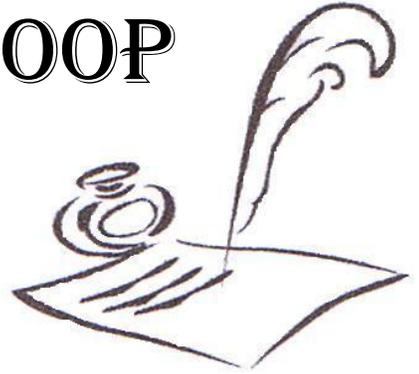


THE SENSITIVE SCOOP

Consumer Newsletter



For *any* Woman living with Mental Illness

Issue 66, November December 2010

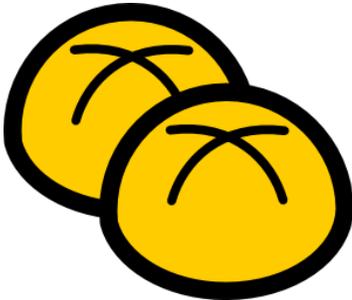
Editor: Jo-Ann Paley

The Sensitive Scoop is now available on the MSS Website at www.mss.mb.ca

Holiday Treats from Around the World

The Manitoba Schizophrenia Society Women's Program is a support group for women with a lived experience of mental illness. However, it is much more than that. The women in the group are mothers, wives, daughters, students, artists, writers, great cooks and more. In the last Writer's Group the women were asked for the names of their favourite holiday treats and recipes. Due to the lack of space we were unable to include all the recipes but here are a couple of traditional recipes they came up with. We will be featuring the rest of the recipes in the upcoming issues of this newsletter.

Prune filled buns is a favourite bread served on Christmas Eve.



DOUGH:

1 large egg
2 tbsp. granulated sugar
1 tsp. salt

2 tbsp. cooking oil
1 cup hot water
3 cups all purpose flour
1 1/2 teaspoons INSTANT yeast
3/4 to 1 cup all purpose flour

PRUNE FILLING:

1 1/2 cups pitted prunes, firmly packed
Water, to cover
3 tbsp. granulated sugar
1/2 tsp. freshly grated lemon or orange zest

Ground cinnamon, dash
Ground allspice, dash
Ground nutmeg, dash

FOR THE PRUNE FILLING: Combine all 7 ingredients in medium saucepan. Bring to a boil. Reduce heat to medium. Simmer, uncovered, for about 10 minutes until almost all liquid evaporates. Cool slightly. Process in blender until almost smooth. Spoon in medium bowl. Chill well before using. Makes 1 1/2 cups.

FOR THE DOUGH:

1. Combine first 4 ingredients in large bowl, (egg, sugar, salt, oil). Gradually add hot water, stirring constantly.
2. Combine first amount of flour (3 cups flour) and yeast in small bowl. Add to egg mixture in 2 additions. Stir until dough pulls away from side of bowl and is very sticky.
3. Turn dough out onto lightly floured surface. Gradually knead in second amount of flour, as needed. Dough should be manageable but still slightly sticky.
4. Place dough in large greased bowl, turning once to grease top. Cover with waxed paper and tea towel. Let stand in oven with light on and door closed for about 1 ½ hours until doubled in bulk.
5. Divide dough into 2 portions. Place 1 portion in sealed container. Chill until ready to use. Turn out remaining portion onto lightly floured surface. Roll out to 1/8 inch thickness. Cut into 2 ½ inch circles. (You can use an empty, clean soup can for cutting circles or a cup.)
6. Place 1 teaspoon of filling in centre of each circle, ensuring filling doesn't touch edge so edges stick together when folded. Fold in half.
7. Pinch edges together firmly to seal. (To prevent fingers from getting too sticky, dip them in flour before pinching edges.) Gently roll in palm to form oval shape.
8. Arrange in single layer on lightly floured baking sheet. Cover with tea towel. Let stand in oven with light on and door closed for 15 to 20 minutes until slightly risen. Repeat with remaining portion of dough. Remove from oven and heat oven to desired temperature.

Cook in 400 F oven, until golden brown approximately 10 to 15 minutes.



Vegetable Soup – When Shekinah Glory was a child in Malaysia, she watched her mother make this soup. Using water as a base she added vegetables, herbs and spices such as ginger, cumin, garlic, okra, fennel, cucumbers, potatoes and carrots. The soup is simmered slowly until the vegetables are tender. The soup is full of Vitamin C.

Kutia is a sweet grain pudding, traditionally served in Russian, Ukrainian, Lithuanian, Belarusian and Polish cultures. It is a mixture of boiled wheat and poppy seed sweetened with honey. Kathy McRae tells us that Kutia is a symbol of fertility and good fortune traditionally eaten on Christmas Eve as one of the 12

meatless dishes. In some Ukrainian households a handful of kutia was thrown to the ceiling. The belief was that the more Kutia that stuck to the ceiling the better the New Year would be.

To make this recipe, soak one cup of wheat in water over night. In the morning boil the wheat in eight to ten cups of water (with a pinch of salt added to the water) until wheat is softened (three to four hours). Add ¼ cup of ground up poppy seeds to wheat mixture. Sweeten to taste with liquid honey.

Mashed potatoes are one of Tamara Sirota's favourite dishes at Christmas. They remind her of many happy times. Tamara likes them with lots of butter and milk. Potatoes contain potassium which is very good for our bodies.

Quote of the Day

Depression is not a sign of weakness, it is a sign that you have been strong for too long.

FAMILY SUPPORT GROUP

For families and friends of those experiencing schizophrenia, schizoaffective disorder, and psychosis.

Family Support Group being offered by the
Manitoba Schizophrenia Society
4 Fort Street in Winnipeg

Fourth Tuesday of every month
Time: 7:00 p.m. to 9:00 p.m.
ROOM A



2010 Schedule Remaining

November 23
December 28

For more information contact 204-786-1616 or info@mss.mb.ca

NAME THAT FEELING



A support group for children who have a family member with a mental illness.

For more information and to register call Jane at 786-1616

**SCHIZOPHRENIA ANONYMOUS
GROUP MEETING
Tuesdays @ 1.00p.m.**

**Where: 100-4 Fort Street Winnipeg
Manitoba Schizophrenia Society
Corner of Fort St. and Assiniboine Ave.
Room A**

If you have any further questions, please feel free to call the Manitoba Schizophrenia Society at 786-1616

Women's Program Schedule November December 2010

Meetings are held on Thursday afternoon from 1:30 PM to 3:00 PM at 4 Fort Street (FACES) although sometimes we go on outings. Any women living with a mental illness are welcome to attend. Occasionally we are out of the office for an activity so please call to confirm your attendance at 786-1616.

November

- 4 Writers' Group** – If you have some poems or stories you would like to share with the group please bring them along to get positive feedback. We will then do some short writing exercises.

November 11th – NO GROUP – MSS IS CLOSED FOR REMEMBERANCE DAY

- 18 Arts and Crafts and planning** – Make something nice to take home. This is your chance to plan programming for the next two months.
- 25 Aroma Therapy and Music with Debora Haliburton**



Season's Greetings

December

- 2 Women's Program Holiday Potluck Dinner** – Group starts at 12:30 pm.
- 9 Writers' Group**
- 16 Bowling at Dakota Lanes, 1085 Dakota St.** Please call 786-1616 to confirm your attendance.
- 23 Sharing** – This is the last group for 2010. The next meeting day is Thursday, January 6, 2011.



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