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MARCH 2020 | VOL. 23

SEMAJI

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.



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Current News

Women's History Month: Celebrating Black Women Pioneers And Their Many Firsts

The month of March is recognized as Women's History Month and is dedicated to the celebration of everyday women, whose achievements, build understanding and awareness and have allowed for the following generations to feel empowered to constantly break barriers.

The month-long celebration of women dates back to 1980 when former President Jimmy Carter issued the first Proclamation, which declared the week of March 8, 1989 as National Women's History Week, according to the National Women's History Museum. In March of 1987, Congress passed Public Law 100-9, proclaiming March as Women's History Month.

Let's highlight some of these women and their feats!



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28 Moments of Black Canadian History

by UNILEARNAL

Last year's grads Christelle Tessono and her team created the video series **"28 Moments of Black Canadian History"**. The series is amazing and you should take a look!

*When it comes to Black Canadian History, what do you know?
Perhaps you only recently heard of Viola Desmond, the incredible Black woman who refused to move from the whites-only section in a theatre in Nova Scotia - but might this be the extent of your knowledge?*

Consider this, when it comes to Black History Month and the lessons you might have had in elementary school, what do you remember? Perhaps you'll remember lessons on Martin Luther King Jr. and Rosa Parks - mostly African American history and nothing on Global Black History. Although African American history is very important to know, the fact that it is the only thing we get to hear about highlights the great erasure of Black Canadians in our history lessons.

It address this issue with 28 Moments of Black Canadian History. They released videos of a Black Youth speaking about their experiences in Canada, their goals, aspirations, and interests. They will then be giving a small history lesson on an important moment or figure in Black Canadian history.

Through this project, they ultimately hope to establish a link between our present and our past, allowing us to have a greater understanding of our collective challenges and successes.

If you're interested in knowing more about Black history in Canada, make sure to subscribe to their Youtube Channel and like their video. Comments are also welcomed!

You can also follow us on Instagram , facebook or twitter @unilearnal

<https://www.youtube.com/watch?v=b5n-4XSpI60&list=PLT9MbfNkf-UjoR-4wYeVWxiyolxQPIXF>

Will The Coronavirus Teach Us What Matters Most In Life?

by Yvonne Sam

Let's hear it for COVID 19, the virus that, firstly, turned an entire world into a tail-spin, and then, completely upside-down. Now, it has stirred even greater anxiety and possesses the potential to do far more damage to the current life we are living, and for a longer period of time.

The question on everyone's mind, or frozen between their lips, is, "What happened to our world?" — as schools, colleges, universities, churches, day-care centers, restaurants, barber shops and other establishments are shuttered, in order to diminish opportunities for people to spread or contract the virus.

While the wide and rapid proliferation of a virus, like COVID 19, may be unprecedented in our lifetime, let it be known that our ancestors experienced a similarly unparalleled pandemic. Lasting from January 1918 to December 1920, the so-called "Spanish flu" devastated the globe, infecting one third of the world's population, ultimately killing at least 50 million people in its wake, more than the entire First World War — among them 3,300 Albertans and 675,000 people in the United States. www.influenzaarchive.org/cities/city-baltimore.html

This current pandemic now also offers us a chance to consider what matters most in our nation, and also in our individual lives. We are being told to remain indoors, refrain from travelling, avoid restaurants and bars and crowds of more than 10 people. Some have been ordered to work from home. Others have been laid off or have had their working hours drastically reduced. Entertainment is now seemingly limited to the few things worth watching on television.

Listen up! Rather than cry and deny or vent and lament — and there is plenty to lament — how about looking on it as an opportunity? During Lent some people forego certain things to practice self-discipline and display their devotion to God. Although there is a big difference between willingly giving up something and being forced to give up many things, and while there is a huge difference between a religious practice and an infectious virus, basically the precept remains the same.

What are you now forsaking that you could do without? Better put, or more plainly stated, what are you now focusing on that did not get your attention, before the coronavirus? Does being compelled to remain indoors and spend more time with your spouse/partner and children (who are also home from school) offer an opportunity, or is it considered a burden? What about teaching your older children the simple tricks of home economics, the things they need to know, as they older grow. Learning how to cook without having to consult a book.

