



Centre Communautaire des Femmes Sud-Asiatiques

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What do you think? Que pensez-vous?

- Let us know your thoughts about the new bulletin
- Que pensez-vous à notre nouveau bulletin?
- We encourage you to send in your stories and articles for upcoming newsletters in any language!
- Please write to Shipra at shipra@bellnet.ca
- Soumettez vos pensées et œuvres écrites à Shipra

International Women's Day

**Journée internationale des femmes 2012
LES FEMMES RÉSISTENT À L'EXPLOITATION PAR LES MINIÈRES CANADIENNES...
pour la défense de la Terre-Mère**

Séminaires, ateliers et activités culturelles
Le dimanche 4 mars prochain, de 9 h à 16h30
Au 6767 Côte-des-Neiges
Les femmes jouent un rôle crucial au Canada et à travers le monde,

pour résister au développement agressif et à l'exploitation croissante perpétrés par les minières canadiennes.

Nous pourrions entendre quelques-unes de ces femmes étonnantes, faire résonner leur voix et célébrer leurs luttes dimanche le 4 mars prochain, lors de l'événement annuel organisé par Femmes de diverses origines de Montréal (FDO-WDO), en alliance avec plusieurs groupes communautaires dans le

cadre de la Journée internationale des femmes.

Pour plus d'informations:
wdofo@gmail.com
<http://wdofo.wordpress.com/>

Bienvenue à tout le monde. Don suggéré de 5\$ à l'entrée (personne ne sera refusé).

Traduction et garderie disponibles sur place.

DEMO: Thursday, March 8th, 2012 @ 6 p.m. Norman Bethune Square Corner Guy and Maisonneuve Metro: Guy-Concordia



Men are invited to join the demonstration in solidarity. Women will lead the march.

On Thursday March 8th celebrate International Women's Day!

-While we struggle for a world where justice and dignity for all replaces patriarchy, corporate interests, profits, and exploitation, we stand in solidarity with the struggles of Indigenous peoples here on stolen na-

tive land, with the struggles of those in occupied Palestine.

-We stand by our sisters all over the Middle East and North Africa who are fighting against authoritative regimes, Women in Afghanistan who continue to face brutal manifestations of patriarchy, including the consequences of NATO occupation.

-We support the struggle of migrants fighting against borders and racist immi-

gration policies.

-We express our profound solidarity with Women across the globe - in Columbia, Congo, Philippines and India - who are resisting labour and land exploitation by mining corporations.

-We offer our humble support to communities facing daily harassment, profiling and brutality by city, provincial and federal police authorities.

