



# CJO

# NEWS



Merry Christmas and Happy Kwanzaa. Which ever you choose to celebrate, let it be a Season of Good Will and may the coming year 2007 be a Healthy and prosperous one.

If you were born in the

Islands and can remember what things were like, why not take a little trip down memory lane and have some good laughs, "family learning time", with your love ones. A little something to get you started extracts from "Once upon our time" (Michael S Peters)

### **Once Upon Our Time**

**Before the Internet, e-mail and on-line shopping  
Before terrorism, anthrax or Bin Laden**

**I' m talking about playing hide and seek, tic tac and pan-a-pan  
Ring games in the moonlight, Cowboys and Indian  
Hopscotch, moral, jacks, footsie and coup  
Skipping rope, raisings, rounders and rolling barrel hoop  
Green leaf, freezing, ship sail and half-in-your-hand at Easter  
Football with a Clorox bottle when school over  
Cricket in the yard with a young breadfruit ball and coconut bat  
Pitching marbles, button tip and spinning top  
Talking nancy and jumbie stories in the gallery  
Playing baby house with glass and sweetie paper for money**

**Once upon our time....**

**Pelting stones to pick mango  
Making a Christmas tree from a wild cherry with cotton for snow  
Catching larbells and butterflies in a glass jar  
Jamming crayfish and macca in the river  
Skating on the moss in the gutter**

**Issue December 2006**

**Building kites, carts, bird guns and scooter**

**Once upon our time...**

**Fighting for the bowl when your mother made cake**

**Making coconut or custard ice cream and licking a palette**

**Christmas time with Nine Mornings and window shopping**

**Boom drum, speech making and house-to-house serenading**

**Once upon our time...**

**I'm talking about spending time by your aunt or grandmother**

**Getting a clean out with Castor Oil, see-under-leaf and corolla**

**Sliding down the banister, sleeping on a grass bed**

**Picking gray hairs and scratching your mother's head**

**Raising goat, sheep, rabbit and chicken**

**Baking bread in a drum or clay oven**

**Using cane, ashes and a piece of cloth to clean your teeth**

**Coconut oil in your hair, Vaseline to shine your feet**

**Walking and holding hands in the moonlight**

**Hiding in the bushes and maccoing lovers in the night**

**Going on outings, river cooks and boat ride**

**Using three stones, wood and coals for a fireside**

# What's On

## Introducing our new Service

A Family Group Conference is held to consider how we may work together to help a child or children in your family

## What is a Family Group Conference

A family group conference offers families a chance to get together and to make plans or decisions when there are difficulties face them. They are different from other meetings because it is the family and its network that makes the plan. They are also respectful of a family's racial, cultural and religious heritage.

In conjunction with Family Rights Group( FRG) funded by the Big Lottery  
For further information contact CJO on 0207241-1646 for independent advice ring  
FRG help line on 0800 731-1696

## Other In-house Services

### **Supplementary /Complementary School**

The classes start back on Saturday 13th January 2007

### Expressions

Is a self-development and personal growth project targeting African Caribbean children giving them the opportunity to engage in structured activities designed to help them focus and achieve.

**Expressions Dreams to Reality** Children's Martial Arts - Saturdays  
Key board Workshops - Thursday/Fridays/Saturdays

### **Orin Production Classes**

Taster sessions (10 Weeks Only)  
Capoeira/Percussion— Saturdays 2.30pm—4.30pm  
Guitar  
Fridays 4.30pm—6.30pm

### **Counselling & Psychotherapy (by appointment)**

**Fibroids & Hysterectomy Support**

**Family Support**

**Adult Fitness/Salsa**

**Adult Learning—Gospel Singing**

**Over 50's Domino Club**

**Conferences**

**Halls for Hire**

For information on this and other projects co-ordinated by Claudia Jones Organisation contact us at 103 Stoke Newington Road, London N16 8BX.

## **Information - Information**

If you're home owners or private tenants and receive at least one of the qualifying benefits (see below) you could enjoy the benefits of an insulation and heating improvements grant, maximum of £2700.

If your home require oil heating you may receive a grant of up to £4000.  
For details call free phone on 088-316-6011

### **The Warm Front Grant qualifying criteria**

To qualify for a Warm Front Grant, the householder must own their home or rent it from a private landlord and must receive certain benefits.

