



Le Centre communautaire des femmes sud-asiatiques

Les Portes Ouvertes du CCFSA (photos courtesy of Sumera Khan)

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Dimanche le 14 octobre, le CCFSA a organisé des portes ouvertes, une vente de garage et une vente de pâtisseries dans le but de lever des fonds pour les projets et les services du centre.



The day will come when feminist spaces are sustainable and autonomous from attached funding, and the nation-state army is forced to hold a bake-sale in its failed attempt to buy a bomber.

(Altered from original: "It will be a great day when schools get all the money they need and the air force has to hold a bake sale to buy a bomber." - Unknown)

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 to: say.jsa@resist.ca
- Écrivez - nous au say.jsa@resist.ca

Difficult Decision:
Blueberry or Carrot Muffin?



Bhangra Dance-Off!



Centre Update (courtesy of Naila Alidina and Farha Najah Hussain)

Free Self-Defense Classes

The Sexual Assault Prevention Centre of Montreal will offer free self-defense classes in English on November 10th and 17th at SAWCC. Attendance on both days are mandatory. The classes are meant for Women-identified people (18 yrs+). The facilitator will discuss verbal and physical self-defense strategies.



To register contact: say.jsa@resist.ca by November 8th, 2012. Spaces are limited!

Centre Hours

Monday, Thursday: 9AM - 9PM
Tuesday, Wednesday, Friday: 9AM - 5PM

SAWAI

South Asian Women Autonomous and Independent (SAWAI) is offering their free English classes, discussion groups and info sessions for women each Wednesday from 10:00 -1:30 at 419 St. Roch (SS 14-B).

The same programs are held in Côte-des-Neiges on Fridays from 10:00am - 1:30pm at 6767 Côte-des-Neiges Room 601-3 (6th floor). Contact Juvaria for more info: juvariay@hotmail.com or 514-528-8812 Ext. 105

Executive Council

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

A retreat-type meeting will be held on November 3rd at SAWCC from 10am-2pm to discuss membership and fund-raising.

Membership 2012-13: call today to become a member!

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



Invisible Disabilities (by Mubeenah Mughal)

Until I had a non-verbal child, I couldn't have told you the difference between a speech disorder, a language delay, or a receptive language disorder, and I couldn't have even told you what apraxia of speech was. When my 2nd born son was two years old, I had some people express concern about my son's absence of verbal communication. At the time, I wasn't worried, my first son had been a slow talker, and by the time he was 4, he spoke like most other kids his age. There were people that expressed concern, but there were more people who seemed to think it was no big deal. Some of these people were doctors and other professionals, they said things like "He's a boy, boys are slow at developing" or "He has an older brother who does the talking for him".

Once he was three, I started asking that he be referred to a developmental clinic. He looked like a regular kid, but by the time he was three, he could

only say "Mama" (sometimes), "yaah" and that was it. Despite not being able to speak, we still had to be on a waiting list and in the end took him for a private speech assessment, which then sped up the other tests he would need before we could get him into a special needs school. In Quebec, the only way a child of school age can get free speech services is through school. This was a hard decision for me as until that point, we decided on homeschooling our children.

My son is now almost six and he has benefited from over a year of individual and group therapies. I love his team and his school, I feel blessed that he is there and he is making great progress everyday. He now has an official diagnosis! It was a bittersweet moment, there was a sense of peace, being able to name what he has, but it was also hard to hear. He has Childhood Apraxia of Speech (CAS) and a severe language disorder. This might

sound bad, but my son is actually lucky. If all he had was CAS, he would not be coded. That means having to go to a mainstream school with minimal access to therapy! The Quebec government has decided that speech development is not something that is essential to a child's education. That means schools do not get the funding for services. Children with CAS need therapy multiple times a week to make significant progress. The government's lack of concern also shows in how long the waiting lists to get diagnosed are. We need to be advocates for our children and start telling the government to see speech as a necessary ability.

For more info on CAS, visit: www.asha.org/public/speech/disorders/ChildhoodApraxia.htm



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

On October 13th, SAWCC held a 'retreat-type' meeting where SAY members discussed the Anti-Violence/Street Harassment Campaign with members of the SAWCC community (primarily the Executive Council). We also discussed the differences between the process of becoming SAY and SAWCC members. Overall, the discussions were constructive and fruitful. It was useful to have time to discuss such issues in depth, without rushing through a packed agenda!



This month SAY has begun implementing a self-defense program for young women in Parc-Extension at Jeunesse Unie as part of the Anti-Violence Campaign. Get in touch with us if you're interested!

Interested in joining SAY? Drop us a line at say.jsa@resist.ca or hang out with us on Thursdays from 4:30-5:15 p.m.!

We carved pumpkins at our last hang-out! What did you do for Halloween???



