



Le Centre communautaire des femmes sud-asiatiques

Réflexions sur la journée internationale des femmes

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Les femmes doivent bien être respectées. Elles doivent pas être suivies dans les rues. C'est une journée importante pour des femmes.

-Mariam Abslami
(Club des filles, École La Voie)



Je suis allée à la manifestation des femmes pour la journée internationale des femmes. C'est la première fois que je participe cette manifestation, c'est l'étais cool. Il y avait beaucoup de monde et les gens étaient tous excités. Lorsqu'on avait commencé, il y avait des gens qui parlaient devant la foule. Après on a commencé à marcher sur la rue. On avait crié des slogans, mais j'étais timide donc j'ai pas crié. La fin de marche était un centre, on est entré et puis on mangeait et regardait des spectacles et les discours. Ça continuait jusqu'à 22:30, après je suis retournée chez moi avec les autres participantes.

J'aime beaucoup cette manifestation, car les spectacles étaient tous très bon et les participants étaient tous très chaleureux. Si j'avais cette activité l'année prochaine, je veux encore y participer.

-Zi-Hoi (Club des filles, la Voie)

Qu'en pensez-vous?

What do you think?

- Let us know your thoughts about the bulletin.
- Que pensez-vous de notre journal?
- We encourage you to send in your stories and articles for upcoming newsletters in any language by the 25th of every month to: say.jsa@resist.ca
- Écrivez - nous à say.jsa@resist.ca

Centre Update

Centre Hours

Monday and Thursdays: 9 a.m.—9 p.m.

Tuesdays, Wednesdays and Fridays: 9 a.m.—5p.m.

The centre will be closed on Good Friday March 29th and Easter Monday April 1st, 2013.

Executive Council

The next meeting is scheduled for Thursday April 25th, 2013 at 6PM

EC meetings are open to all members. Agenda items should be sent at least one week prior to a meeting to: dolchew@hotmail.com

Volunteers

If you are interested in helping out at the Centre, please contact Homa (Ext. 102 or homa@bellnet.ca) to coordinate a meeting so we can get to know you better!

SAWCC is forming a fund-raising committee to raise funds to permit us to be more effective in what we do. If you are interested in getting involved please **send an email to:** sawcc@bellnet.ca

or write to:

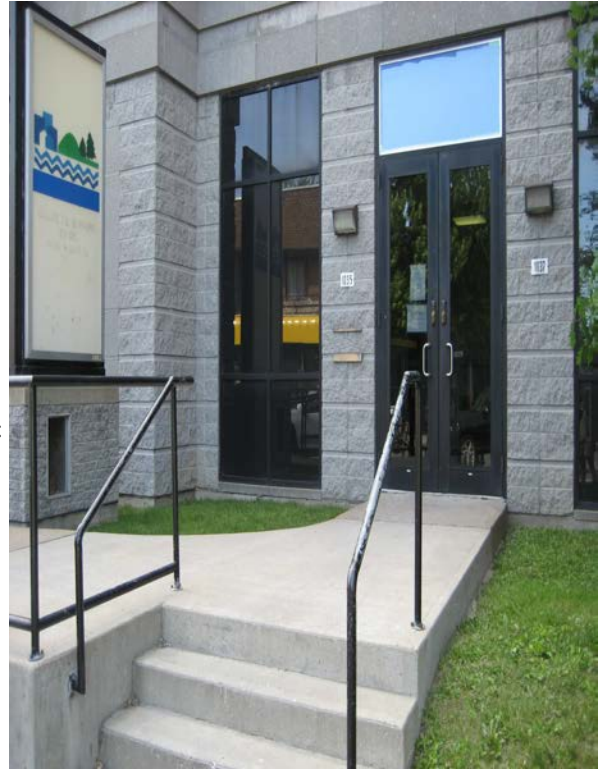
'Fund-raising Committee' SAWCC
1035 Rachel est 3rd floor,
Montreal, Qc
H2J 2J5

SAWCC is still looking for computers



Do you have a computer in working-condition that you'd like to donate? We ask that you clear the content of the computer and do a quick virus check before bringing them in to the office.

Call Ghazala (514) 528-8812 ext 104 for more information.



This month we say "See you later!" and "Good luck!" to two wonderful women whom we've had the good fortune to get to know throughout the last few months. April 8th marks the last day as interns at SAWCC for Kirupalini Balakrishnan and Maryam Rostami. We wish them both loads of happiness as they move onto new chapters in their lives.