#### **You may be able to qualify if;**

You have a disability –related or income-related benefit and receive one or more of the following benefits;

Working Tax Credit (with an income of less than £15,460 and which must include a disability element)

Child Tax Credit (with an income of less than £15,4600)

Attendance Allowance

Disability Living Allowance

Income Support (which must include a disability premium)

Housing Benefit (which must include a disability premium)

Council Tax Benefit ( which must include a disability premium)

War Disablement Pension (which must include a mobility supplement or Constant Attendance Allowance)

Industrial Injuries Disablement Benefit (which must include Constant Attendance Allowance)

#### **you have a child under 16 or are pregnant with a maternity certificate MAT B1 and receive one or more of the following benefits;**

Income Support

Council Tax Benefit

Housing Benefit

Income-based Jobseeker's Allowance

Pension Credit

#### **you are 60 and over and receive one or more of the following benefits;**

Council Tax Benefit

Housing Benefit

Income based Jobseeker's Allowance

Pension Credit

**Contact for details Free phone 0800-316-6011**

Once upon our time...

Your only saw apples and grapes at  
Christmas time  
And the best drinks were aerated water and  
Gonsalves Black Wine  
Every home had to have black cake and ham  
And you made your own cheese, wine and  
Your only say apples and grapes at  
Christmas time  
And the best drinks were aerated water and  
Gonsalves Black Wine  
Every home had to have black cake and ham  
And you made your own cheese, wine and  
jam  
Flapjacks, heavy bread and pudding each  
cost a penny  
And you wash them down with ginger beer,  
sorrel and mauby  
You had to be rich to have a car, phone or  
radio  
There was no TV and a 'pick-up' was a stereo  
There was no bottled only free spa water  
And detergents in boxes had free glasses and  
things under the cover  
All soapsuds were called Breeze and all pe-  
troleum jelly, Vaseline  
And household sprays were called flit' and  
rubbing alcohol, 'spirit'

Once upon our time...

We had our own sign and spoken language  
Girls spoke gypsy and boys jibberage  
Adults spoke in code so 'little ears' wouldn't  
hear  
Now if you remember every line  
Then that was once upon our time

The office will be closed from 6pm  
Thursday 21st December and open  
10am Tuesday 2nd January 2007

### Over 50's Social

Saturday 20th January 2007

Cost £10 members

Non-members £12

Food Music and

entertainment

Book early to reserve

your place for further in-

formation contact the office after the holidays  
on 0207241-1646



Hello—It would appear that our new phone system  
may be causing some problems to some callers to  
the organisation. If you're one of those we apolo-  
gise but don't worry next time don't just put down  
the phone listen to the instructions carefully.

## Fruit/Black/Christmas Cake



- **INGREDIENTS :**
- 6 ounces or 1.5 cup flour
- 8 ounces margarine or butter
- 8 ounces sugar
- 4 eggs
- 1 pound raisins
- 1 teaspoon cinnamon
- 1/2 teaspoon mixed spice
- 1/2 teaspoon salt
- 4 ounces mixed peel
- 4 ounces cherries
- 1/2 pound prunes (chopped)
- 1 cup wine/brandy
- 1 teaspoon baking powder
- teaspoon vanilla
- finely grated rind of 1 lime/lemon
- 2 tablespoons browning

### **METHOD:**

- Cream butter, sugar and browning until soft and fluffy.
- Sieve all dry ingredients together
- Beat eggs, wine/brandy together.
- Add egg mixture to creamed butter and sugar.
- Add fruits.
- Add flour and fold in. Do not over-beat when mixing.
- Bake at 350F for 1 1/2 hours.
- Yield: 9" round cake.



It is a good idea to blend the fruits and soak in wine for a few weeks before. If you haven't done this you may boil the fruits on the day to ensure that wine is soaked into the fruits, cool before use. This gives the cake a richer flavour.

## Ginger Beer Recipe

### **INGREDIENTS :**

- 1 pound ginger
- 8 tablespoons of brown sugar
- 2 1/2 quart water

### **METHOD:**

Puree ginger and water in blender.

Let it sit for a day.

Add sugar & mix (add more or less sugar based on your taste).

Best served with crushed ice. Serves 6-8.

**Volunteers needed**

If you are Male 25 and over and would like to become one of our volunteers , be prepared to take a Criminal Record Bureau (CRB)

For further information please contact Hazel or Eugena on 0207241-1646