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# SEM AJI

THE OFFICIAL NEWSLETTER OF BCRC

BCRC is a growing, resource-based organization that strengthens community capacity by providing professional support to organizations and individuals in need.



## A Message From The Team

The summer is in full swing and the BCRC has continued to work as a team to get through some yearly milestones such as the Annual General Meeting and various Grant applications. Each project is currently hosting workshops and progressing quickly. In this edition you will be able to have the opportunity to see how active a few of our current projects have been during Summer 2021.

We hope that you enjoy this edition, and look out for our Community News Updates that will present information on the status, needs and priorities of the English Speaking Black Communities of Montreal.



### INSIDE THIS ISSUE:

*Message from the Team-1**In The Know Too (2) Project Update-2**Intergenerational Project Update-4**Innovation to Immigration History Book Project-7**Job Opportunities-8**Upcoming Events-9*



## In the Know (2) Summer Kickoff Phase

As summer started, In The Know Too (2) team has broadened engagements beyond Schools and into the wider English speaking community. Our legal workshops for summer camps are crafting up unique ways of learning to keep the younger youth (age group from 9-12 years old) informed and active. Through hands-on activities, game and role play relevant to bullying, living in the community, parental authorities, technology and antiracism the kids will develop legal knowledge which helps them to navigate through the society.

We also believe that as a part of the BCRC team and In The Know Too (2) project, we have the responsibility to provide educational resources regarding how we can improve our community and best prepare our youth in decreasing racism and inequities in the community. In order to achieve our goal, we are going to start our community workshops from July 14, 2021. Our workshops continue our previous efforts to deal with the long-term problems between Blacks and the police/security forces. These free sessions provide an accessible and safe learning space for the community to ask questions, receive support and demystify the process. The workshops are developed based on needs identified by BCRC and its partners.

The topic as follows:

- Home a Safe Haven: Parental Authority and Children's rights
- Be the Change: Arrêt Racism
- The Justice System: Police and Crime
- How to interact with the Police?
- Closer to Home: Bit by Bit via Public Transit
- The Truth About Forever: Drug and Alcohol
- Let's Talk About It & Be on the Safer Side : Youth Sexual Education
- It's Never Your Fault, Without a "YES", It's a "NO" : Sexual Assault
- Digital Youth: Power and Danger of Internet and Social Media Platforms
- It is OK to Speak Up: Know Your Right in Workplace
- Know Your Rights in Canada (Asylum seeker, refugee and newcomer)
- Love Should NOT hurt: Understanding and Responding to Domestic Violence and Abuse

## In the Know (2) Summer Kickoff Phase

On the other hand, in order to promote local democracy, give a voice to all ethnic groups and ensure the participation of all citizens, the In The Know Too project has teamed up with Service de police de la Ville de Montréal ( SPVM) to organize a symposium on “Combating Hate Crime in Quebec” on July 8, 2021. In recent years hate crimes and related legal issues have received a significant amount of coverage and commentary in the news media. As a result of several dramatic incidents of hate crimes and domestic terrorism, public awareness and concern over bias-motivated crimes have heightened in Quebec and across Canada. Combating Hate Crime in Quebec Symposium is going to strengthen the knowledge and skills of individuals in law enforcement and victim assistance. Specifically, it is designed to do the following:

- Contribute to the awareness of the phenomenon of hate crimes and incidents while encouraging their denunciations and how to contribute to a safe environment.
- To demystify the different interactions with the SPVM concerning, interpellation, interception, temporary detention for an investigation and or an arrest.
- Provide professional perspectives with the community to build trust and to work effectively with the SPVM.



## Intergenerational Health & Social Program



The BCRC's Intergenerational Health and Social Program hosted a total of 8 activities during the month of June. These activities consisted of a combination of both social and health elements of the program. By implementing these activities through our Conversation Tuesdays and Fun Night Fridays, the program was able to offer a diverse range of activities that excited and educated our seniors and youth.