OUR RIGHTS IN THE HEALTH CARE SYSTEM (courtesy of Mauly Mathur)

Right to have our integrity respected

Every person has the right to have her/his autonomy recognized. No one can give care without consent except in emergency. No user can be a victim of discrimination or restraint

Right to participate in a decision

We are all entitled to participate in any decision affecting our health or welfare.

Right to file a complaint

All of us have the right to file a complaint without fear of being the object of anger or vengeance

Right to choose the institution and a professional

This right must be exercised within limits of the human and financial resources

Right to receive services in English

An English speaking person has the right to receive services in English

Right to have private life respected

No one should be coerced into divulging his/her personal life.

Right of confidentiality

No communication should be made about anyone without the authorization of the person concerned.

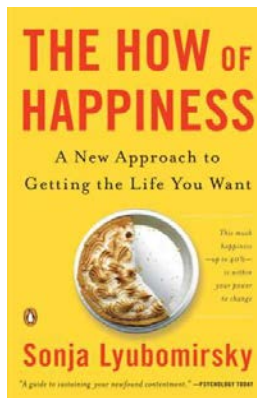


Earth Day (By Super D)

I googled Earth Day. I think you should google everything at least once. It said “Earth Day is a day that is intended to inspire awareness and appreciation for the Earth's natural environment.” I set out with the mindset that I would write something earth-ey. Something about birds, bees, planting trees and saving the world from an early grave. But if the earth (the planet) is slowly dying, then that means so is the earth (the soil), so where would we bury the earth? Food for thought.

But as I ponder the google response to “what is Earth Day?” I find myself thinking about other issues. In my mind, the Earth's natural environment is safe, it's beautiful, not just because there are buds and flowers and they're growing in tune with the natural environmental rhythm, but it's beautiful because everyone feels at home and at peace and safe. I unfortunately don't live in a world where everyone feels this way. I want to take this opportunity to bring awareness to the fact that we are increasingly aware of the things we can do to help the environment – recycling pop cans, reducing the use of plastics, being aware of our carbon print. Today, take a moment to think about what else we can do to make the environment warm, peaceful and accessible so everyone can feel at home throughout the Earth's beautiful environment.

SAWCC READS! A book review (By Maryam Rostami)



Recently a friend of mine gave me a book called “The How of Happiness” by Sonja Lyubomirsky. Like many others who might not admit it openly, I wanted to be happier and get from my life as much as I could.

When I started reading it, I found it very different. The author as a research psychologist believes happiness is the meaning and the purpose of life. She tries different ways and uses scientific reason

and solution to answer questions like “What are the meanings and mysteries of happiness?” and “Is it possible to acquire more out of it?” She starts with the question, “What do you think would make you happier?” A relationship? More flexibility at work? A more attentive spouse? Knowing what you really want to do with your life? Etc.

Some people believe that chance and their environments are the biggest factors to gaining happiness while others say that finding happiness is up to you and how you are able to change your mind. However, the author reveals that

being happy or not – 50% is genetic and 10% depends on your environment and luck. However, this much happiness – up to 40% percent, is within your power to change. This was surprising for me and did not agree much at the beginning.

Finally, she suggests that to maximize your own happiness is the notion of the 40% solution and we can do it with 12 happiness-enhancing strategies such as: savoring life's joy, practicing religion and spirituality, taking care of your body and etc.

Rating:



Marche pour la justice et la dignité pour tout-es les immigrant-es et les réfugié-es. On vit ici! On travaille ici! On reste ici!

Nous marchons ensemble pour exiger la fin des déportations et des détentions et également pour dénoncer la double peine dont sont victimes les immigrant-e-s qui ont un dossier criminel. Nous revendiquons Un Statut pour toutes et tous et mobilisons pour construire une Cité sans frontières dans laquelle toute la population peut vivre dans la justice et la dignité.



Info: www.solidarityacrossborders.org

STATEMENT OF SUPPORT FOR INDIGENOUS STRUGGLES AND SOVEREIGNTY

(MONTREAL - March 25, 2013) We are the Status for All Coalition in Montreal, comprised of groups and individuals who are active in supporting migrant communities, particularly those communities faced with deportation and detention. We mobilize around four main demands: an end to detention, an end to all deportations, an end to the double punishment of migrants, and Status For All. Together, we are migrants and settlers; we are mainly non-natives, but we are also comprised of Indigenous peoples displaced from Africa, Latin American and Asia. As migrants, we are displaced from our homelands, due to global capitalism and imperialism. This reflects a global apartheid, whereby the global South is systematically exploited and oppressed, to the benefit of the global North. However, we believe we cannot speak meaningfully about apartheid globally, and unjust migration policies, without first speaking about the realities of apartheid here in Canada.

