoria-area high school to help with this effort, please contact Jeff Dubney, 250-818-8109.

Holiday Special Meal Sponsors



Would you or somebody you know want to sponsor a holiday special meal?

Holiday meals such as Thanksgiving, Christmas and Easter are especially expensive for three reasons:

- 1) It is hard to get turkeys and hams donated especially at certain times of the year.
- 2) Special meals (with all the "fixins") typically cost more per plate than regular meals since some of the staples need to be purchased.
- 3) We often get twice as many guests at holiday dinners (up to 300).

2014 Holiday Special Meal Sponsorships are available for \$500 each. Thanks **Starfish Medical** for financial sponsorship of 2013 Thanksgiving. Our 2013 Christmas dinner has been sponsored.

Perhaps you, or a group, company or organization you know would like to sponsor **Christmas Eve dinner, New Year's Day or Easter Monday?**

Contact Jeff Dubney, 250-818-8109.

The Fill-a-Freezer Campaign



We are appealing to individuals/businesses/organizations to help us raise enough funds to fill our 14 freezers.

Here are the donor levels:

FILL A FREEZER \$5000

Feeds the community for a month, approximately 3000 meals

FILL A HALF SIZE FREEZER \$2,500

Feeds the community for two weeks, approximately 1,500 meals

FILL A FRIDGE \$1000

Feeds the community for one week, approximately 600 meals

FILL A SHOPPING CART \$500

Feeds the community for half a week, approximately 300 meals

FILL A HAMPER \$200

Feeds the community for 1 day, 120 meals

FILL A SHOPPING BAG \$100

Feeds 60 people a nutritious hot lunch

FILL AN EMPTY SPACE \$50

Provides dessert, fruit and/or vegetables for 1 meal or feeds 30 people a hot lunch

If you or a group are able to help with this campaign, please contact Jeff Dubney, 250-818-8109.

Thanks so much for helping our fundraising efforts. We are 100 percent volunteer driven and rely on the generosity of our community to operate. Any and all donations are very gratefully accepted.

"For someone who is out of work and really struggling to eat every day, the Rainbow Kitchen is truly a special place to not only get a great meal but to be served with a smile by angels. The volunteers are so kind and treat you like family. I don't know what I would do if I didn't come here. It keeps my hopes and spirit up." Rainbow Kitchen guest

Business Owners and the Rainbow Kitchen ~ what we gain

THE RAINBOW KITCHEN happens to be located in my neighbourhood. I drive or walk by this location almost every day. In other words, I knew it was there but did not really understand why it existed and what type of community support it was providing. It wasn't until about 18 months ago when, through the company I own (ColdStar Freight), that I started to educate myself and understand what was happening "up there" at the church.

ColdStar Freight specializes in hauling perishable food to Vancouver Island. In the course of any given day, ColdStar delivers thousands and thousands of

pounds of food freight to every location on the Island.

In an effort to divert perfectly acceptable food from the landfill (think crushed boxes or a mis-shipment) I created a program called *The Community Food Project*. It was through this company program that I came in direct contact with the Rainbow Kitchen.

I had a large donation of food that needed a home. And in that very simple act of finding a 'home' for cases of fresh vegetables a relationship began.

If you fast forward 18 months, ColdStar is even more committed to the Rainbow Kitchen. The Rainbow Kitchen now gets a regular monthly donation of high quality food from ColdStar.

While I can't guarantee what that will look like from month to month I do know

that it will be put to great use.

Why you may ask? It only takes one meeting with the volunteers, one chat with the Kitchen or Volunteer Coordinator or one encounter with the guests and it becomes apparent that the Rainbow Kitchen provides such a caring, warm, non-judgmental and supportive environment (not to mention the serving of 120-140 meals per day!) that being involved becomes the easiest and most natural of things to do.

As a resident of Esquimalt, a person now deeply involved with this organization and as a business owner, all I can say is that it is a win-win for absolutely everyone!

Jennifer Hawes

Co-Owner, ColdStar Freight

Christmas is a very special time at the Rainbow Kitchen..

... and last year, I, my husband and our two daughters, 9 and 11, got a chance to experience the magic of it first-hand.

Elves were desperately needed Christmas Day to give out presents in Santa's Workshop. Would the kids want to do this, I wondered? After all, there were toys to play with, books to read, candy to eat. But there was no hesitation.