If you are a workaholic, who often bring home work from the office, in the pursuit of money and material things, pray tell, what opportunities does this forced confinement offer and will you take advantage of them? Has the making of money been your primary goal? Are you making less money, because you are not working as much, or maybe at all? Material things never fully satisfy, and yet many of us continue to pursue them, as if they do. Do you have to rearrange your priorities? How often did you even think about washing your hands before the virus?

Presidents have been calling for nations to pray that God might remove the threat of the coronavirus and protect them all. President Trump declared Sunday, March 15th as a National Day of Prayer. Other presidents have also made a call to prayer in similar crises — one thinks of Franklin Roosevelt's call to prayer on D-Day, June 6, 1944 —when the power of government seemed insufficient to overcome a serious challenge. www.fdrlibrary.org/d-day

Could this pandemic provide a similar opportunity for those, so predisposed, to seek a closer relationship with the Higher Power (God), who made us all, as President Abraham Lincoln stated in his proclamation for a day of humiliation, fasting and prayer in the midst of the Civil War. www.historyplace.com/lincoln/proc-3.htm.

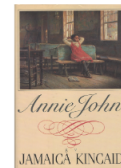
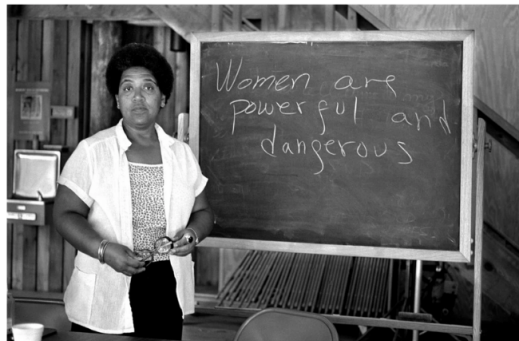
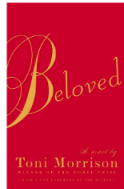
The President set the first Thursday in August 1864, as a day to pray for a speedy end to the war. However, it would be another eight months before that prayer was answered. It is apparent that the government, regardless of country, and despite massive efforts on the ground, aimed at curbing the spread, yet remain powerless in guaranteeing civic safety. When the coronavirus is no longer a threat, will you be returning to your old ways and habits? Will you return to focusing on money, status, work and material things, or has this pandemic taught you a lesson or two, about what matters most.



Four Queer Black Canadian Women Writers You Should Be Reading

by Casey the Canadian Lesbriarian

[Check out these four queer Black Canadian women authors whose books you should definitely have on your shelves.](#)



15 Books to Read by Black Female American Writers

by New York Times

[Nelson George, Samuel R. Delany, Major Jackson and others tell us about some of their favorite works of literature.](#)

IMPORTANT MESSAGES

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Information Bulletin

STATUS REPORT – MARCH 25th 2020, 13H00

- **Global situation** : 452 510 confirmed cases, 20 496 deaths ;
- **In Canada** : There are 3 249 confirmed cases, 28 deaths ;
- **In Québec** : There are 1 339 confirmed cases, 6 death ; probable cases are now counted with confirmed cases ;
- Few cases of community transmission have been identified in Quebec and Montreal;
- **Closed until further notice**: All schools, Cégeps, Universities and Quebec daycare services and all non-essential services until April 13th or later. To find out what is open or closed, [consult this tool](#) or the [list of essential services](#). A few essential community services, such as food assistance, remain open with restrictions, contact them or 2-1-1.

GENERAL GUIDELINES

- **Symptoms of COVID-19** : 1 877-644-4545 in order to obtain an appointment in a designated clinic, which are accessible, without cost, [for those who are not covered](#) by the RAMQ (ex : immigrant person with precarious status) ;
- **Isolation and distancing** : **Social distancing** is the safest way to protect yourself and others. All Quebecers should isolate at home, as much as possible. If you need to go outside, keep a 6 feet distance with everybody else at all times and wash your hands regularly. [If you may have been in exposed](#), [if you have travelled](#), or [if you are sick or waiting for test results](#), you have to isolate 14 days. For instructions, follow the 3 links above ;
- The MSSS developed a [Self-care Guide](#) to help Quebecers to make the best decisions to protect their health and health of others ;
- **Follow Community-based measures and sanitary guidelines** ;
- **Outings** : avoid all non-essential travels and avoid travel between regions of Quebec ; Working from home should be supported and encouraged when possible ;
- **People over the age of 70** should not leave their home. To protect them, **nonessential visits** to hospitals, CHSLD, intermediate care settings, family type intermediate care settings and **senior residences are prohibited** ;
- **Traveling** : **Avoid all travel**. Canadian's borders are currently closed, including the US border, to non-Canadian citizens and non-permanent residents. Any person with COVID-19 symptoms cannot enter the country. Consult the [Official Global Travel Advisory](#) in place for each country ;
- **All non-necessary interior and exterior gatherings** should be avoided.