From its very foundations, Canada has been based on the theft of Indigenous lands, and the genocide and displacement of Indigenous peoples. In crucial ways, the Canadian state's treatment of Indigenous peoples, historically and currently, is an apartheid system - from the imposition of the Indian Act, band councils and reservation system, to stolen children and residential schools; from the continued theft of lands and resources by governments and corporations, to the cultural appropriation of native traditions and culture.

Today that legacy continues, whether through the disproportionate rate of incarceration of Indigenous peoples in the racist Canadian prison system; through the complicity of Canadian authorities in the disappearance



For more information on the march

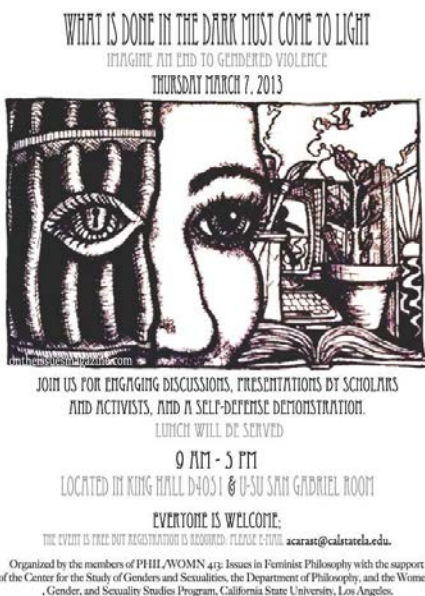
<http://nishiyuujourney.ca>

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South Asian Youth (SAY) / Jeunes sud-asiatiques (JSA)

SAY meetings have changed! For the coming few months we will be meeting on **Friday evenings** at the centre from **5:30—7:30PM**. Please contact us at: say.jsa@resist.ca to receive our basis of unity and for more info.

SAY @ California State University
The South Asian Youth collective was invited to speak at a forum entitled *What's Done in the Dark Must Come to Light: Imagine the End of Gendered Violence* taking place at California State University, in Los Angeles. The event was organised by *Women, Gender and Sexuality Studies* students. Via skype, a SAY collective member took the opportunity to offer a presentation - *Resistance, Solidarity and Anti-Racist Feminism: Reflections on an Ongoing Campaign to End Gender-Based Violence* - in the hopes of receiving, general feedback, and of course, participants sharing their stories of resistance and inspiration.



La Maison des Jeunes Jeunesse Unie, Parc Extension: We look forward to Wednesday afternoons of workshops, discussions and activities with the young women at the centre and on-going monthly community dinners .

Dragonroot Project

This month SAY participated in the Dragonroot Project at the 2110 Centre for Gender Advocacy, a workshop series on gendered violence and radio-making. We led a workshop entitled, *Collective Campaign Building Against Gender-Based Street Harassment*.



The aim of the workshop was to offer participants an opportunity to discuss strategies on campaign building and to offer insight into the ongoing anti harassment campaign; in the context of anti-racist feminist politics.

For more information on the Dragonroot Project, check out their website www.centre2110.org/events/the-dragonroot-project-a-workshop-series-on-gendered-violence/

APRIL IS PECAN MONTH!

Pecans can be a good source of protein, omega-6 fatty acids and unsaturated fats. They are also a good source of antioxidants and the plant sterols in pecans are useful for reducing the bad LDL cholesterol levels.

Buttery Cinnamon Pecans (gluten-free recipe!)

Ingredients:

- 1/2 pound pecans
- 1 tablespoon ghee or coconut oil
- 1/8 teaspoon salt
- 1/4 teaspoon stevia sweetener
- 1 tablespoon cinnamon
- 1/4 teaspoon vanilla extract (optional)

Directions:

- Heat oven to 350 degrees. Roast pecans for 10 to 15 minutes, depending on size.
- Melt ghee or oil in saucepan large enough to hold pecans after roasted.
- Blend in the remained of ingredients and set aside.
- Toss hot roasted pecans in saucepan with melted sauce and stir to coat.
- Let cool and serve slightly warm or



STATEMENT OF SUPPORT FOR INDIGENOUS STRUGGLES AND SOVEREIGNTY (Cont'd from page 4)

or murder of hundreds of native women in the last three decades alone, through Children's Aid Societies taking the place of residential schools to continue the theft of native children; or through resource extraction projects such as the Alberta Tar Sands, which contribute to the ongoing environmental devastation of Indigenous territories. Canada's genocidal past is celebrated in the names of our streets, towns, and cities, while continuing to erase the genuine identity of the original peoples of this land.

