

# THE OUTLOOK

## Your volunteer newsletter.



Christmas 2011

### President's Report

I would like to thank all the volunteers who attended our annual meeting to help confirm some of our sitting board members and also elect five new board members. The new board members are Frank Lowe, Dave Palmer, Bill Francis, Barbara Damant and Margaret Devecseri. I would like to wish them a warm welcome and look forward to working with them. They will be replacing outgoing members, Donna Marks, Agin Fernandez, Emerise Bourgois, Eileen Goodwin and Susan Summersford. I personally would like to thank the outgoing members for their time and effort given to the board over the past years.

We have been the benefactor of a very generous donation from the Estate of Robert and Carol Stone who were local business operators that appreciated the good work that is performed by our organization and all of the volunteers. We are planning on purchasing some new equipment with their generous donation so keep your eyes peeled in the next few months.

To all the volunteers, on behalf of the Board of Directors, I would like to wish you and your families a Merry Christmas & Happy Holidays

Victor Lo Presti

### CHRISTMAS FOOD DRIVE

#### CURRENT ITEMS NEEDED:

*Coffee, tea, canned gravies, canned mushrooms, broths, canned fruit, black pepper, salt, cooking spices such as curry, onion & garlic powder, salad dressings, vinegar, ketchup, tin foil, garbage bags, napkins, chunky soups, shake & bake, and canned peas & carrots. If you are able, we are always in need of milk.*

**Children's Christmas Party**  
**Once again, St. Therese Church team has agreed to hold a children's Christmas party on Friday December 16 during our regular serving time 3:30 to 5:30 p.m. This party is for those children 12 years of age and under who attend the meal at the Kitchen. Ho-ho-ho, Santa is coming to visit!**



## FOOD BASIC CORNER

### **What's the big deal about whole grains, anyway?**

Well here it is! If you're looking for a way to *dramatically* lower your risk of developing heart problems, stroke, Type 2 diabetes, and obesity, it's time to look at the benefits of whole grains. NOT WHOLE WHEAT...WHOLE GRAINS!

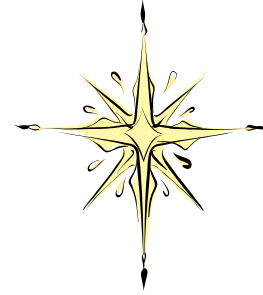
According to Canada's Food Guide, adults should get between six and eight servings of grains each day. At least half of those should be whole grains from a wide variety of sources, including oats, barley, brown rice, whole grain cereals, and quinoa to mention just a few. Why whole grains? Research has shown that a diet rich in whole grains can lower the risk of potentially life-threatening disease by 30 to 35 percent for the risk of stroke; 21 to 30 percent for the risk of Type 2 diabetes and heart disease by 25 to 28 percent. Now that is significant!

So next time you grab for a box of cereal or bagels at the grocery store why not tickle your taste buds and reach for whole grain cereal and whole grain bagels. Your heart will thank you for it.

### **BLT EGG WRAP**

1 slice chicken bacon, cooked  
1 egg  
¼ tsp onion powder  
1 small whole grain tortilla  
2 tsp low-fat mayonnaise 2 tbsp diced tomato  
Leaf lettuce, salt and pepper to taste

Whisk together egg, onion powder salt and pepper in small bowl. Pour mixture into heated skillet; cook, stirring slightly, over medium heat. As mixture begins to set, gently move spatula across bottom and sides of skillet to form large, soft curds. Cook until egg is thickened and no visible liquid remains but is still moist. Spread tortilla with mayonnaise. Place lettuce on top; add chicken bacon, egg and tomatoes. Fold wrap and Enjoy!



## **Christmas Week**

On Christmas Day, St. Vincent Pallotti's Kitchen will once again be serving a traditional Christmas dinner on Christmas day. Special thanks to Jenny Barter, Sandra Thomas and the Bowmanville Seventh Day Adventist team for covering Christmas day this year.

Over the Christmas week and between Christmas and New Year's, we usually have a number of new volunteers and donors visiting or making donations. We are currently in need of morning supervisors so if you are available, please let Ruth know when you can come in.

