



# CONNECT@MWC COMMUNITY

## *Quarterly Newsletter*

*Spring is Here.....*

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# TIME TO BOUNCE BACK...

*by Uzma Irfan, Board President*

Mother Nature never ceases to teach us the 'lessons of life'. With the onset of spring, comes the 'HOPE'.....hope for new life....hope that what we human perceive as end is actually the beginning of something new, which at times is beyond our comprehension. The winters of COVID-19 are harsh and brutal; however, that should not dim our hopes for a 'NEW SPRING OF LIFE, full of new awareness, health, love, compassion and gratitude.

While all of us are getting used to the 'NEW NORMAL' defined by COVID-19; MWC continues to run all its programs and services virtually through GoTo Meeting, Zoom Meeting, What's App and Facebook Live. We are grateful to Region of Peel, Canadian Red Cross Society and Economic and Social Development Canada for the financial support to provide much needed emergency supports for seniors, women, youth and families. More details on these newly funded projects are shared further in this newsletter.

As the economy and community at large are resuming operations in a phased approach, we need to constantly remind ourselves, that the real testing times start now. We have to be more careful in following all precautions and safety measures to mitigate the risk associated with the COVID-19. MWC staff and volunteers are making every effort to support our community members through virtual services. Please do not hesitate to reach out to us at 647-391-9668 or [info@mwcommunity.com](mailto:info@mwcommunity.com).

I hope that we all stay safe, healthy and positive; as we hope for a 'NEW SPRING', in the form of life post COVID-19.

Sincere Regards,  
Uzma Irfan



# WE CONTINUE TO SERVE THROUGH OUR ONLINE/VIRTUAL SERVICES



MWC PROGRAMS AND SERVICES ARE  
AVAILABLE ONLINE  
(Through Facebook Live & GoTo Meeting)

**Please Connect With Us Every Friday  
ONLINE  
at 6.30 pm!**

1st Fridays: Women Wellness Session  
2nd Fridays: Chit-Chat & Chai  
3rd Fridays: Rooh Say Rooh Tak-Creative  
Expression Cafe  
4th Fridays: Suno Sakhi Women Circle

## Connect With Us

Phone: 647-391-9668

E-mail: [info@mwcommunity](mailto:info@mwcommunity)

Website: [www.mwccommunity](http://www.mwccommunity)




Malton Women Council (MWC)



[maltonwomencouncil](https://www.instagram.com/maltonwomencouncil)



# VIRTUAL WELLNESS CONNECTIONS PROGRAM FOR WOMEN



**Malton Women Council (MWC)**  
Proudly Launches

## VIRTUAL WELLNESS CONNECTIONS FOR WOMEN

The program will provide peer support  
in the areas of:

- Health & Well-Being
- Financial Literacy
- Information on Community Resources
- Social Connections & Learning

For more details, please contact our  
Virtual Wellness Connectors:

- Hafsa Taqdees: 416-473-9275;  
hafsa\_taqdees@hotmail.com or
- Surjeet Sandhu: 647-968-7478;  
sandhusurjeet@yahoo.com

This Program is Funded by



To know more about MWC, please visit:  
[www.mwc.community](http://www.mwc.community)

We are so excited to share the launch of Virtual Wellness Connections Program for Women! It is a peer support program to equip women with knowledge, tools and resources to bounce back to the 'New Normal of Life' defined by COVID-19.



# DO YOU SHOW UP FOR YOURSELF, OR JUST OTHERS?

**Fozia Murtaza**

***“Who we are has nothing to do with how long we’ve been here, but everything to do with those whose lives we’ve touched and how.” – anonymous***

The first time I read this quote, I had an ‘aha’ moment. Something in my mind shifted and, for many years, this quote inspired the way I lived. Many of us welcome the opportunity to help others. It’s so rewarding to know that we have made someone’s life simpler, helped them out of a bind, or made a difference in their life just by offering our support and assistance. And, if you happen to be on the receiving end, it is a blessing. In a world where it’s easy to focus on ourselves, our goals, and our desires, there’s something inspiring about the ripple effect that happens when we take a moment to shift the focus to another.

I have always thought my purpose in life was to assist others and, somehow, in my mind that meant that I should not be asking for assistance. In my experience, society and many cultures condition us to suffer silently as we continue to give from an empty cup. But what about when it comes to our wellness?

There is much shame, blame, and guilt attached to the thought of self-care. Emotional baggage is like carrying around suitcases of inner burdens that impact our daily life and well-being, making our paths a little more difficult to travel. We all pick up baggage as we go through life, but we don’t need to carry it all with us through life. We can choose to put down that which doesn’t serve us, and bring along only the positive and memorable takeaways of past and current experiences.