But what about Santa? What would a workshop be without the big guy? Talking about the Santa deficit around my dinner table, my somewhat shy, somewhat slim husband quietly mentioned that maybe just maybe he'd be able to borrow a Santa suit from a friend - out of his comfort zone for sure, but alas, he'd definitely do it. And so, there we were, after the stockings and the presents, furiously stuffing Santa with pillows finding our most elfish attire and making our way to the Rainbow Kitchen.

Nobody could have guessed the welcome we received - the hugs and cheers for Santa and the fun we had giving out the amazing gifts donated by Starbucks, each one carefully and fantastically wrapped.

Maybe I'll let my eleven-year-old

daughter, Molly, explain. "Each and every person who walked through the door, whether tired, angry or happy to be there, were happy with their gifts. At first, I was scared of all these strangers. But soon I realized just like my neighbors and the adults that I know, they were gentle and kind with me. Volunteering at the Rainbow Kitchen made me feel good about myself, knowing I helped all

these people, and that in the end I felt equal with all of them.

To me, this was the true spirit of Christmas and something I know I'll remember for a long time."

Sara Darling



Rainbow Kitchen Facilities Update

When we first moved from St. Saviour's to Esquimalt United Church (almost two years ago) we spent all of a wonderful grant from the Rotary Club of Victoria on upgrading the kitchen: two new stoves and hoods, a new dishwasher, second water heater and some related construction.

The church has been a great landlord and we have been able to make the space as useable for us as possible. It's amazing how we turn out 120-140 meals in a space that isn't much bigger than your living/dining room.

However, we are still growing and needing to upgrade/replace other equipment. We have about 6 fridges and

a dozen chest freezers, most of which are fairly old—inefficient, and wearing out. Oven space is usually at a premium, so we have begun to look for a workable solution. One idea is a warming oven where we can keep the food that is already prepared until it is served.

If you have some gently used equipment (kitchen or otherwise) that you think we might be able to use, or a cash donation for some capital expenditures, get in touch with us. What you would like to donate just might be the very thing we are looking for (but please call us first at 250-384-2069!)

Al Lindskoog

Rainbow Kitchen Board Vice-President

Fairway Market's *Building Communities Together* Card New Card – Same Great Program

To celebrate its 50th anniversary, Fairway Markets has a new look for its *Building Communities Together* card.

You can sign up for a new card at the Rainbow Kitchen or call Deborah Hunt at 250-213-5646. You can start using your new card right away.

The old cards can be used up to December 31, 2013. Any balance still on your old card can be transferred to your new card at any Fairway Market.

Don't have a *Building Communities Together* card yet? Sign up for one now so your Fairway Market grocery shopping starts helping the Rainbow Kitchen feed our guests right away.

Here's how it works. Pick up a card at the Rainbow Kitchen (or call Deborah Hunt at 250-213-5646). Take your new card to any Fairway Market to 'load' it with a cash amount of your choosing. Use the value on your card when you buy your own groceries at Fairway Market, the same way you use a gift card.

When you put a value on your card, Fairway Market donates 5% from their own resources to the Rainbow Kitchen. For example, if you put \$100 on your card, you get to spend it all on your own Fairway Market grocery purchases, and Fairway Market will

donate \$5 to the Rainbow Kitchen.

Fairway Market is helping the Rainbow Kitchen feed its guests while you are shopping, at no extra cost to you.



Become a Member of the Victoria Rainbow Kitchen Society (*it's easy!*)

Becoming a member of the Rainbow Kitchen allows you to participate in how the Rainbow Kitchen is run by voting at annual general meetings. It allows us to keep an up-to-date database of the people who care about the Rainbow Kitchen's work, enabling us to reach out to you as potential volunteers when we need additional help.

At the June 2013 Rainbow Kitchen AGM, a bylaw change was approved regarding how individuals can become a member of the Society.

Annual membership may now be attained by submitting a completed application form with either a \$10 annual membership fee or confirmation of at least 5 hours of volunteer time.

Lifetime membership may be attained by submitting a completed

application form with either a one-time membership fee of \$100 or confirmation of at least 100 hours of volunteer time.

Volunteer time will be confirmed by the Volunteer or Membership Coordinator.

The membership form can be downloaded from the Rainbow Kitchen website www.rainbowkitchen.ca or can be picked up at the Rainbow Kitchen. Completed forms and membership fees can be dropped off in person to the Rainbow Kitchen or mailed to the Membership Coordinator, Victoria Rainbow Kitchen Society, 500 Admirals Road, Esquimalt, BC, V9A 2N4.

Board member Grace Holness, who is also a regular Wednesday volunteer, has agreed to be the Rainbow Kitchen's Membership Coordinator.

Rainbow Kitchen relies on your help.

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.