



SOUP POT SECRETS

On a bright, but biting January morning with a wind chill factor of -30°C , members of the Selwyn Branch of the Women's Institute (WI) converged on the country kitchen of Bernie Caza in Selwyn. Their mission: to create some seasonal comfort - the kind found in a brimming bowl of home-made soup.

"Soups fill you up very quickly, but they don't always stay with you 'til the next meal," says Marg Killeen, President of the Selwyn Branch of the WI. Their agenda that morning, Killeen explained, was to create soups that would be filling, use up what a person might have on hand around their kitchen and, at the same time, be easy to make.

By the end of the morning three soups simmered in huge pots on Caza's stovetop, wafting a comforting aroma through the household. Each of the three soups made by the WI that day demonstrated a different approach to soup making - one using bones, another using broth and a third with a cream base.

Soup making is more than a good way to give your family a hearty and nutritious treat, members agreed. It's also a thrifty way to manage the household by putting to good use things that might otherwise end up in the trash. The frilly tops of celery stalks are snipped off and stored in a container in the freezer. The contents of this container can be added to every time there's a bit of this or that leftover at mealtime. A second freezer container can be used to store vegetable juices - everything from the juice from a can of peas to the water used to boil potatoes or carrots.

Demonstrating her Vegetable Beef Soup, member Anna Northey, explains: "I've use up all the stuff you'd have thrown away." That adds up to good economy, and Northey estimates her soup ends up costing about 20 to 25 cents a serving.

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From left to right, experienced soup makers Bernie Caza, Margaret Killeen and Anna Northey, members of the Selwyn Branch of the Women's Institute, share their soup pot secrets.

Photo courtesy of Cindy Nuttall, The Peterborough Examiner.

Making a meal of it

Some ideas to make your home-made soup into a complete meal:

- serve French bread and for variety butter it with celery-seed butter;
- garnish corn chowder with green onions (thinly sliced);
- add sliced, cooked wieners to pea or bean soups;
- for a substantial meal, ladle chowder over crackers in each bowl;
- serve corn chips with soup;
- make a simple, low-cal soup by simmering bits of cauliflower, broccoli, grated carrot and chopped green onion in chicken bouillon; season with grated ginger and soya sauce.

Rural Senior Caregiver Support Project

This Health Canada NEW HORIZONS Partners in Aging Project will assist communities to identify and respond to the needs of their senior caregivers, through volunteer Community Resource Persons.

By "caregiver," we mean any family member or friend who has primary responsibility for the care of a person who is frail, elderly, chronically ill or has a disability. The illness may be physically debilitating or may involve dementia.

Recent cutbacks have resulted in caregivers being asked to provide more complex care at home. Canada Health and Welfare statistics indicate that eighty to

ninety percent of eldercare is provided by family members; most of these caregivers are women, many of them seniors themselves. Often, they are suddenly catapulted into the role of caregiver by unexpected circumstances.

Isolated rural caregivers are often invisible and, because they are not informed about support services which exist to help them, they feel as though they are "on an island."

Their lives are exhausting and restricted. They experience loss of time, freedom, resources, emotional coping abilities, their own health and their relationships with family and friends.

Community Resource Persons are volunteers who help to design, develop and carry out informal programs in their own communities, with the support of community professionals. They will be well-informed about new developments in support services

and about relevant legislation. Their efforts will increase the understanding of their communities for the significant contribution of family caregivers.

Caregiver Alliance project workers are eager to locate isolated caregivers and to find women who would like to explore the possibility of becoming part of the Community Resource Person team. We would be excited to hear from any Women's Institute member in Ontario who is interested in assisting their own community to build supports for its caregivers. We are available to provide information, encouragement and presentations for WI members.

Please contact Luana Wood, Project Coordinator with the Rural Senior Caregiver Support Project, at the Barrie Community Health Centre, Unit 541 - 80 Bradford St., Barrie ON L4N 6S7, Phone: (705)734-9690 or Fax: (705)734-0239.