Cont'd on pg.5

Elders Speak Up / Les paroles des aînées

100 ways to live to 100

1. Enjoy yourself
2. Stay young at heart
3. Be honest and open
4. Look for rainbows
5. Walk to work
6. Take the stairs
7. Keep your curiosity
8. Stop smoking
9. Listen to your body
10. Watch what you eat
11. Watch what you say
12. make time for your children
13. Don't rest on your laurels
14. drink lots of water
15. have faith in others
16. Walk in the park
17. Forgive
18. Be an optimist
19. Make love
20. Cross country ski
21. Discover romance
22. Exercise regularly
23. Do Tai chi
24. try yoga
25. plant a garden
26. eat plenty of fruit
27. golf
28. Adopt a pet
29. laugh often
30. Be positive
31. Give, don't take
32. Marry your sweet heart
33. Celebrate your marriage
34. Enjoy being single
35. Relax
36. Eat your greens
37. Lawn bowl
39. Do everything in excess
40. Chicken noodle soup
41. practise what you preach
42. look before you leap
43. Make time for your friends
44. Reduce the amount of cholesterol in your diet.
45. Early to bed early to rise
46. Don't mope
47. Try new things
48. Skiing dip
49. Write to a friend
50. Play tennis
51. Commune with nature
52. Sing in the car
53. Write a poem
54. Whistle while you work
55. Read a book
56. Take your medicine as prescribed
57. Challenge yourself
58. Count your blessings
59. Indulge yourself
60. "Carpe diem" (Seize the day)
61. Take setbacks in stride
62. If you have had a heart attack or stroke and stopped taking your medication, speak to your doctor
63. Cuddle
64. Use olive oil
65. Eat your Brussels sprouts
66. Lighten up
67. Choose a career you love
68. Be active in your community
69. Read the paper every day
70. Sit up straight.
71. Keep your mind active
72. Travel
73. Soak in the tub
74. Don't be jealous.
75. Eat an apple
76. Be generous with hugs
77. Make time for your partner
78. Keep in touch with family
79. Bake a pie
80. Eat plenty of fish
81. Get plenty of fresh air.
82. Be yourself
83. Swim
84. Make time for your grandchildren
75. Eat an apple a day
76. Be generous with hugs
77. Make time for your partner
78. Keep in touch with family
79. Bake a pie
80. Eat plenty of fish
81. Get plenty of fresh air.
82. Be yourself
83. Swim
84. Make time for your grandchildren.
85. Control your temper.
86. Share
87. Take nothing
89. Power walk at the mall.
90. Don't procrastinate
91. Accept that which you cannot change
92. Don't drink and drive
93. Create solutions, not problems
94. Be sociable.
95. Feed the birds
96. Pamper yourself once a day.
97. Go fishing
98. Smile
99. Smell the flowers
100. Annual eye exam.

Sent by:

Madhuram Nambiar



Language Class

French and English classes are going to start Soon.

Evaluation date for French : 16th March 2012



At SAWCC we are going to arrange a parenting education program for mothers of 0 to 5 years old.

The Program is called "Y'APP"

If you know any mother please refer to SAWCC



February 14th annual memorial march for murdered and missing Aboriginal Women. (courtesy of Farha Najah)

This march and its roots represent the tenacity, courage and resilience of Indigenous women who organise to remember their fallen sisters, mothers, and members of their families and communities. Those of us from SAWCC would like to humbly express our profound solidarity with Indigenous Women who continue to resist the onslaught of racism and genocide. We wish to honour the memory of Aboriginal women who

have been brutalised, murdered and have gone missing. We would like to express our sadness, and share our tears for those who continue to face physical, mental, emotional and spiritual violence on a daily basis. As an anti-racist feminist centre, we fight against gender-based violence within our own communities. However, as migrants, 2nd and 3rd generation immigrants and racialised settlers we cannot begin to understand the realities faced by Indigenous

Women; we recognise that Aboriginal women are five times more likely than non-natives to die a violent death. And we understand that this systemic violence is a composite of heinous acts rooted in patriarchy and colonialism. The South Asian Women's Community Centre expresses our solidarity with Indigenous women and their struggle to self-determine their lives, so that we can all live in a society that flourishes, one that is free from injustice and violence.

FEBRUARY 14TH:
Annual Memorial March for
Missing & Murdered Women



SHOW YOUR LOVE.
Orange Colored Square, Atrium @ St Catharines
514-937-2110
info@formissing@gmail.com / centrx2110.org

ekut 210 CENTRE



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

On February 18th and 19th women and girls gathered in Parc-Extension to discuss their futures. SAY held it's "Love Your Future" event to open up dialogue amongst girls and their mothers about atypical career options, their dreams, goals and aspirations. We were fortunate to have an inspirational South Asian woman, Fahmida Hossain join us to discuss her atypical career in the arts. She was very candid about her struggles and successes along the way to her current career as a painter who moved to Canada with her family not too long ago. The discussion was followed by an exciting artistic expression workshop with art educator Pohanna Feinberg. We were given the chance to explore our ideas, describe our futures and aspirations and project them onto a wooden frame that we were then able to take home with us. The event was successful and we were able to have many exciting conversations about the arts, an important part of our lives, regardless of the career path

you choose! We hope that the dialogue will continue and we encourage everyone to explore their inner-most dreams to the fullest!



