



## Le Centre communautaire des femmes sud-asiatiques

We are Old! We are Wonderful!

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On June 13th, RECCA organised a theatrical performance and complemented by a digital media project which consisted of member interviews. This event was organised in recognition of World Elder Abuse Awareness Day and RECAA's (Respecting Elders: Communities Against Abuse) 10th anniversary. For more information on RECAA, visit [recaa.ca](http://recaa.ca)



Left: SAWCC folks, including RECAA member Anne Caines post-show.

### 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](mailto:say.jsa@resist.ca)
- Écrivez -nous à [say.jsa@resist.ca](mailto:say.jsa@resist.ca)

### Summer Camp

SAWCC's summer camp will begin July 2nd, 2013. We welcome Joanna Jiang and Carmen Bodmer-Roy to SAWCC as they take on the role of this year's summer camp counselors!



### La nouvelle Bande-Dessinée, «Une Histoire d'École» !!!

#### Zihui Fu

#### Qu'est-ce qu'on en parle?

Cette Bande-Dessinée parle d'une fille Lucie Bourge, qui vient de changer son école, va devoir envisager plusieurs obstacles: L'étude avec beaucoup de pression, faire des nouveaux amis etc. mais enfin, Lucie va régler tous ces problèmes avec son courage. J'aimerais que les jeunes peuvent apprendre des trucs dans cette BD. (suite p. 4)

## Centre Update



### **Centre Summer Hours ( beginning July 2nd)**

Monday to Friday 9am—5pm

The Centre is wheelchair accessible

Le centre est accessible aux fauteuils roulants.

### **Membership**

Have you renewed your membership this year? If not, you can do so by sending the fees to SAWCC.

### **Volunteers**

If you are interested in helping out at the Centre, please contact Homa (Ext. 102 or [homa@bellnet.ca](mailto:homa@bellnet.ca)) to coordinate a meeting!

### **Picnic**

SAWCC's Annual Picnic will be held on Saturday July 6th, 2013.

We're going to Parc Voyageur! Buses will be leaving from Parc metro at 8:30AM and Namur metro at 9AM. Adult tickets are \$19 and \$13 for children (2-12 years old).



## Reminders

The Centre will be closed on Monday July 1st.

EC meetings are not held in July, the next meeting will be held on Thursday August 29th at 6PM

## Member News

Happily announcing the birth of baby Zarina Ruth, to (our member), Anjali Abraham and Peter, on 31<sup>st</sup> January this year. A sister for Johann.

## Iced Tea Recipe

### **Ingredients:**

3 tea bags (any tea you'd like)  
4 cups of water  
1/2 cup sugar or a sweetener of your choice (to taste)  
1/2 lemon, thinly sliced  
Fresh fruit (optional)

### **Instructions:**

Bring water to a boil in a pot. Once it starts to boil, remove from heat, add the tea bags and let steep for 5 minutes.

Remove the tea bags and pour tea into a glass pitcher. While tea is still hot, add the sweetener and stir until it is all dissolved.

Add the lemon slices and refrigerate.

Fresh fruit can be added to the pitcher if you'd like a hint of fruity taste in your tea.

Enjoy!



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



Summer is upon us! We started an exciting series of workshops aimed for mothers and daughters in Parc-Ex. We continue to be present for summer activities in CDN on Tuesdays and Thursdays.

We're also in the process of working on some new zines! We're collaborating with a young woman to create a zine about a young woman's story moving from one school to another. The zine takes a look at the different relationships she develops, as well as her own development along the way. (see front page for more information)

**SAY goes downtown!** Our meeting spot has currently been moved to Rod-dick Gates (in front of McGill University corner McGill College and Sher-brooke) for the summer. Join us at 5:30PM on Fridays.

Interested in coming to a meeting? Want to learn more? Just want to say "hi"? Drop us a line at [say.jsa@resist.ca](mailto:say.jsa@resist.ca)

### It's getting hot in here!

With summer here and the SAWCC Annual Picnic around the corner, please take precautions against the effects of extreme heat. The following information was taken from a Health Canada publication.