INFORMATIONS FOR OUR COMMUNITY

- **Santé Montréal** has created a section for community organizations on its website where you can find advice and preventive measures for :
 - [Employees of community organizations](#)
 - [Food banks](#)
 - [Meals on wheels](#)
 - [People who use drugs and homeless people](#)
 - [Resources serving the homeless population](#)
- For more information on resources serving the homeless population, consult the [list of services available for this population](#) and the [Bulletin d'information](#) sent in today's email (Fr only) ;
- **The outdoor walk in clinic at La Place des festivals** is accessible by foot and by car; consult criteria before going. People can get tested at this clinic without having a RAMQ or identity card, but they'll have to identify a community worker from whom they are known (ex: street worker). If needed, this community worker will be contacted by the DRSP and will be responsible to make the follow ups with the user;

- [Essential home visits are maintained](#). If the service is not essential, follow-ups are done by phone when possible ;
- [There is no shortage of protective equipment](#) in our CIUSSS.

- **A coordination unit** between the community sector, the territorial coordinators of the 5 CIUSSS and the DRSP is in place. A summary of the information will be sent to all community organizations ;
- **Loss of income caused by COVID-19** : [Temporary aid for workers Program and Employment Insurance](#) ;
- **Canada's Economic Response Plan** : Income support for individual who needs it most will be available. Also, the tax report filing due date is deferred until June 1st 2020 and the payment before September 2020 ;
- **Day care services** available to health care, and other essential service professionals ;
- For **multi-lingual information** related to COVID-19, [consult ACCESS page](#) ;
- Your child is worried ? The MSSS gives [advice on how to support him/her](#) (Fr only) ;
- **In case of stress, anxiety or depression** related to COVID-19, [consult this page](#) or contact 8-1-1 ;
- **The Canadian Red Cross** is offering phone support for people who are isolated, contact 1 800 863-6582 ;
- **Contact 2-1-1** for support or resources. Isolated seniors a particularly invited to call this number ;
- **A mobilization and support group** is active on Facebook for people that are in needs or are able to help, consult the page for info ;
- **Le Centre de référence du Grand Montréal** invites all of you to inform them of any service modifications to [edition@info.reference.qc.ca](#).

For any concerns, community organizations can contact service.region@ciuss.gouv.qc.ca.

SOURCES

This document has been produced by the [Centre intégré universitaire de santé et de services sociaux du Centre-Ouest-de-Île-de-Montréal](#) based on the actual knowledge of COVID-19. It will be updated regularly.