Self-care is not just an activity...it’s a mindset...it’s a decision...it’s intentional. Balance and harmony come when you put time and energy where it’s appreciated, deserved, and nurtured. We may not have control of life’s ups and downs, but we do have control of how we choose to respond and how we show up for others.

When I was first invited to a discussion with the Malton Women Council, it was as if this group was built on the same beliefs. What a beautiful thing it is when a group of women can come together, be a stand for each other, and have profound conversation. The energy is powerful, the language is positive, and each person shows up to empower the others. The Malton Women Council is like that hidden gem which, when brought to the light, shines uniquely from each facet increasing its brilliancy!



# VIRTUAL WELLNESS CONNECTIONS PROGRAM FOR YOUTH



# youth

## WELLNESS CONNECTIONS

July 20, 2020 - October 31, 2020

*Providing Youth Wellness Support Sessions and  
Mentorship During COVID-19 as proudly launched by  
Malton Women Council*

*Areas of Support Include:*

- FINANCIAL LITERACY
- HEALTH AND WELLNESS
- MENTAL HEALTH
- SOCIAL INCLUSION
- LEARNING

**For More Information, Please Contact:**

Asma Asim Ali - Virtual Wellness Connector  
asma.asimali08@gmail.com  
647-294-3929  
www.mwc.community



**MWC is proud to launch a peer support and mentorship program for girls.....this is our first exclusive program for young girls who need support and guidance in the areas of health and well-being; community resources; financial literacy; social connections and learning.**



## REFLECTING ON MY LIFE

***Rachelle Alincy***

My name is Rachelle Alincy and I have been living in Malton for the past 18 years now. When I was growing up as a child, I realized that I was very different from the rest of my family. I really enjoyed reading the books, watching the old movies & interesting documentaries on the television. I loved to learn about my roots in Antigua, where my mother's family lived. I have struggled through my childhood and my adulthood life.

I remember that as a child I was placed in the special education class. It took a while to learn with other children in my classroom. I remember that as a single mother, my mother raised the two daughters on her own. My mother made many sacrifices to make the ends meet for us. She taught me to never give up on my dreams.....

I had a dream to become a Nurse or Personal Support Worker. But the Head Teacher of Nursing Program told me that I cannot do the program. I passed the technical parts of the course. I did not pass the placement part of it. So, they had decided to give me the General Diploma in Liberal Arts and Science Diploma instead.

Over the past 20 years of my life, I have had lot of experience dealing with people over the phone. I worked hard to move forward in life, always trusting in God's grace and waiting for a breakthrough. For the past one year, I am an active member of the Malton Community Toastmaster and I am learning to become a leader in the organization. A few months back, I also took a role of Sergeant at Arms. If I did not have the help of Uzma Ifran, I don't know that where I would be today. She connected me with Nita to help me improve the writing skills in the workplace.

I am learning to grow as a young and strong black woman in the community. I am a bilingual individual who aspires to excel as a community member and as a professional. I am grateful for the opportunity to join Malton Women Council which helped me develop connections in the Community.



# ALL IS WELL



Malton Women Council offers:

## ALL IS WELL

**Holistic Health and Well-Being for Older Adults**

**AN OPPORTUNITY TO:**

- IMPROVE PHYSICAL AND EMOTIONAL HEALTH
- ENGAGE IN SOCIAL PARTICIPATION
- ADVANCE TECHNOLOGY SKILLS
- LEARN ABOUT FINANCIAL INDEPENDENCE
- RELAX AND HAVE FUN WITH OTHERS

Weekly Virtual Sessions Every Wed (4-6pm) from August 2020

Digital Literacy

Physical Well -Being

Financial Well-Being

Socio-Emotional Well-Being



To register, contact:  
Project Coordinator  
Samina Khan  
Ph: 416-317-1800  
Email: [info@mwcommunity](mailto:info@mwcommunity)  
[www.mwcommunity](http://www.mwcommunity)

Funded by:



Employment and  
Social Development Canada

**Canada**

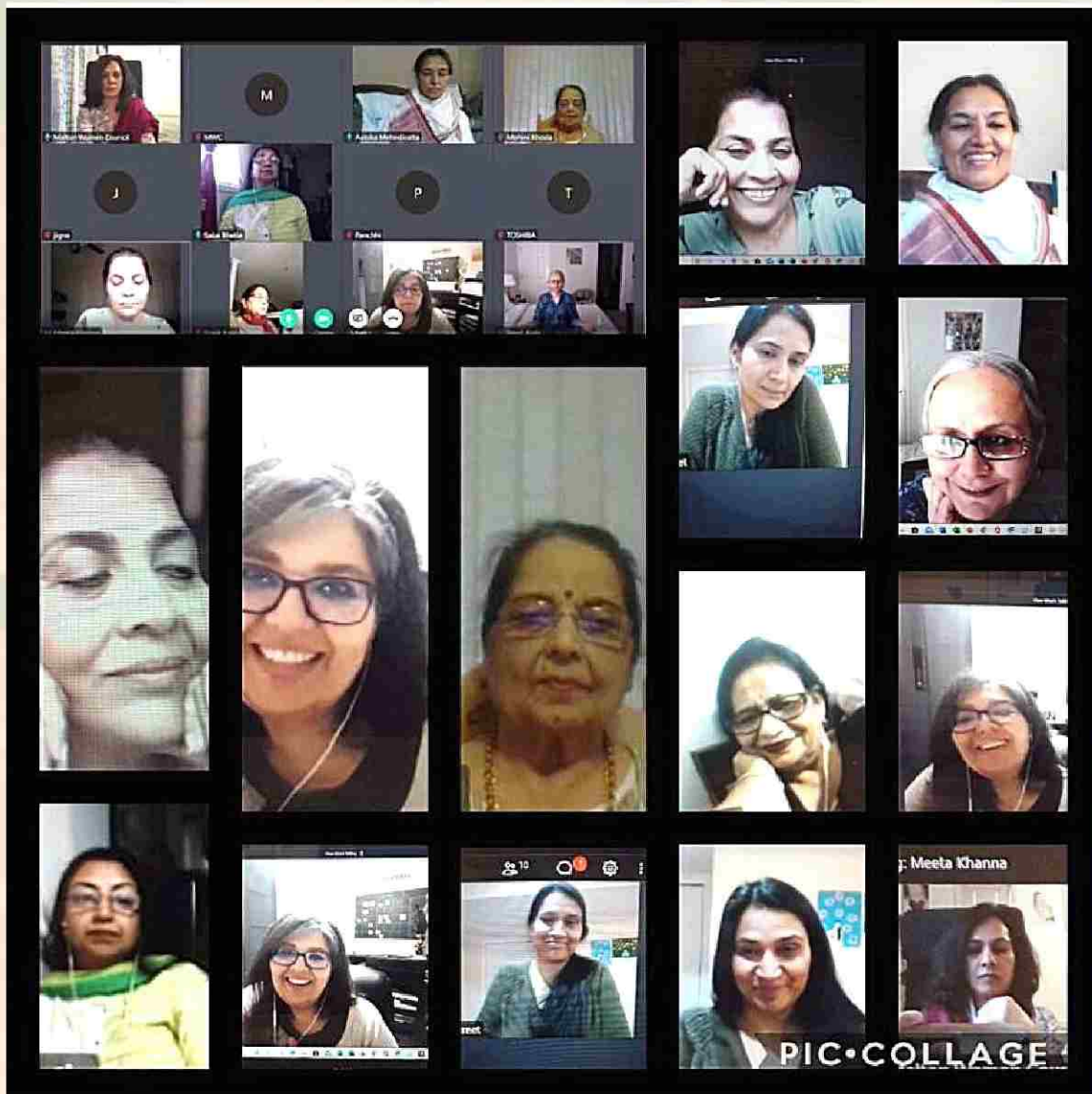
New Horizons for  
Seniors Program

Malton Women Council is proud to launch 'ALL IS WELL', a program for holistic health and well-being of older adults. Through weekly online sessions (starting August 5th), seniors will be provided education, resources and opportunities to improve their physical and emotional health; participate in online activities to socialize with other seniors; enhance their technology skills; learn about financial resources and connect with others.



# WOMEN'S WELLNESS SESSION

*Meeta Khanna*



The highlight of MWC's 'Women Wellness Program' conducted on June 5th was the 'Energy Healing Session' facilitated by Ms. Meeta Khanna who is a trained Singer and a Yoga Prana Vidya Healer and Trainer. The session was attended by more than 20 participants. Ms. Khanna led a discussion on the virtues one should follow in life. She presented the virtues as a combination of dos and donts. Here is a list of these virtues: Loving kindness and non- injury; Generosity and non-stealing; Honesty and non-lying; Constancy of aim & effort and non-laziness ; Moderation and non-excessiveness; Accurate perception & correct expression and non-falsehood. This was followed by breathing and divine healings and a question - answer session on Chakras ( which are invisible energy centres in our body) .