Beginning with the Health focused workshops, they ranged from physical, financial, and nutritional health. On our first Fun Night Friday of the month of June, June 4th, we hosted a Soca fitness class and had approximately 12 seniors in attendance. Soca combines exciting caribbean flair with the benefits of intense exercise to create a sweaty, but invigorating workout! With black people among the races with high levels of obesity and suffering from high blood pressure, it is imperative that we promote accessible and pleasurable ways to stay fit and in shape. In addition, on June 17th, in collaboration with Patrimoine Canadien and Ministère de la Santé et Services Sociaux we hosted a COVID-19 Community Chat. Along with the BCRC's network of projects and participants, the hour and a half long meeting was open to the public and had 30 individuals in attendance. With a panel of experts including mental health and health professionals on vaccines, the goal was to provide the community with a space, non-judgemental, to respectfully discuss and learn news about COVID-19. Subsequently, the Intergenerational Program, during our Conversational Tuesday, hosted its first out of a three-part Financial Literacy workshop series on June 8th. Funding, specifically the lack of, has always been a barrier to the black community on our ability to establish long-term communal footholds. Due to our lack of access we have been unable to pass financial skills and wealth to our descendants, however the BCRC's Intergenerational Program hopes to slowly change this through our Financial Workshops. Facilitated by Brian Smith from the CFEE, these workshops were established in order to provide the black community a space to learn and establish a great understanding of their finances. With a turnout of 15 engaged seniors, the workshop was engaging and informative.

## Intergenerational Health & Social Program



On June 3rd the BCRC collaborated with Santrapol Roulant, a local non-profit organization that focuses on Food security and reducing isolation to host an Introduction to Fermentation workshop. This hour and a half long workshop aimed to teach participants about the health benefits of food fermentation, the different uses of fermented foods across cultures and how they could incorporate fermented foods in their own diets. This workshop was attended by 15 participants from the BCRC's seniors program as well as the wider community. The overall goal of this workshop was to introduce new ways of incorporating healthy food in our diets while making it educational and accessible to members of our community. The participants were happy to learn this new skill and are looking forward to incorporating their homemade fermented veggies into their favorite recipes. Finally, the program began working on a Cooking project with our seniors. Cuisine is essential to both culture and health, and with the diversity of the black community in Montreal, this project is a great way to showcase our diversity and history while encouraging healthy eating. On June 18th we watched Anthony Bourdain's Part Unknown Docuseries, as a world-renowned chef and traveler Bourdain seamlessly integrates culture, history, and cuisine from each of the countries he visits. In this episode, he travels to the Congo and explores colonialism and how it impacts the culture of the Congolese and how they cook their food. With 15 seniors in attendance, we were able to have extensive discussion on how colonialism and slavery has impacted our community as well as get inspiration for the various local cuisines we would like to present in our Community Cookbook.

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## Intergenerational Health & Social Program



Our social services workshops during the month of June focused extensively on creating and nurturing a close-knit bond between the seniors and the youth. As is the goal of the program, fostering social cohesion between the generations will allow both parties to learn from one another and better unify the community. On June 11th and June 15th we hosted various customized Ice Breaker activities, a curated kahoot that allowed the seniors to learn various unique things about one another, along with People Bingo. Afterwards, during our Conversational Tuesday's on June 22nd we highlighted 6 Female Black Poets across various continents. It allowed us to discuss womanhood as black women, multi-racial identity, being black in times of crisis, and the joys and sorrows of black people. Literature has been essential in conveying black struggles and success, and with a turn out of 15 seniors, we are looking forward to incorporating more literature and book club discussions into the program's social aspects. From April to June of this year, the BCRC has partnered with Atwater Library to host a 8 week Digital Skills workshop series. During these workshops the BCRC seniors as well as the wider Montreal community were invited to take part in free online introductory workshops that covered a variety of different topics every week such as device settings and controls, the different types of email services, where to find ebooks, audiobooks, and podcast and much more. These workshops took place every Wednesday, Thursday and Friday and covered the 3 most common operating systems: Windows, Apple and Android devices. The goal of this workshop series was