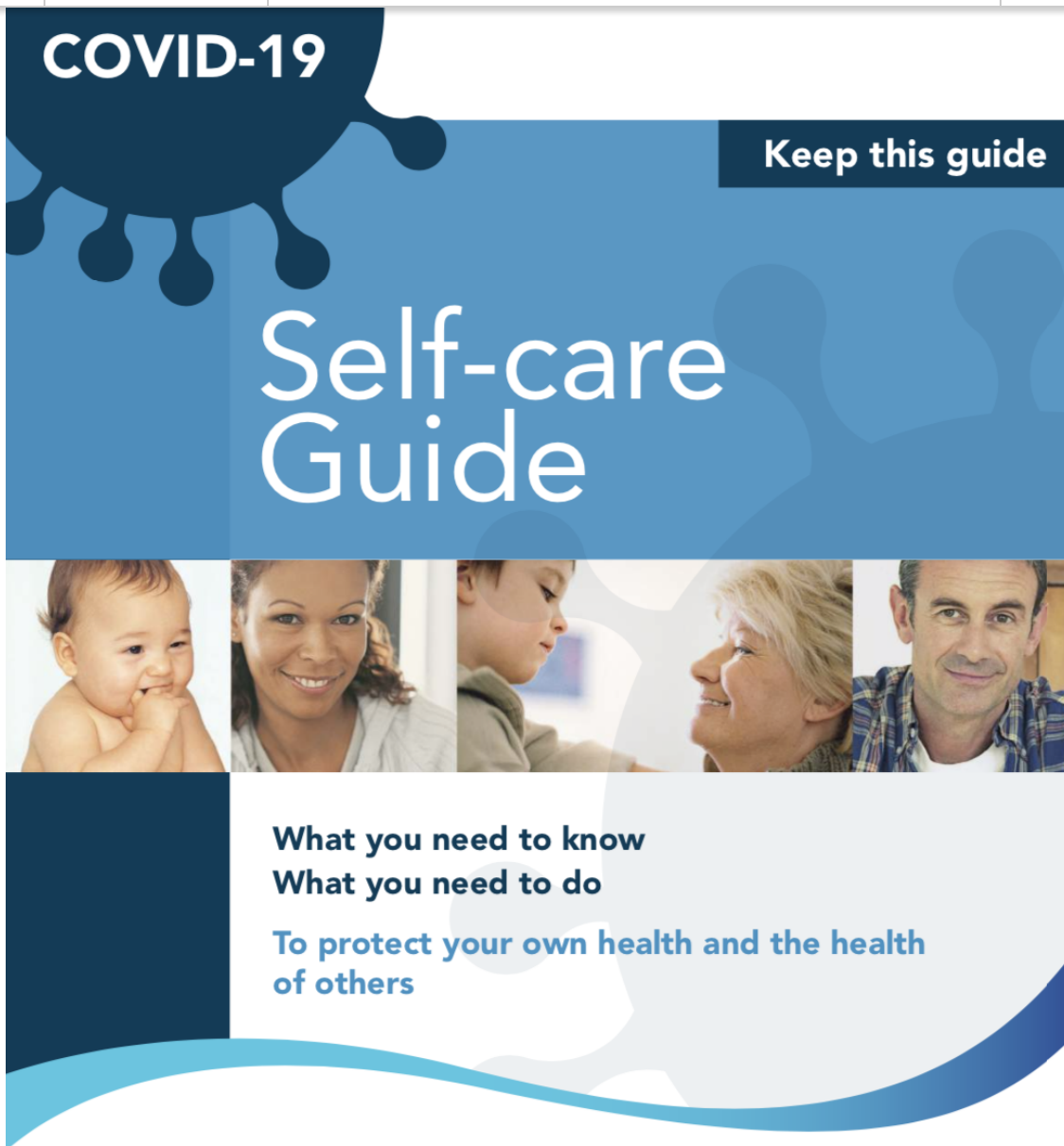
Informations supplémentaires :

- DRSP – <https://santemontreal.qc.ca/en/public/coronavirus-covid-19/>
- MSSS – [Coronavirus COVID-19](#)
- ASPC – [Coronavirus \(COVID-19\)](#)

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The image shows the cover of a 'COVID-19 Self-care Guide'. At the top left, 'COVID-19' is written in white on a dark blue background with a virus particle graphic. To the right, a dark blue box contains the text 'Keep this guide'. The main title 'Self-care Guide' is in large white font on a blue background with faint silhouettes of people. Below the title is a row of five photos: a baby, a woman, a child, an older woman, and a man. At the bottom, a white box contains the text: 'What you need to know', 'What you need to do', and 'To protect your own health and the health of others'.



By clicking the link below, please find the attached **Guide on the Corona Virus (COVID – 19)** with information you need to know about the virus and how to protect you and your family’s health during this pandemic.

https://drive.google.com/file/d/1eWqvzGncCkwcoCXuaHn-EfGin_DLKLyU/view?usp=sharing

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CORONAVIRUS (COVID-19)

INFORMATION FOR THE 70+ POPULATION

What is the COVID-19

COVID-19 is a particularly virulent flu virus that has spread to many regions of the world. Therefore, COVID-19 was declared a pandemic (a world-wide epidemic) by the World Health Organization on March 11th, 2020.

People over the age of 70 are strongly encouraged to stay home

People over the age of 70 are at greater risk than the rest of the population of complications of the disease. So as a precautionary measure, they are strongly encouraged to stay home.

Limit your physical contact with the outside

If you do have to go somewhere out of absolute necessity, try to stay 6 feet (2 meters) from other people you encounter. Wash your hands thoroughly and often, also avoid touching your face. Don't invite people over to your home.