#### Signs and symptoms of heat stroke and heat exhaustion

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Decreased urination with unusually dark yellow urine

If you or someone in your care experiences any of these symptoms during extreme heat, move to a cool place immediately and drink cool liquids. Water is best.

Heat stroke is a medical emergency and must be treated. Call 911 or your local emergency number immediately if you see someone who is either unconscious, confused or has stopped sweating. While waiting for help, move them to a cool place, apply cold water to large areas of their skin and clothing and fan the person as much as possible.

#### How to protect yourself from extreme heat

- If you have a health condition or are taking medication, ask your pharmacist or doctor if this increases your health risk in the heat.
- Visit neighbours, friends and older family members to make sure they're cool and hydrated.
- Drink plenty of cool liquids, especially water, *before* you feel thirsty to decrease your risk of dehydration. Thirst is not a good indicator of dehydration.
- Reschedule or plan outdoor activities during cooler parts of the day.
- Wear loose-fitting, light-coloured clothing made of breathable fabric.
- Never leave people or pets inside a parked vehicle or in direct sunlight.
- Spend a few hours in a cool place such as a tree-shaded area, swimming facility or an air-conditioned spot such as a public building or shopping mall.
- Take cool showers or baths until you feel refreshed.
- Prepare meals that don't need to be cooked in your oven.
- Block sun out by closing awnings, curtains or blinds during the day.
- Avoid sun exposure. Shade yourself by wearing a wide-brimmed, breathable hat or using an umbrella.



## La nouvelle Bande-Dessinée—«Une Histoire d'École» !!! (suite)

### Quel est le but de cette Bande Dessinée?

Pour que les jeunes puissent avoir des trucs. Exemple comment se farie des nouveaux amis dans un nouveau environnement, comment s'envisage aux intimidations etc.

### Est-ce j'ai mon propre expérience dedans?

En fait oui. Car moi-même j'ai beaucoup changé d'écoles et ce septembre je vais encore changer. Donc j'ai subi plus ou moins des sentiments quand tu es une nouvelle comment les autres élèves vont réagir.

### Pourquoi le personnage principale est un nouvel élève dans l'école?

Parce que je peux mieux décrire les autres personnages, et en plus, moi-même, j'ai changé d'école une fois, donc c'est quand-même intéressant et plus facile de l'écrire.

### Un résumé des caractères des personnages:

Lucie: Avec des cheveux courts, parle pas beaucoup (sauf avec ses amis), une note moyenne, pas populaire à l'école mais bienveillante.

Émille: La voisine de Lucie dans la journée d'entrée, populaire à l'école, une note excellente, ouverte et charmante, un peu perfectionniste et très motivée.

Charles: La première personne que Lucie parle dans la nouvelle école, lui aussi, un garçon normal mais avec un bon cœur et gentil.

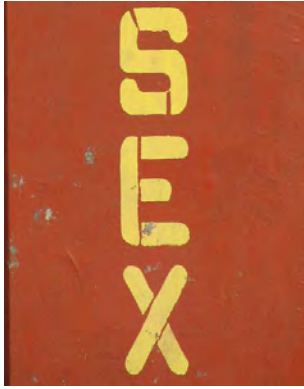
Mme. Alerge: l'enseignante du Français de Lucie, Émille et Charles. Un peu sévère, un peu bavarde, mais pas mal gentille.

Amy: L'avant-place d'Émille, et aussi son pas mal fidèle amie. Une fille charmante et elle a aussi de bonne note.

Paul: le voisin d'Amy, il est aussi son grand frère et l'ami d'Émille. Parfois têtu mais toujours responsable, surtout envers sa petite sœur.



## I'm sex-positive and I'm angry—Anonymous



I went through my own process of figuring out what sex was, what it meant to me, what I liked and didn't like. It's an ongoing process, but what it has led me to is an understanding that sex is part of my world, I choose it, and I choose to engage with it in a way that makes me feel good. I recognize that people will engage with sex in various ways and so long as there is consent and communication I think it can and should be a very interesting and pleasurable experience. Now to the angry part.

