

**From: Her Desk Drawer**

**Oven Fried Chicken Breast Cutlets**

Enjoy these delicious and nutritious cutlets – they're dusted with Nutri Flour Blend and oven baked. For more delicious recipes, visit [www.robinhood.ca](http://www.robinhood.ca).

- 12 chicken breasts
- 6 eggs, beaten
- 1 1/2 cups Robin Hood Nutri Flour Blend
- 2 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 3 cups seasoned Italian breadcrumbs
- 1/3 cup Crisco Canola Oil, divided



1. Place oven rack in lowest position. Preheat oven to 475°F. Drizzle 2 tbsp Crisco Canola Oil on each of two large baking sheets.

2. Slice each chicken breast in half to make 24 thin chicken breast cutlets. (about 2kg total)
3. Place eggs in shallow dish and season with salt and pepper. Combine flour, salt, pepper and garlic powder in 2nd shallow dish. Place breadcrumbs in 3rd shallow dish.
4. Dip chicken breasts in flour, then dip in egg mixture and cover with breadcrumbs. Place on baking sheets and drizzle with canola oil.
5. Bake in preheated oven for 15 minutes, turn over and continue cooking 5 – 10 minutes longer, or until no longer pink inside.

- News Canada

**Taking Care of Our Emotional Health**

**From Despair to Hope**

One day last week as I was leaving downtown Windsor, a flash thunderstorm drenched the streets with rain and sent people running for cover. As the menacing, dark storm clouds moved off to the east, they were replaced by blazing sunlight and a vibrant, rich rainbow which spanned the gap between the passing darkness and the new light in its place. The connection was both breath-taking and powerful to witness.



**john postons**

M.S.W.

Our lives can become threatened and drenched by darkness and adversity. A nagging depression or anxiety disorder can do it to us. So can such things as a medical diagnosis, relationship breakup, marital separation/divorce, or a bereavement. We often become witnesses to such experiences in the lives of others- be they family, friends, or work colleagues. Family relationships can become hurtful and estranged. Marriages and friendships can be struck by devastating acts of vio-

lution and betrayal. These experiences plunge us into periods of darkness and despair, in which we begin to question beliefs and values which we once held firm. At times, it can be the only thing we focus on, and it can quickly drain us of life and cloud us from joy.

But there is a flip side to this. Our world is full of incredible stories of human resilience, strength, and hope in the face of adversity. Countless people make their way bravely to our local cancer clinic to begin an excruciating physical

and emotional phase of treatment. Others offer their support to those immersed in their own 'trials' of loneliness, loss, abandonment, and persecution. It can take our breath away to have people stand beside us 'when the going gets tough' or to witness the various ways in which people rebuild their lives from shattered dreams and the depths of despair.

The Christian festival of Easter is a celebration of Resurrection...the power of life over death, light over darkness, and hope over despair. Our world is full of what Joyce Rupp calls those "little Easters", in which we are surprised by experiences of beauty, relief, care, concern, friendship, love, and courage. Such experiences renew and uplift us, give new life to parts of us that have died, and they are indeed good for our emotional health. They are waiting to be recognized, named and celebrated.

*Happy Easter everyone!*

**Easter Week at Essex United Church**

**THURSDAY, APRIL 5**

Maundy Thursday - 6 pm Pot Luck Dinner & Service

**FRIDAY, APRIL 6**

Good Friday - Tenebrae Service 7:30 pm

**EASTER SUNDAY, APRIL 8**

Sadler's Pond Nature Park (weather permitting) 8 am  
Breakfast to follow

**EASTER SUNDAY, APRIL 8**

Communion Service 10:30 am  
Worship in our beautiful heritage sanctuary



Rev. Doreen Canavan, Minister  
Diana Dennis, Choir Director

**Essex United Church**  
53 Talbot Street South

Located next to the cenotaph in the heart of Essex

Information:  
**519-776-5121**  
eunitedchurch@bellnet.ca

**New leadership at United Way**

After a two-year break, the owner of Dave Hitchcock Chevrolet Oldsmobile Ltd. in Essex will be returning to the United Way-Centraide Windsor-Essex County as a newly elected board member.

Hitchcock served on the organization's funding cabinet from 1995-2005. He was elected to the board during the United Way's annual general meeting March 28.

"It's a great cause," Hitchcock said. "You get to meet some great people and it's really rewarding."

Jim Grundy, branch manager and vice president of RBC Dominion Securities in Windsor and John Sutton, executive director of House of Shalom in Amherstburg were also elected to the board. Bob Renaud, executive in residence at the University of Windsor was elected as chairperson. Bill Carter, president of K Scrap Resources Ltd. was



Dave Hitchcock

reappointed as treasurer.

Sheila Wisdom, executive director of the local United Way, cautioned those in attendance that, "Whether we like it or not, our world has changed. Our community is in crisis and things are not going back to the way they were. We must create a 'new normal'.

We cannot allow external forces to define that new normal for us. One thing is certain, as the Windsor and Essex County community recovers — and this community will recover — United Way will be an active and steady participant in that recovery."

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