What are the symptoms

Fever, coughing and respiratory distress.

What do I do if I have these symptoms?

Call 1 877 644 4545. It's worth it to stay on the line for advice, even if it takes quite a while. The excellent service is heavily utilised but worth the wait.

I need to get groceries

Most grocery stores will take telephone orders and deliver to your door.

I need to get my medication

Pharmacies can deliver your medication.

I have a doctor's appointment

Check with your doctor's office. They may be only taking urgent consultations or may be able to do consultations by phone or internet.

I need to get my taxes done

Good news! The tax return deadline has been extended to June 1st, 2020.

Can I go for a walk outside?

Yes, but only with people you are living with.

Can I visit with family?

At this time, the government is restricting all travel outside the country and even short distance travel is not recommended. Visiting by phone, or video calls, is safer for everyone.

I live alone and feel very lonely

By calling 211 you can find out how to reach your local volunteer bureau or senior centre.

INFORMATION RELATED TO COVID-19 CHANGES QUICKLY. THIS FACT SHEET WAS PUBLISHED MARCH 23 2020.

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Washing hands, simple and effective!

1 WET HANDS

2 APPLY SOAP

3 RUB FOR 15 TO 20 SECONDS

4 SCRUB NAILS

5 RINSE

6 DRY

7 TURN OFF WITH A PAPER TOWEL

msss.gouv.qc.ca/grippe

Santé et Services sociaux Québec

NOTICE TO VISITORS

If you have any of the following **SYMPTOMS**:

FEVER
COUGH
SHORTNESS OF BREATH
SORE THROAT
FATIGUE
JOINT AND MUSCLE PAIN

We ask that you postpone your visit.

Thank you for helping us maintain a safe environment for our residents!

Votre gouvernement

Québec

PROTECT THE HEALTH OF OTHERS!

Respiratory hygiene

1 If you have to sneeze or cough, cover your mouth and nose with a tissue.

2 Dispose of soiled tissues in the trash.

3 If you do not have a tissue, turn your face into your shoulder or the bend of your elbow to sneeze or cough.

4 Wash your hands often. If soap and water are not available, use an antiseptic product.

IF YOU ARE ILL, AVOID VISITING FAMILY AND FRIENDS.

Québec.ca

Votre gouvernement

Québec

PROTECT YOURSELF!

Cough into your sleeve

Throw away used tissues

Wash your hands

Keep your distance
1 à 2 mètres

Québec.ca/coronavirus
Toll free: 1 877 644-4545

Votre gouvernement

Québec

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FREE COVID-19 EMERGENCY FOOD BASKETS

presented by Concordia Food Coalition and Concordia Farmers' Market

FREE!

-  4-6 meals per basket
-  Vegan, nut-free & gluten-free (if needed)
-  Pick-up location or drop-off if needed
- Priority given to Concordia students but also available to the wider community



if you have any questions send an e-mail at concordiafarmersmarket@gmail.com

in collaboration with:



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In order to respond to requests from people who would usually not have access to the food aid service due to our exclusion and inclusion criteria, MultiCaf opens its services in relation to food security to all residents of Côte-des-Neiges who, on their honour, will express the need for food support. We work closely with the Notre-Dame-de-Grâce depot to combine our services. Delivery of frozen meals Food basket distribution service writes to us!

Delivery of frozen meals
Food basket distribution service
Write to us!



4065 Jean Talon W., Montreal, Quebec, H4P 1W6

FOOD BANK OFFERINGS
MARCH 26 – APRIL 2, 2020



PRODUCE

1. Shredded lettuce
2. Romaine lettuce
3. Shallots (Scelion)
4. Mushrooms
5. Strawberries
6. Green grapes
7. Limes
8. Bananas
9. Oranges
10. Watermelon
11. Sweet potatoes
12. Avocados

DAIRY

1. Yogurt (blueberry)
2. Yogurt (Strawberry)
3. Yogurt (non-dairy)
4. Cream cheese
5. Breyers Ice cream (Maple)
6. 2L Milk (3%)
7. Lait's Go milk for kids

CEREALS

1. Quaker Harvest Crunch
2. Organic cereal

PHARMACY ITEMS

1. Feminine hygiene products
2. Band-aids
3. Bleach
4. Tena pads for women



STAPLES

1. Bread: sandwich, hot dog bread, hamburger bread & frozen bread
2. Canned products: corn, string beans, creamed corn, green peas.
3. Assorted Soups
4. Tomatoe juice

OTHER

1. Assorted Crackers
2. Frozen peaches
3. Mango popsicles
4. Assorted Chips
5. Assorted drinks
6. Pasta
7. Gravy sause
8. Croissant dough
9. Mayonnaise
10. Gravy sauces
11. Hamburger helper
12. Knoor sauces
13. Cranberry sauce
14. Twinkies, brownies, other sweets, cookies



And more.....