## VISUAL STORY TELLING

With Ankita Alemona

A 6 week session for youth (10-15 years) on how to make a short film from the comfort of their homes, using whatever device they have access to (phone, tablet etc). This course will give youth basic techniques, tools and strategies for how they can find, process and share the stories that surround them, in order to make their own short films.

Starting Tuesday, July 21, 2020,  
10-11.30am via Zoom Meeting



# Visual Story Telling



### The Art of Short-Film Making

Session 1: Introduction to Short Films

Session 2: Finding the Stories Around You

Session 3: Get offline

Session 4: Filming at Home

Session 5: Editing 101

Session 6: The Show Time!



To register, please contact at  
[info@mwc.community](mailto:info@mwc.community) or  
647-283-2121



## The Art of Short Filmmaking



Ankita Alemona is a movement & theatre artist, writer and arts educator. Her passion lies in the intermingling of classic with contemporary & the preservation of traditional Indian performing arts. Her main movement practice is Kalaripayattu, an ancient form of martial arts from Kerala, which she continues to train in. She has spent extended periods of time working in the arts in Toronto (most notably with Soulepper, Canada's leading artist driven theatre company), as well as in Chicago & various cities in India. At present, she is experimenting with visual storytelling and exploring her relationship to nature through the mediums of movement and film.

We are honoured to have Ankita as facilitator for MWC's Visual Storytelling Project with Youth.





# THE POWER OF CHOICE

**Stacey D Persad**

I can choose to be angry and hate

you....or

I can choose to understand, love,

and forgive you.

I can choose to be jealous....or

I can choose to acknowledge your  
hard work and be inspired by your

success.

I can choose to accept or reject the  
sorrow that comes with your words

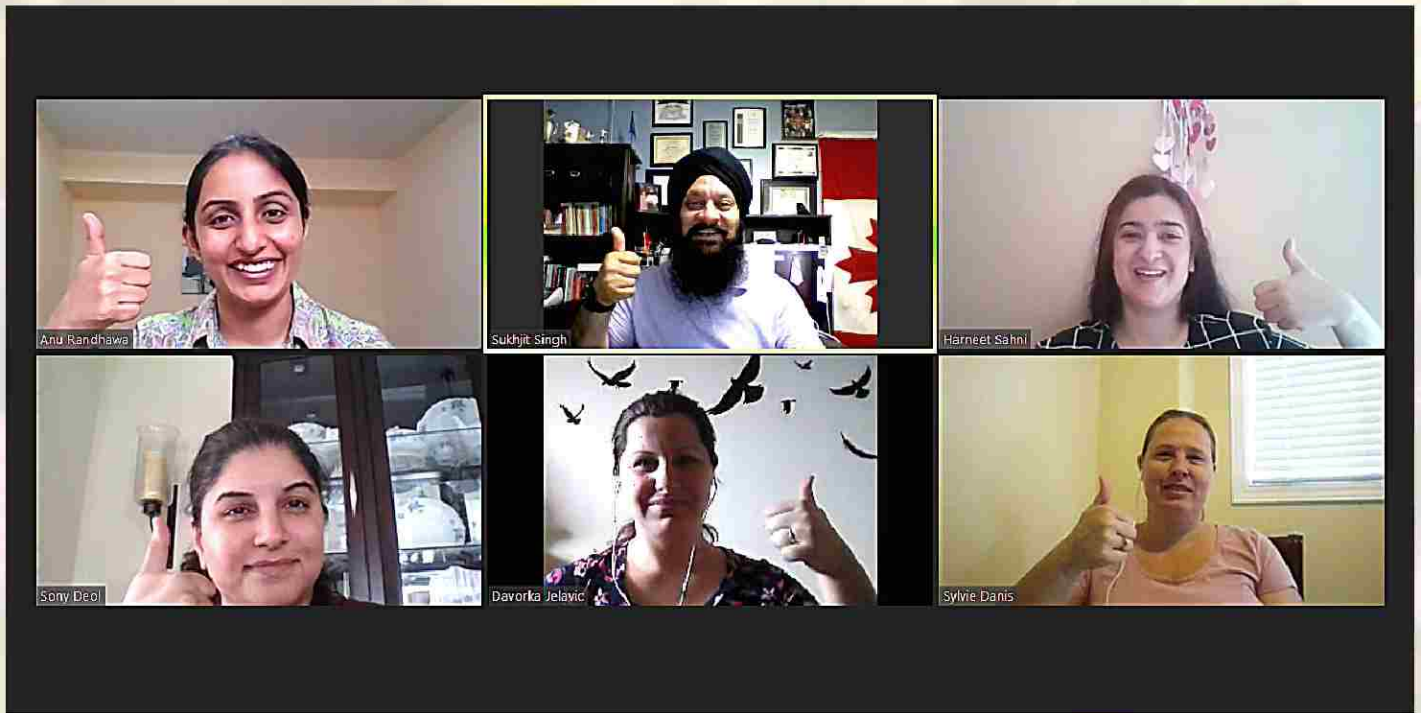
and actions....