The colonial Plan Nord in Quebec, which is predicated on the dispossession and destruction of native land, also seeks profit through the exploitation of migrant labour. The same militarized borders that separate migrants from their communities and tear families apart, also cut a swath through the territories of Indigenous nations. The same federal government that imposes its jurisdiction over Indigenous people across Canada also presumes to dictate who is allowed to enter and leave these lands. Many immigrants and refugees are themselves Indigenous, displaced from their lands in other parts of the world by a similar colonial process that is often spearheaded by Canadian interests, especially mining companies. And so the struggles for migrant justice and Indigenous self-determination are inter-connected.

The very repression, displacement, and migration of communities in the so-called global South is driven by the violent expansion of Canadian

foreign policy and its aggressive neocolonial agenda, alongside other manifestations of Western domination such as the World Bank, the World Trade Organization (WTO) and the International Monetary Fund (IMF). Capitalist-driven free trade agreements and infrastructure projects - such as the North American Free Trade Agreement (NAFTA), the Foreign Investment Promotion and Protection Agreements, or the Plan Puebla-Panama (PPP) - facilitate Ca-



nadian presence and the expansion of corporate multinationals, mega resource extraction projects, and growing military occupation, creating the conflicts, environmental devastation and economic oppression which forces migrants to leave their communities in the first place. As Canada exploits the land and lives of people in the global South, its borders are increasingly shut to those whom capital has forcibly displaced.

Canada represents a brutal colonial reality, rooted in the displacement and exploitation of Indigenous peoples and nations. Many of the places we come from also represent struggles against colonialism and neo-colonialism, against the processes of capitalist domination in our countries of origin, such as Algeria, Bang-

ladesh, Burundi, China, the Congo, Egypt, Guatemala, Haiti, Honduras, India, Mexico, Pakistan, Palestine, the Philippines and Sri Lanka (to name but a few). As people displaced by colonialism and neo-colonialism, we believe in the importance of allying with all those who survive and resist colonialism today on Turtle Island.

In the face of more than five hundred years of colonialism, Indigenous communities continue to resist and survive. Their multifold and diverse struggles demand our active support, especially in the face of state repression and criminalization. For those of us who are non-native, we have a role within our own communities to further the process of decolonizing Canada. Solidarity doesn't mean just watching with sympathy but actively listening to and learning from Indigenous communities, and resisting the colonial and capitalist ideologies & policies that are responsible for genocide.

The STATUS FOR ALL COALITION (Montreal)

Dignidad Migrante

www.dignidadmigrante.org

Immigrant Workers Center

www.iwc-cti.ca

Mexicans United for Regularization

www.mexregularizacion.org

No One Is Illegal-Montreal

www.nooneisillegal.org

Solidarity Across Borders

www.solidarityacrossborders.org

and many allied individuals.

Centre Communautaire des femmes sud-asiatiques

South Asian Women's Community Centre
1035, rue Rachel est, 3ième étage.
Montréal, QC H2J 2J5












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E-mail: sawcc@bellnet.ca

31 years of sisterhood, strength, struggle and success 1981-2013

www.sawcc-ccfsa.ca

- Apr 2nd—Information session, topic TBD
 - Apr 5th—SAY meeting at 5:30PM
 - Apr 9th—Information session, topic TBD
 - Apr 12th—SAY meeting at 5:30PM
 - Apr 16th—Information session, topic TBD
 - Apr 19th—Happy New Year! Potluck lunch 12PM
 - Apr 19th—SAY meeting at 5:30PM
 - Apr 22nd—Earth Day
 - Apr 23rd—Information session, topic TBD
 - Apr 25th—Executive Council meeting at 6PM
 - Apr 26th—SAY meeting at 5:30PM
 - Apr 30th—Information session on Breast Cancer
- 2 avr— Session d'information, le sujet est à déterminer
 - 5 avr—Réunion des JSA à 17h30
 - 9 avr— Session d'information, le sujet est à déterminer
 - 12 avr—Réunion des JSA à 17h30
 - 16 avr—Session d'information, le sujet est à déterminer
 - 19 avr— Bonne Année! Dîner communautaire à midi
 - 19 avr—Réunion des JSA à 17h30
 - 22 avr—Jour de la Terre
 - 23 avr—Session d'information, le sujet est à déterminer
 - 25 avr—Réunion du conseil administratif à 18h
 - 26 avr—Réunion des JSA à 17h30
 - 30 avr—Session d'information, sur le cancer du sein

avril 2013

Dim.	Lun.	Mar.	Mer.	Jeu.	Ven.	Sam.
	1	 2	3	4	 5	6
7	8	 9	10	11	 12	13
14	15	 16	17	18	 19	20
21	 22	 23	24	 25	 26	27
28	29	 30	31			