to further equip our seniors with additional digital skills training that will help them feel more confident online while introducing them to new interesting topics. June 18 marked our final workshop of the series which ended with a virtual museum tour workshop in which the participants greatly enjoyed. Finally, on June 29th we had an hour-long discussion about black migration as well as immigrant identity. While watching Say It Loud's "Where Are You REALLY From? Black Migrations and Immigration, Explained" we were able to discuss with 12 seniors on their experience with immigrating, maintaining their cultural identity in a new country, the nuances between the black experience from Africa and North America, and how Black people born in Canada face ignorance from lack of knowledge on Black Migration in Canada.

## Innovation to Immigration History Book Project



In the last month, the Innovation to Immigration history book project was launched. The team's focal point has been to attract attention to the project and invite the Black English-speaking youth to apply. To publicize the project, the team has created and shared ads through multiple channels. The team reached out to organizations via email, online forums, Facebook groups, and Instagram pages. There has been an adequate number of submissions received. The eligible candidates were contacted and interviewed. Those selected to move forward received notification. The focal point will now shift to planning and executing workshops for the youth writers. The Innovation to Immigration history book project team is very excited about the progression of the project.



# Opportunities



INVITING

## JOB SEEKERS & EMPLOYERS

Register on our EmployESBC website

<https://www.employesbc.com>

Employers: Visit our website to post your job openings

Jobseekers: Visit our website to find Job opportunities

**Employ English Speaking Black Communities (ESBC)** is an initiative by the Black Community Resource Centre (BCRC) and Community Economic Development and Employability Corporation (CEDEC). EmployESBC's goal is to match English-speaking Black Quebecers with employers needing to fill forward-looking quality positions in

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## Upcoming Events

**BLACK IN QUEBEC COMMUNITY FORUM**

**JULY 22nd, 2021  
1:30-4PM**

The Black in Quebec research project invites you to our Community Forum where attendees will receive a comprehensive overview of the research project and have a chance to ask questions to the research team.

Registration: [tinyurl.com/blackinquebecforum](https://tinyurl.com/blackinquebecforum)  
\*French Interpretation Available

RACE-BASED DATA    COMMUNITY COLLABORATION    WELL-BEING    BARRIERS    ANALYSIS OF FINDINGS

**When:** Thursday July 22nd, 2021 at 1:30-4pm

**Where:** Online using Zoom. Link will be emailed to registered participants.

**Language of event:** English. French interpretation available.

**Registration:** <https://www.eventbrite.ca/e/the-black-in-quebec-community-forum-tickets-160214825857>

The Black in Quebec research project invites you to our Community Forum where attendees will receive a comprehensive overview of the research project and have a chance to ask questions to the research team. Since March 2020, the Black in Quebec project has been working to collect information pertaining to the well-being of the English-speaking Black community in Quebec, as well as other linguistic and racialized communities. The project is using its findings to help the BCRC and wider community network be informed about the state of the community. The forum will bring together representatives from government, community members, researchers, and policy-makers to inform them about the findings of the research and the recommendations of the project team.

[Click Here To Register](#)

# How do I submit articles to the Semaji newsletter?

How do I submit articles to the Semaji newsletter?  
Articles for submission are accepted 7 days prior to publication. Issues are published every first of the month.  
Send articles to [communications@bcrcmontreal.com](mailto:communications@bcrcmontreal.com).  
If you are submitting photos please send a jpeg with credit.

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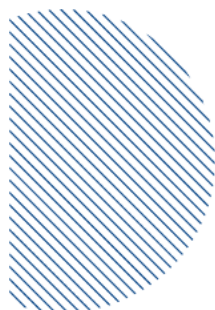
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