**FOOD BANK OPENS AT 10 AM ON THURSDAY MARCH 26, 2020
(AND EVERY THURSDAY..)**

1. PLEASE SHARE THIS POSTER IN YOUR NETWORK	2. REGISTRATION CAN BE DONE THE SAME DAY
3. BRING REUSABLE BAGS (we have no bags)	4. COST \$3.00 ONLY for all <u>you choose</u>

CONTACT: 514-737-8229 * EMAIL: info@jam-montreal.com

FOOD BANK OFFERINGS - AN ESSENTIAL SERVICE at the Jamaica Association (4065 Jean-Talon W., H4P 1W6) - OPEN FRIDAY, MARCH 27, 2020

Given the increased concerns regarding COVID-19, there will be strict measures in place for social distancing, distribution of food, as well as hygiene that include hand sanitizers, will be available and the use of gloves will be used when distributing food as was done in their preparation.

Clients will continue to choose food kind from the list of items provided; however, as another measure of caution, the order will be prepared and brought in the foyer. Clients will place their items in their bags. Furthermore, no one will be allowed to enter the Association. Thank you for your cooperation and understanding.

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Head&Hands @ Home Project Fund

Head & Hands is providing funding to queer, trans, and/or BIPOC youth-led projects that work on building community and capacity through the digital during the pandemic.



If you are recently unemployed due to COVID-19, you could receive \$1000 or more to run a project!

headandhands.ca/at-home

Funds for queer, trans, and/or youth of colour at home during the pandemic! Please share widely with some young people you know and love - or yourself!

You DO NOT have to be based in Montreal - applications from around Canada are welcome!



Government of Canada
Gouvernement du Canada



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Government introduces Canada Emergency Response Benefit to help workers and businesses

From: [Department of Finance Canada](#)

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income due to COVID-19. The amount of \$2,000 a month for the next four months will be provided under the Canada Emergency Response Benefit (CERB): <https://www.canada.ca/.../introduces-canada-emergency-respons...>

More program details:

- + The benefit is available to Canadians who do not qualify for Employment Insurance.
- +The program combines two benefit programs: the emergency-care benefit and the emergency support benefit.
- +An application portal will be available soon but money is unlikely to flow until April 6.

+++++

For more information about various benefits and your rights, see:

- + Layoffs, salary, EI and more: Your coronavirus and employment questions answered : <https://www.theglobeandmail.com/.../article-layoffs-salary-e.../>
- + What to do if you've been newly laid off
<https://www.theglobeandmail.com/.../article-what-to-do-if-yo.../>
- +How to apply for EI and other COVID-19 emergency government income supports
<https://www.theglobeandmail.com/.../article-how-to-apply-for.../>

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How do I submit articles to be submitted to the Semaji newsletter?

How do I submit articles to be submitted to the Semaji newsletter? Articles for submission are accepted 30 days prior to publication. Issues are published every first of the month. Email: communications@bcrcmontreal.com. If you are submitting photos please send a jpeg with credit.

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EDITOR:

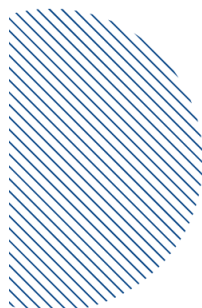
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d'expression anglaise
Québec

Ministère
du Conseil exécutif
Québec

Black Studies
Centre d'étude des Noirs - Black Studies Center

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

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We provide and implement professional innovative support services to individuals, communities, para-public and public organizations. We also develop and run health, education, socio-culture, and community economic development programs.

BCRC is funded by:

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Canadian Heritage

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Secrétariat aux relations avec les Québécois d'expression anglaise

Québec 

Ministère de la Santé et des Services Sociaux (PSOC)


Centre d'étude des Noirs - Black Studies Center

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