It makes me angry when people are judged because the kind of sex they enjoy having is different from *traditional or normal sex* – whatever that means \*eye roll\*

I was once a fly on a wall. And by that I mean I was once a person who overheard a conversation.

Two people were discussing a third person (not involved in the conversation btw!) and her reported sex life. Apparently she enjoyed “rough sex” and they went into some detail about what it was that she enjoyed. For simplicity's sake and for the sake of not going into detail, I'm going to shorten the recap by saying she enjoys BDSM (bondage, dominance, sadism, masochism). Kink. Play. Rough sex. Sex. Pleasure. *I.e. She likes what she likes and so long as she has the consent of the other person/people involved that should be the end of the conversation.* But alas! That was not the end. The women went on to judge her for her pleasure preferences. Apparently, if you enjoy engaging in sexual activity that involves any level of pain then you are mentally ill. \*wtf moment\* Cue the anger.

For one thing, it is not every day that I hear about a woman [-identified person] expressing what it is that she likes during sex. One too many times have I heard about people not feeling like they can ask and tell and expect certain things from their sexual partners. First, they clearly didn't understand that people may ENJOY integrating pain with pleasure (not to reduce BDSM to this, as it encompasses a variety of erotic practices). Secondly, the judgment was based solely on this idea that everyone has sex in the same way, it is pretty standard and box-ey. Sorry to burst your bubble(s), but sex can be different for different people and so long as they're enjoying themselves and there is consent, it's none of your damn business what gets them going.

Also, BDSM is NOT a mental illness. Last I checked we (sadly I can only speak to a North American reality) had gotten past the days of criminalizing sexual acts that some people decided they didn't like/didn't want to engage in/thought were not strictly for procreation/didn't understand.

I find myself angry because I can appreciate that sex means and includes a variety of different acts, it angers me to see such judgment based on assumptions and lack of understanding.

## What is violence? - Mauly Mathur

Violence can take many forms:

- It can be verbal (screaming, threatening, insulting, harassing)
- It can be psychological (isolating, targeting, following, keeping tabs, encroaching on someone's privacy, spoiling someone's reputation)
- It can be physical (spit, pinch, scratch, slap, biting, punching, kick, push, shoving)
- It can include, or not, an object (throwing, breaking or stealing an object)

Some myths about violence against women:

- Violence happens only in working class or in certain ethnic groups
- Alcohol/drugs cause violence against women
- Women provoke violence
- People who abuse women are mentally ill
- People who abuse women are under stress

If psychological, emotional and verbal violence is taken care of at an earlier stage maybe physical violence would never happen!

## SAWCC's Annual General Meeting



A message from Dolores Chew on this year's AGM:

Many, many congratulations to us all for our hard work and commitment to SAWCC and our ideals. The AGM





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

[www.sawcc-ccfsa.ca](http://www.sawcc-ccfsa.ca)

July 2nd—Information session on ovarian cancer 10:30AM  
July 5th—SAY meeting at 5:30PM  
July 6th—SAWCC's Annual Picnic  
July 12th—SAY meeting at 5:30PM  
July 16th—Information session on stress management 10:30AM  
July 19th—SAY meeting at 5:30PM  
July 23rd—Information Session on adult education 10:30AM  
July 26th—SAY meeting at 5:30PM  
July 30th—Cooking class 10:30AM

2 juillet: Session d'information sur le cancer de l'ovaire 10h30  
5 juillet: Réunion des JSA à 17h30  
6 juillet: Pique-nique annuel du CCFSa  
12 juillet: Réunion des JSA à 17h30  
16 juillet: Session d'information sur la gestion de stress  
19 juillet: Réunion des JSA à 17h30  
23 juillet: Session d'information sur l'éducation des adultes  
26 juillet: Réunion des JSA à 17h30  
30 juillet: Cour de cuisine à 10h30

# Juillet 2013

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