



## Le Centre communautaire des femmes sud-asiatiques

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### 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)

### CHARTER OF SAWCC VALUES (by Editors Farha and Naila)

On Monday September 1<sup>st</sup> at 9 a.m., details about SAWCC's upcoming Charter of Values were leaked to local reporters. Statements leaked are as follows:

Throughout herstory, people have communicated with each other despite having different linguistic backgrounds and without the imposition of an "official" language. This being said, we request that we commit ourselves to learning the Indigenous languages of this land.

SAWCC will request that people be open to learning certain terms in either Bangla or Tamil. Some examples include, sisterhood, solidarity, and revolution. The ability to communicate in functional Urdu, Farsi or a language most comfortable is also an option.

Colonialists often waltz into our centre, soapboxes and magic wands in hand. As part of the Charter of Values, SAWCC requests that all indications of superiority complex (religious, cultural, linguistic or otherwise), racism, and blatant disregard of anyone's agency be taken back to wherever they came from and disposed of in the proper manner. Recycling is not encouraged.

This Charter of Values stands against fundamentalisms, be they secular or religious. We will not tolerate being told what to believe in or not believe in. As feminists, we recognize that collective strength comes from understanding relations of power between us and presumptuous approaches. We refuse to categorise each other, and recognize that we can be believers in a higher being, religious, spiritual, agnostic, atheists, or anti-theists, etc. In this light, people are free to wear religious symbols if they so choose to do so.

Finally, as a symbolic gesture in the pursuit of secularism, Paul de Chomedey's cross on Mont-Royal, in addition to all statues and symbols related to colonialism and Christian superiority complex will be removed.

A SAWCC spokesperson said, "the Charter is a culmination of generations struggling against colonialism and oppression in public institutions". In application, people such as teachers, healthcare workers, public office holders and daycare providers will be prohibited from donning symbols of Quebec's Fleur de Lys and visible images of Canada's Maple Leaf.

*"We are certain this will be a strong uniting element between all friends, allies and members of SAWCC in order to build a society rooted in anti-oppression."*

## CENTRE UPDATE



### **Centre Hours**

Monday & Thursday 9am—9pm

Tuesday, Wednesday & 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!

## VOLUNTEERS!

SAWCC is looking for volunteers to help with **the website** as well as **the library**. For more information please contact the volunteer coordinator Homa at 514-528-8812 Ext. 102 or [homa@bellnet.ca](mailto:homa@bellnet.ca)

We're also looking for a new editor for **the bulletin**. For more information please send an email to [say.jsa@resist.ca](mailto:say.jsa@resist.ca)

## SUMMER PICNIC—TABLE REGIONALE DE CENTRE DES FEMMES DE MTL ET LAVAL



Every summer before the labour holiday week Table Regionale organizes a summer picnic with all the women centres. Each year one centre takes on this responsibility to arrange a pique nique and be the host of the day. This year SAWCC was asked to take on this task and arrange a pique nique at Parc Lafontaine. On the 29 of August we welcomed almost 100 excited and energetic women from different women centre who participated in this picnic. The staff did an excellent task of arranging, decorating and organizing games for the women, which was much appreciated by the participants. The weather was perfect for picnic and be at outdoors for playing games and

enjoying the late summer sun. The women were delighted to be outside to have fun as well as relax and indulged in eating and sharing food. Sawcc offered Samoosa which was enjoyed by many for the first time. In the end they were invited to have a tour of the centre and all of them were excited and impressed to visit the centre.



## SOUTH ASIAN YOUTH (SAY)/JEUNES SUD-ASIATIQUES (JSA)

Summer is slowly coming to an end and fall is weeks away! We end off our summer programming with a series of collaborative art workshops with the South Asian Women's Autonomous & Independent (SAWAI) project. The workshops brought together women of all ages in the creation of a banner depicting individual interpretations of the phrase "strong young women".

SAY members will meet on Friday September 13th, at 5:30pm for their first meeting after our individual breaks. In the upcoming months we look forward to working with new collaborators and members on curriculum development, zine launches and exciting programming in high schools as well as CEGEPs.

For more information about SAY, our upcoming programming, to inquire about our Basis of Unity, meetings or just to say "hi" feel free to email us at [say.jsa@resist.ca](mailto:say.jsa@resist.ca)

## KITCHEN FUN WITH KIDS

### PEANUT BUTTER AND JELLY SUSHI ROLLS

**Ingredients:**

2 slices of bread  
Peanut butter  
Jelly of choice

**Directions:**

Cut the crusts off the bread. With a rolling pin, roll the slices flat. Spread peanut butter and jelly onto each slice of bread. Roll each slice into a spiral and cut into bite-size pieces.