Women's Herstory Month at SAWCC (courtesy of Dolores Chew)

On 20th October, SAWCC organized a presentation by Vanaja Dhruvarajan on the occasion of Women's History Month. The well-attended presentation, "THE 'LAXMAN REKHA' AND WOMEN'S STRUGGLE FOR AUTONOMY IN HINDUISM" brought together a diverse group of people who found the presentation informative, inspiring and re-affirming. With warmth and humour, in an engaging way, Vanaja shared her experiences and insights

Vanaja is a pioneer of anti-racist feminist studies in Canada, and is also well-known for her publications which include the pioneering work, *Hindu Women and the Power of Ideology* (1989), and *Gender, Race and Nation: A Global Perspective* [co-authored] (2002). Over the years, she promoted anti-racism and anti-sexism in her teaching, research, writing and community activism, developing and teaching courses in these areas. Vanaja Dhruvarajan is an adjunct professor at Carleton University in the Pauline Jewett Institute for Women's

Studies and the Department of Sociology. She is a Senior Scholar and Professor of Sociology at the University of Winnipeg. She has also taught at the University of Toronto, the University of Ottawa and Carleton University and has contributed in the area of feminist activism. Her teaching and research interests include globalization, family and socialization, gender, anti-racism and the impact of knowledge monopolies in higher education. Dr. Dhruvarajan is a past president of the Canadian Sociology and Anthropology Association and of the Canadian Women's Studies Association. She held the Ruth Wynn Woodward Endowed Chair in Women's Studies at Simon Fraser University and has also served on the boards of professional, university, government and community organizations. She has won several awards, including the YM/YWCA Woman of Distinction award. On "The 'Laxman Rekha' and Women's Struggles for Autonomy in Hinduism", which comes from her recently completed

memoirs, Vanaja says, "Writing about one's life experiences is a daunting task. ... My life has been a very complex journey caught in the middle of forces that were changing social life. I was raised in an orthodox Hindu upper caste joint family in a small village in Karnataka India. I grew up at a time when India was struggling to urbanize and industrialize. Our family was one of the first ones in the village that took advantage of these changes and moved from village to a city in search of better opportunities. I was the first woman in the village to pass my 8th grade public examination with distinction. This was followed by my becoming the first woman to earn a B.A.

(con't on p. 5)

The EC is on the lookout! (courtesy of Dolores Chew)



2 VACANT POSITIONS on the EC need to be filled.

The positions of **Publications Secretary** and **Elders Representative** on the Executive Council (EC) of SAWCC are available. Our constitution permits us to co-opt members to fill vacant positions on the EC until the next elections (June 2014). **Please consider coming forward to fill one of these positions or encourage other members to do so.**

SPECIFIC DUTIES

The **Publications Secretary** has overall responsibility for Shakti (frequency determined by ability), the monthly Bulletin (along with its uploading on the SAWCC website), and other publications or productions (print or non-print) of the organization. She shall ensure that a report of the major decisions taken at Executive Council and members' meetings are included in the Bulletin. (Currently the monthly Bulletin is produced by centre staff with input from members. This arrangement will continue, with the Publications Secretary getting as involved as she wishes/can. The **Elders Secretary** should participate

in RECAA (ressources interculturelles contre les abus des aînés – intercultural resources against abuse of elders) and ensures awareness, dialogue and communication on issues of concern to elders, e.g. with a posting in the monthly Bulletin. She works closely with staff. She updates and informs the EC on pertinent issues. She seeks ways to ensure integration of elders and elder issues within SAWCC at all levels, so that elders are not regarded, and do not regard themselves, as a special interest group of the SAWCC. Her portfolio in many ways may intersect with those of other EC members, e.g. Public Relations Secretary, Programs Secretary, etc. She is responsible for programs for elders and bringing concerns of elders to the Executive Council.

HOW THE EC WORKS

Participation on the Executive Council (EC) of the SAWCC is an **opportunity to serve**, but also to learn and **develop skills and abilities**. Members of the EC are there in an **honorary capacity**. The SAWCC tradition has been one of **involvement**. EC members take an **active role** in the organization. EC members have areas of **responsibility and juris-**

diction, but do **not work in an hierarchical** manner.

While there are **specific tasks** assigned to each EC member, practice has been that all EC members **assume collective responsibility** for the effective and efficient functioning of the SAWCC. Each EC member has a particular portfolio, but it does not mean that she must work on her own. She has responsibility for her portfolio it, but she can count on participation and support as needed from staff, members, volunteers and EC members. EC members often take up **special tasks** as they come up. They may also initiate special tasks which they coordinate.

The EC tries to work by **consensus**. In recent years, with increasing use of the internet and email, as well as the involvement of the SAWCC with other organizations, solicitation of views may also be sought between meetings. EC members are encouraged to **participate in these consultations**, so that they are as reflective as possible.

EC **meetings** are usually held **once every month** (except for July). There is an effort made to schedule meetings for one complete year, ahead of time, to minimize scheduling conflicts and ensure full attendance at meetings. EC **meetings are open to all members**. The dates of EC meetings are announced in the monthly Bulletins.

While EC meetings are open to all members, as with all organizations, there might at times be discussions that need to be kept **confidential**. Such discussions will be closed to non EC members. All EC members are expected to keep what transpired confidential.

Please consider serving on the EC.