February marked SAY's third film screening with the film, *Circumstance* (2011). *Circumstance* tells the story of two Iranian women, Atefeh and Shireen, close friends and lovers who dream of escaping their

current *circumstances* and running away to Dubai. The film was followed by an interesting conversation about the character development in the film, with particular attention paid to the depiction of a homosexual relationship and certain assumptions and depictions that may have arisen in the film.

Our next film screening will be on Sunday March 25th at 1:00pm. We will be screening the film, "Survival, Strength, Sisterhood: Power of Women in the Downtown Eastside". This screening will be open to ALL, in a queer-friendly space. We are looking forward to another Sunday of insightful conversations!

Youth? Looking to get involved with SAY? Email us at:

sawccyouth@gmail.com

MARCH 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	31

Calendar events / Les événements de calendrier

- Mar. 4— WOMEN RESIST CANADIAN MINING EXPLOITATION Conference 9am
- Mar. 4—Study in Action—QPIRG Concordia and McGill—SAY Panel presentation 1:30PM
- Mar. 6—Cuisine Collective 10-12PM (4095 St. Andre)
- Mar. 7—Vanier College International Women's Day presentation 10AM
- Mar. 8—International Women's Day Demonstration at 6pm
- Mar. 9—Y'APP Parenting class 10-12PM
- Mar. 13—Workers' rights information session
- Mar. 20, 27—Tax return information sessions
- Mar. 25—SAY film screening at 1PM
- Mar. 29—EC meeting 6PM
- Mar. 30—Nowruz—Afghan New Year Potluck Celebration
- 4 mars—LES FEMMES RÉSISTENT À L'EXPLOITATION PAR LES MINIÈRES CANADIENNES 9 h
- 4 mars—Études en action—GRIPQ Concordia et McGill—JSA présentation panel 13h30
- 6 mars—Cuisine collective 10-12h00 (4095 St. André)
- 7 mars—Collège Vanier: présentation de la Journée internationale des femmes 10h00
- 8 mars—Demonstration pour la Journée internationale des femmes à 18h
- 9 mars—Y'APP classe de parentale
- 13 mars—Session d'information des droits des travailleurs et travailleuses
- 20, 27 mars—Sessions d'information de la déclaration d'impôt
- 25 mars—JSA projection de film mensuel 13h00
- 29 mars—Réunion du conseil de direction 18h00
- 30 mars—Dîner communautaire: on célèbre Nowruz, nouvel ans afghan

Cont'd front page

-We echo the demands made by students for free and accessible post-secondary education.

-We support Women's struggles for bodily self-determination, access to dignified health care, and autonomy.

-We acknowledge Women's survival, resistance and daily work to end the cycle of interpersonal violence against Women.

-We resist the Conservative agenda. The Harper Conservatives are intro-

ducing some of the most dangerous policies in recent history, with attacks against women, Indigenous communities, the poor, migrants, environmental groups, unions and community groups.

-We stand in solidarity with all those who fight against capitalism, imperialism, neo-liberal policies, war, and repression.

-We will march to celebrate the struggles of past generations of women whose legacy of struggle and success we have inherited,

express our rage in light of the ongoing violence that Trans-Women and Cis-Women continue to face and convey our solidarity for feminist struggles of liberation across the world.

Join us in celebrating our resistance!

Membership: April 2012—March 2013

You would like to:

- Become a new member
 Renew your membership

Country of origin: _____

Number of years in Canada: _____

Female: ___ Male: ___

Membership fees:

- \$15.00 for salaried people
 \$7.00 for non-salaried people & elders
 \$100.00 for life-time membership
 Donation

\$\$ Total: _____

I am interested in:

- Language classes
 Potluck lunches
 Income-generating co-op
 Information sessions
 Movie nights

Name

Address

Phone

Email: _____ Date _____

Signature

* Please return this form via mail, fax, or in-person before April 1, 2012

* Please contact Ghazala at x104 or mghazala@bellnet.ca if you have any question.