Alternate: Use nutella instead of peanut butter and jelly for an exciting chocolate sushi treat!



### BREAKFAST BANANA POPS



**Ingredients:**

2 bananas  
Granola, cereal or nuts  
Yogurt (flavoured or plain)  
Chocolate chips or other topping (optional)

**Directions:**

Peel and cut the bananas into halves. In a plate lay out the granola. Dip the bananas into the yogurt and then coat them in the granola. Add chocolate chips (you may have to do this by hand) if you desire. Place them on foil and freeze them overnight for a cool breakfast treat!

### SEX BOX

The Youth Zone is now home to the much anticipated Sex Box. The purpose of the Box is to provide information and resources to a diversity of people. The Box contains condoms, lube, pamphlets and reference materials as well as take-away info sheets. Feel free to make use of our suggestion box and let us know if there are products or resources you would like to see.

The following is an excerpt from a Peer Education Manual from Head & Hands. Lots of information from this manual is available in the space. There is also an entire copy for reference. If you would like to take a copy out of the centre, cds containing the file are available for 2 week loan. We can also send a digital version upon request (send email to [say.jsa@resist.ca](mailto:say.jsa@resist.ca)).

“It may seem like everyone knows what “sex” means, but it really means a lot of different things to different people. Think about it. A parent’s idea of sex (as in “no sex until...”) might include making out as well as sexual intercourse. Or it might mean just intercourse. But a religious leader might include sexual fantasy and masturbation as part of sex.

Some people don’t believe they’ve really had “sex” until a penis has been inside a vagina, but others (for example gay men or lesbians) might disagree and say that for them sex has nothing to do with putting penises and vaginas together. Can sex happen if you’re alone, or do you need someone else? There’s no one answer to this question.”

**SEX BOX!**



## MEMBER'S NEWS (by Fahmida Hossain Urmi)

Fahmida buzzing with her new Creations, Exhibiting her works at "ARTSCAPE" Daniels Spectrum, Toronto, ON. Started on August 3<sup>rd</sup> until September 20<sup>th</sup>. Honourable Glen Murry, M.P.P of Transportation and Infrastructure, inaugurated the event as a chief guest and Ms. Maria Minna, former M.P and Minister of international cooperation, attended the event as a special guest. Our (SAWCC) friends and members from Toronto can visit her show.

Fahmida Hossain Urmi, a professional painter practicing Visual Art professionally since more than a decade. Originally from Dhaka, Bangladesh, she now lives in Montréal. Former employee and current member of SAWCC immigrated to Québec in 2009. She had produced a large number of paintings, which have been displayed in solo and group expositions in Bangladesh, Canada and around the globe. Presently she work as a Professor of Visual Arts at the Recreation Centre in the Town of Mont Royal, Montréal. She has been facilitating arts and crafts workshops in public schools, daycares and community organisations since 2010. She is an executive member and communication coordinator of The Bangladesh Artists Society of North America (BASNA), a group of Bangladeshi artists living in Canada. They are organizing their third annual Group Exhibition at 'ARTSCAPE' Daniels Spectrum, Toronto, ON. Fahmida had completed her BFA (Bachelor of Fine Arts) and MFA (Masters of Fine Arts), achieving the 9<sup>th</sup> position in drawing and painting at the Institute of Fine Arts from University of Dhaka. She immigrated to Canada with lots of hope and inspiration to advance her career in the world of contemporary arts in Canada. Her upcoming, fourth solo will be starting on September 11<sup>th</sup> until 22<sup>nd</sup> at 'AMÉ-ART' Mile End Gallery, Montréal, Qc. All our members and friends are invited to attend.



For more information:

[www.torontoartscape.org/events/3rd-annual-painting-exhibition-basna](http://www.torontoartscape.org/events/3rd-annual-painting-exhibition-basna)

[www.basna.org](http://www.basna.org)

[www.ame-art.com/cal.php](http://www.ame-art.com/cal.php)

[www.fahmidart.carbonmade.com](http://www.fahmidart.carbonmade.com)

