

# Mrs Fernandez Christina Anthony

In brief:

"I love looking after children," she says, explaining the reason for her decision to foster.

These days, Mrs Christina says she has her hands full from caring for three young boys, aged 10, 9 and 3. The two older boys are very active and they love outdoor activities such as swimming, cycling, soccer and badminton.

Despite the occasional heartaches and her busy schedules, Mrs Christina says she has absolutely no regrets becoming a foster mother as she feels that she is doing something worthwhile.



Mrs Fernandez Christina Anthony and her husband, Mr Fernandez Silvadima Anthony



## Fostering to keep active

For those interested in fostering but were initially unable to join the Fostering Scheme, don't be disheartened. Instead, take a cue from Mrs Fernandez Christina Anthony, who is a living example that sometimes you might just become a foster parent on your second try.

Having seen a newspaper article about the Fostering Scheme in 1987, Mrs Fernandez, also known as Mrs Christina, says she first applied to become a foster parent then but did not meet the requirements.

It wasn't until 2004 when she came across another newspaper article and was driven to apply to become a foster parent again. Since then, she has cared for nine children over the past six years.

"I love looking after children," she says, explaining the reason for her decision to foster. "I was looking after my grandchildren before they migrated to Australia. I had a lot of time on my hands when they left and it was getting a little lonely."

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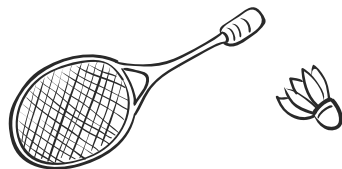
According to Mrs Christina's husband, Mr Fernandez Silvadima Anthony, the boys love sports, especially soccer and badminton, their extra-curricular activities in school. "They're very active, so it's very hard for them to keep still," says Mrs Christina. "The only time they keep still is when they are watching Tamil movies."

One of the fondest memories the two older foster children say they cherish is the month-long holiday they had with Mrs Christina and her family in Australia. "I like Australia because we got to see kangaroos," says Raj\*, the nine-year-old boy, adding that another favourite activity was playing computer games at Mrs Christina's daughter's house in Australia. In fact, the boys liked Australia so much that they have told Mrs Christina repeatedly that they want to return to the country for another holiday.

There are certain things Mrs Christina would prefer not to do, such as raise a newborn child. This is because of her previous experience of raising a two-week-old baby until he was adopted 18 months later. Describing how she felt during the separation, Mrs Christina says, "I felt very sad as I was too close to the baby. I knew he was going to go away but it was still a very painful separation," she adds. "Since then, I said I don't want to take care of any more babies, because the parting is very painful."

Despite the occasional heartaches and her busy schedules, Mrs Christina says she has absolutely no regrets becoming a foster mother as she feels that she is doing something worthwhile. "Fostering is good for Christina," adds her husband, "especially since she has lots of free time. It keeps her occupied and active."

\* - name has been changed



## Memento

The two older foster children like keeping active through sports. The boys enjoy anything from cycling to swimming to badminton to soccer. This is why Mr Fernandez takes the boys out to play a game of badminton regularly. When asked who usually wins the games, Mr Fernandez diplomatically says, "We don't play matches, we just enjoy the game."





**Note:**

Mrs Fernandez Christina Anthony cautioned that this Kerala fish curry might be spicy and not suitable for everyone. A dish which takes approximately half an hour to cook, Mrs Christina says she learned this recipe from her sister years ago.

While the eldest foster child says he can't eat the curry because it is too spicy, the younger foster child likes the curry for exactly the same reason. "I like hot and spicy food!" he says.



## Kerala Fish Curry

**Ingredients:**

- 1kg of fish
- 15 dried chillies
- 3 teaspoons coriander
- ½ teaspoon cumin
- ½ teaspoon fenugreek
- 1 teaspoon black pepper
- ½ teaspoon turmeric powder
- Tamarind juice – as required
- 15 shallots
- 3 cloves garlic
- 1 old ginger(50g)
- 15 curry leaves
- 2 tomatoes (100g)
- Salt – as required

**STEP**

01

Cut the fish into cubes and tomatoes into slices, prepare the tamarind juice and put these aside.

**STEP**

02

Roast the dried chillies, coriander, cumin, fenugreek and black pepper and let these cool down. Cut shallots, garlic and ginger and put all the items in a blender, adding tamarind juice and turmeric powder and grind all together.

**STEP**

03

Put the mixture in a cooking pot and add water and salt as required. Once this boils, add the fish and curry leaves. After about 10 minutes, add the tomatoes and let it boil for another 2 or 3 minutes.

**STEP**

04

The Kerala fish curry is then ready to be served.