### **Time For Change Fund Raiser**

Every year on Christmas Day, the Kitchen gives out gift bags filled with personal items to those who attend the Christmas dinner here at the Kitchen. We collect shampoos, deodorants, soaps, mitts, hats, toothbrushes and toothpastes, etc. to put into these gift bags. However, each year we find that we need to purchase certain items to make sure that everyone receives similar gift bags so we collect coins and loose change to purchase the necessary items. In the Kitchen, is a donation box and for a period of three weeks from November 19 until December 19, we will put any loose coins towards this fundraiser. Thank you for those pennies, they sure add up! Special thanks go out to Barbara Damant, who has been collecting items since summertime!

## Accessibility Training

All employees and volunteers who regularly interact with kitchen patrons are invited to participate in training sessions to learn more about the new accessibility laws and how they apply to St Vincent Pallotti's Kitchen.

Sessions will be held in the kitchen on the following dates and times:

- Tuesday January 10, 7-9
- Monday January 30, 7-9
- Sunday February 12, 3-5
- Thursday February 23, 7-9

More information will be available closer to these dates.

KEEP SMILING!

Q: What nationality is Santa Claus?

A: North Polish

Q: What do you call people who are afraid of Santa Claus?

A: Claustrophobic



## Christmas Baking

### Almond Swirl Cookies

Ingredients

- 1 cup (250 mL) cornstarch
- 3/4 cup (175 mL) icing sugar
- 1/2 cup (125 mL) all-purpose flour
- 1/2 cup (125 mL) ground almonds
- unit pinch salt
- 3/4 cup (175 mL) plus 2 tbsp (30 mL) unsalted butter, room temperature
- 1/2 teaspoon (2 mL) vanilla extract
- 20 pieces candied cherries or peel

**Directions:**

Line two baking sheets with parchment paper.

In bowl, sift together cornstarch, icing sugar and all-purpose flour. Stir in ground almonds and salt. Set aside.

In separate bowl, using either electric handheld or stand mixer, beat butter and vanilla until fluffy. Gradually beat in flour mixture. Switch to wooden spoon when mixture is too stiff for mixer. Blend well.

Scrape into pastry bag or tube fitted with large star tip.

Pipe 1-inch (2.5-cm) high, 1 1/2-inch (4-cm) diameter rosettes on lined baking sheets 2 inches (5 cm) apart.

Make 20 rosettes. Place candied fruit on top. Chill rosettes (on sheets) at least 30 minutes.

To bake, preheat oven to 350 F (180 C). Bake cookies on middle racks of oven 10 to 12 minutes, until bottom edges are golden. Cool cookies completely on sheets.

Makes 20 Almond Swirls. Store in sealed container up to 2 days.

To see the picture of these fantastic cookies go to:

<http://www.foodnetwork.ca/recipes/almond-swirl-cookies/recipe.html?dishID=11475>

**Durham Outlook for the Needy would like to thank the following for their efforts in organizing a Thanksgiving Food Drive for the Kitchen:**

**All Saints Catholic Secondary School**

**Bobby Orr Public School**

**Brother Andre Catholic School**

**Eurest Services, Mississauga**

**Holy Redeemer Catholic Women's Guild**

**Optimal Life Chiropractic, Whitby**

**St. Bridget Catholic School**

**St. Leo's Catholic School**

**St. Thomas Aquinas Catholic School**

**Trick or Treat for Hope**

**University of Ontario Institute of Technology, Faculty of Education**

**Thank you for re-filling our shelves!**

**Also, we need to recognize Feed the Need in Durham and their ongoing support to keep our shelves stocked!**

**Durham Outlook for the Needy would like to thank the following dinner and dance sponsors for their generosity:**

**Buckingham Meat Market, Oshawa**

**Canadian National Railway**

**Canadian Tire, 441 Gibb St. Oshawa**

**Carriage Trade Cleaners**

**Classic Flowers Oshawa**

**East Side Mario's, Oshawa, Centre**

**Lowell Drugs Ltd Rossland Plaza, Oshawa**

**Pat & Mike Restaurant, Oshawa**

**Sobey's, Ajax, Westney Road & Taunton**

**Trade Secrets Beauty Shops, Oshawa Centre**

**Van Belle Flowers, Bowmanville**

**Williams Chocolate Ltd, Whitby**

**Wilson & Lee Ltd Music Store, Oshawa**

**Teresa Smigielski & Madeleine Rouleau**

**\*Special thanks to Karen Rivers, Ann Wright, Bev Strugnell for their tireless efforts in assembling the gift baskets**

**\*\*Special thanks goes to Karen Tobin for contacting and collecting gifts from the local businesses.**