## RIGHTS OF CHILDREN WITH DISABILITY (by Mauly Mathur)

- All appropriate measures should be taken to ensure that the child is protected from all forms of discrimination or punishment on the basis of the status, activities, opinions, or beliefs of the child's parents, or family members
- No child can be subjected to arbitrary or unlawful interference with his or her correspondence, nor unlawful attacks on his or her honour and reputation
- All appropriate measures should be taken to protect the child from all forms of physical or mental violence, or maltreatment
- A mentally or physically disabled child should enjoy a decent life, in conditions which ensure dignity, and facilitate the active participation in the community
- All appropriate measures must be taken to assist parents to implement the rights and in case of need provide material assistance with regard to nutrition clothing and housing
- The child has the right to rest and leisure, engage in play and recreational activities and to participate freely in the community
- No child( whatever their race, religion or abilities, whatever type of family they come from, what their parents do) should be treated unfairly on any basis
- All available measures should be taken to make sure that the rights of children with disability are respected, protected and fulfilled. Families must be helped to protect their children's rights. In some instances this may involve changing existing laws or creating new ones.
- Children with disability have a right to privacy. They should be protected from attacks on their way of life, their good name, their families and their homes
- Children with disability have the right to be protected from being mistreated physically or mentally.
- Children with disability have the right to a standard of living that is good enough to meet their needs. Help should be given to families who cannot afford to provide this
- Children with disability have the right to relax and play, and to join in a wide range of cultural artistic and other recreational activities.
- Children who have a disability and are accused of breaking the law have the right to legal help and fair treatment in a justice system that respects their rights.

## SAWCC SUMMER CAMP 2013 (by Joanna and Carmen, camp counselors)

The South Asian Women Community Center helps immigrant families to become independent and to integrate into Canadian society. As part of this mandate, they offer an affordable summer camp program for the children of these families. The SAWCC summer camp offers children of South Asian descent the opportunity to participate in a plethora of exciting activities for seven weeks each summer.



During this year's summer camp, the counselors made an effort to organize activities that would appeal to both sporty and artistic children. The children spent their time making bracelets, painting and building props for our end-of-the-year theater production. They also expended an impressive amount of energy running around in parks, playing various sports including dodge



ball, Frisbee, soccer etc. and swimming in both indoor and outdoor pools. In addition, each week various cultural and educational field trips were organized across Montreal. These outings included the Musee de Beaux Arts, the Montreal International Jazz Festival, the Montreal Science Center, Plage Jean Drapeau, a visit to a local fire station and the Redpath archeological Museum on the McGill University campus.

The numerous exciting and enriching outings were greatly facilitated by the generous budget provided from SAWCC as well as other donors. These funds allowed the children to explore many engaging activities that the Montreal region has to offer. A highlight of this year's summer camp was our big day trip up north. During this field trip, the children had the opportunity to experience the beauty of rural landscapes and to amuse themselves in nature's playground, something which many children growing up in the city often miss out on. After a short stop at a small petting zoo, the kids arrived at Lake David and spent the day canoeing, swimming, catching grasshoppers, roasting marshmallows over a campfire and climbing trees.

The SAWCC summer camp gave the counselors and the children the opportunity to laugh, play and learn together. Thanks to the rich multicultural environment that defines both the SAWCC centre and its summer camp, being exposed to different cultures and learning about them is a key element in all of what the camp has to offer its attending youngsters. Discussions initiated by the camp counselors about tolerance, patience and inclusion occurred frequently throughout the summer. Furthermore, the camp's multilingual populace encouraged counselors and campers alike to break down language barriers and improve their secondary languages. In a city as multicultural and multilingual as Montreal, learning about acceptance as well as broadening one's linguistic horizons are both valuable lessons to be introduced to early in life.

Through a wide range of activities and culturally rich context, SAWCC summer camp cultivates creativity, acceptance and conviviality in all of the people who get the opportunity to be a part of it.



**Centre Communautaire des femmes sud-asiatiques**

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

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

Sept 3—Information session on Legal Aid  
Sept 10—SAWCC staff meeting  
Sept 13—SAY meeting 530PM  
Sept 17—Information session on Quebec History  
Sept 19—SAY meeting 530PM  
Sept 23—Executive Council meeting 630PM  
Sept 24—Information session, topic TBD  
Sept 27—Volunteer appreciation event

Le 3 sept—Session d'information sur l'aide juridique  
Le 10 sept—Discussion mensuelle du personnel du CCFSa  
Le 13 sept—Réunion du collectif des Jeunes sud-asiatiques (JSA) 5h30  
Le 17 sept—Session d'information sur l'histoire du Québec  
Le 19 sept—Réunion du collectif des Jeunes sud-asiatiques (JSA) 5h30  
Le 23 sept—Réunion du conseil administratif à 18h30  
Le 24 sept—Session d'information, sujet à déterminer  
Le 27 sept—Appréciation des bénévoles

# September 2013

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