Contact Dolores at:

dolchew@hotmail.com

Con't from p.3

This qualification led to my marriage with a man who got a Fulbright Scholarship to study at the University of Chicago which resulted in my becoming a student at the same University. With a graduate education at Chicago I could get a teaching position at a Canadian University. But my life as a graduate student and as a professor in North America was in the midst of anti-racist feminist movements which were in full swing followed by neoliberal globalization. They were difficult years filled with many struggles. By many accounts I have had a successful and productive career.

With regard to my personal life the story is different. My married life of more than forty years was very difficult and most of the time did not work. I am now legally a di-

vorced woman, another first in the series of family records. In my family and friendship circles by all accounts this is a tragic outcome that requires some explanation.... I am sometimes told although indirectly that my feminist sensibilities and commitments have contributed to the outcome. I decided to take a serious look at these comments and understand why they think it could have contributed to the outcome. ... there is a persistent insistence that I flaunted the 'Laxman Rekha', the mythical code, governing the conduct of Hindu women. I felt a need to understand and explain how and why this code puts constraints on Hindu women's lives in significant ways. This work is about that quest."



Old friends, Madhu Nambiar and Vanaja Dhruvarajan at SAWCC

On Ageism (courtesy of Nadia Sheikh)

An article in the Montreal Gazette entitled "Retirement is an aging concept" published in March 2012, addressed ageism in the workplace.

Ageism is prejudice against older individuals within the population. Within the workplace it may manifest itself as an unwillingness to employ older individuals or alternatively as a tendency for organizations to preferentially terminate older employees during periods of austerity.

Ageism, although inherently problematic, is particularly challenging for the elderly now. Many of them are finding themselves in financial difficulty. They are faced with a reduced net worth as a consequence of the 2008 global financial crisis. This reduced net worth is often coupled with increased financial responsibilities as younger members of their families struggle to attain financial independence and they themselves face an extended life span. In addition to financial responsibilities, many of them may face negative psychological

consequences due to unemployment.

With increasing life spans, many older individuals may find themselves spending the last quarter or more of their lives alone at home, with little interaction with others. In a society in which productivity is idolized, many may also find themselves with a reduced sense of self-worth.

At the same time, ageist practices are employed more frequently by employers. With an eye on the bottom line, employers may perceive that older individuals are a less profitable investment than younger individuals. Older individuals may require greater medical attention, and thus increase insurance costs for organizations. Furthermore, they may be more likely to experience periods of ill health, causing them to take off days from work, or to be less productive. Older individuals may also, unlike younger individuals, not have the ability to take on employment opportunities that offer minimal or no remuneration. Employers may also perceive that older individuals are less

capable of producing necessary work. Although older individuals may have experience, employers may undervalue this experience in the face of a rapidly changing environment, where new skills need to be constantly acquired.

The problem of ageism must be addressed. Employers may need to take measures in order to ensure that they do not undervalue elder employees on the basis of assumptions.

March in December?!

On Sunday December 2nd, 2012 SAWCC will be organizing an evening vigil and march through the streets in Parc-Extension to commemorate the December 6th Polytechnique massacre of 1989.

We welcome everyone to participate. Please check the website regularly as we will be posting more details with regards to exact time and location soon.



Semolina Cake (courtesy of Ponchi Chamka)

Looking to try something new?

Try this dairy-free cake made with semolina instead of the conventional white flour for a sweet snack with an interesting texture :)

Ingredients:

1 c. semolina
1/2 c. raw sugar or cane sugar
1-1/2 tsp. baking powder
1/2 c. oil
5 eggs
1/2 c. desiccated coconut
1/2 tsp. vanilla
Water

Directions:

Preheat the oven at 350° F
Mix semolina, sugar and baking powder. Add vanilla, oil and eggs (1 at a time), mix well. Fold in the coconut. Spread evenly into a 9" x 9" pan and bake for 15-20 minutes. Cool and cut into squares. A great midday snack to accompany a cup of tea!

WHAT'S SO COOL ABOUT SEMOLINA?

This low-fat, high carbohydrate food offers a lot of energy, lots of protein as well as vitamins E and B. It is low in cholesterol and sodium and high in fibre. However, semolina is a refined food and should be used in moderation.



South Asian Women's Community centre

South Asian Women's Community Centre
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31 years of sisterhood, strength, struggle and success 1981-2012

www.sawcc-ccfsa.ca

Nov 3—SAWCC retreat Discussion	3 nov—Discussion spéciale au centre
Nov 6— Information on making a monthly family budget	6 nov—Information sur comment faire un budget familial
Nov.8-15-22—SAY meeting 2:30PM; SAY hangout 4:30-5:15PM	8-15-22 nov—Réunion du Comité des jeunes sud-asiatiques (JSA) à 14h30; Temps libre pour chiller: 16hr30
Nov 10 and 17—Self-defense Classes 9:30-4:30	10 et 17 nov—Cours d'auto-défense 9h30 à 16h30
Nov 13—Recipe Exchange	13 nov—Échange de recettes
Nov 20—Information on refugee health care services by Médecins du Monde 10:30-12PM	20 nov—Session d'information sur les services de santé pour les réfugiées 10hrs30-midi
Nov 23—Dewali Party Potluck 12PM	23 nov—Diner communautaire pour fêter le Diwali à midi

novembre 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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	