South asian women's Community centre

South Asian Women's Community Centre
 Centre Communautaire des femmes sud-asiatiques
 1035, rue Rachel est, 3ième étage.

Phone: 514-528-8812
 Fax: 514-528-0896
 E-mail: sawcc@bellnet.ca



South Asian Women cooking: healthy and delicious meals for your home and parties at very reasonable prices

To order, or for menu or more info, please contact Juvaria at juvariay@hotmail.com



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Montréal, QC H2J 2J5

Phone: 514-528-8812
Fax: 514-528-0896
E-mail: sawcc@bellnet.ca

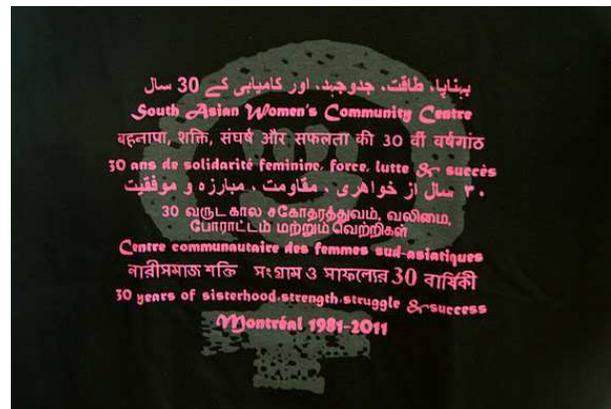
30 years of sisterhood, strength, struggle and success 1981-2011

www.sawcc-ccfsa.ca

The South Asian Women's Community Centre is a not-for-profit organization that helps women achieve their full potential in the Québec and Canadian societies and also helps them become independent.

Announcements / Annoncés:

- **Membership 2012-2013: Please renew your membership or begin a new one by returning the form on pg. 5**
- **Volunteers:** If you are interested in helping out at the Centre, please contact Homa (ex. 102 or homa@bellnet.ca) for a meeting so we can get to know your skills better!
- **SAWCC t-shirt and bags are on-sale at the Centre (10\$ ea.)!!**



(SAWCC gear writing on bags and t-shirts)
On sale now!!!

Healthy Eating / Manger santé—Gosh feel

Ingredients

- 2 Eggs
- 2 ts Caster sugar
- 1/4 ts Salt
- 1/2 c Milk
- 4 ts Oil
- 2 1/2 c Plain flour
- 1/4 c Plain flour for kneading
- 1/2 ts Ground cardamom
- Oil for deep-frying
- 1 c Icing (confectioners') sugar
- 1/2 ts Ground cardamom (optional)
- 1/2 c Finely chopped pistachios

Directions

Beat eggs until frothy, beat in sugar and salt. Stir in milk and oil. Sift



flour, add half to egg mixture and blend in with wooden spoon. Gradually stir in remainder of flour, holding back about 1/2 cup. Turn onto floured board and dust with some of reserved flour. Knead for 10 minutes until smooth and glossy, using more flour as required. Dough will still be slightly sticky. Cover with plastic wrap and rest for 2 hours.

Take a piece of dough about the size of a large hazelnut and roll out on a floured board to a circle about 8-10 cm (3-4 inches) in diameter. Gather up dough on one side and pinch, forming a shape resembling an elephant ear. Place on a cloth and cover. Repeat with remaining dough.

Deep fry one at a time in oil, heated to 190 C (375 F) turning to cook evenly. Fry until golden, do not over-brown. As dough is rather elas-

tic, the pastry tends to contract with handling, so just before dropping pastry into hot oil, pull out lightly with fingers to enlarge.

Drain pastries on paper towels. Sift icing sugar with cardamom if used and dust pastries with mixture. Sprinkle with nuts and serve warm or cold. Store in a sealed container.

Alternative topping: Make a syrup with 1 cup sugar and 1/2 cup water. Bring to the boil when sugar is dissolved and boil for 5 minutes. Dribble syrup onto warm pastries and sprinkle with cardamom and nuts.