I can choose my reaction.


I can choose...to choose...I have  
that power and so do you!






# PARTNERSHIP WITH TCET



Malton Women Council is proud to partner with The Centre for Education and Training (TCET) to offer Seniors Engagement and Empowerment Network (SEEN) programming. A series of monthly sessions will be conducted to support and educate older adults in the areas of physical & mental health and wellness; elder abuse; financial literacy and social well-being.

**Seniors Engagement & Empowerment Network**

**The Centre for Education & Training**  
in collaboration with  
**Malton Women Council**  
presents an Information Session on:


**Financial Literacy**  
with  
**Madan Chauhan** 

**Join us to learn about:**

- Investments
- Insurance
- Income Tax
- Estate Planning

**Wednesday July 8th, 2020**  
**3:00 pm-4:00 pm**  
*Session will be delivered via Zoom*

**Register at:** [https://us02web.zoom.us/webinar/register/WN\\_J5nlfPD3T7KTpOTpHylmog](https://us02web.zoom.us/webinar/register/WN_J5nlfPD3T7KTpOTpHylmog)  
**Please call/email for more information:** **416-518-3472/** [sdeol@tcet.com](mailto:sdeol@tcet.com)





# JUST ME IN THE MOMENT

*Mallika Sothinathan*

I will laugh I will cry  
I will walk  
And look up at the sky  
It hurts today  
But tomorrow  
Will be another day  
I will live  
I will not die  
I will survive  
And smile again  
I will let u go  
May be u will be happy  
Without me  
Because it is not about me  
It is about you  
Your life your wish  
I was just a moment  
That just passed bye  
Today is just the beginning  
Tomorrow is the morning  
Don't shed tears for me  
As it's just not worth it  
I was Just me in the moment  
Only to be passed bye .....



## HUMBLE BEGINNINGS OF COURAGEOUS CONVERSATIONS

A crisis can impact the lives of individuals, families and communities (at local or global levels); disrupting their functioning, coping mechanism and resilience. Through our series called 'Understanding and Dealing with Crisis', MWC made an effort to raise awareness around understanding and management of crisis at individual, family and community levels.



During our 'Dealing with Crisis' session on June 26th; our members and community supporters shared valuable insights; personal experiences and stories and practical tactics on mental health; relationships at home; parenting; cultural norms and their relevance in today's world; importance of peer support; inter generational relationships, creating social support; status of women; bringing men as allies for women empowerment. And we hope to continue these **COURAGEOUS CONVERSATIONS** to raise collective voice on the social and health issues which impact our community.



**Friday, June 26, 2020 at 6.30 pm**

### **UNDERSTANDING AND DEALING WITH CRISIS**

A crisis can impact the lives of individuals, families and communities (at local or global levels); disrupting their functioning, coping mechanism and resilience. Through our series called 'Understanding and Dealing with Crisis',

MWC is making an effort to raise awareness around understanding and management of crisis at individual, family and community levels. Join us this Friday, June 26th at 6.30 pm, at the GoTo Meeting link below:

<https://global.gotomeeting.com/join/354764373>

For more details, kindly contact us at :  
info@mwcommunity or 647-391-9668

[www.mwc.community](http://www.mwc.community)





Malton Women Council  
Presents

## COURAGEOUS CONVERSATIONS

A series of discussions to  
RAISE COLLECTIVE VOICE  
on issues affecting our  
communities.....

# Collective Voice

## Courageous Conversations



MWC and Saaz-O-Awaz present panel discussion on

## LET'S TALK MENTAL HEALTH

Friday, July 10th, 4pm to 5pm

E-awaz Facebook Live

<https://www.facebook.com/Radio770AMeawaz/>



Baldev Mutta  
CEO, PCHS



Arifa Muzaffar  
CEO, Saaz-O-Awaz



Mohamad Faki  
CEO, Paramount  
Foods



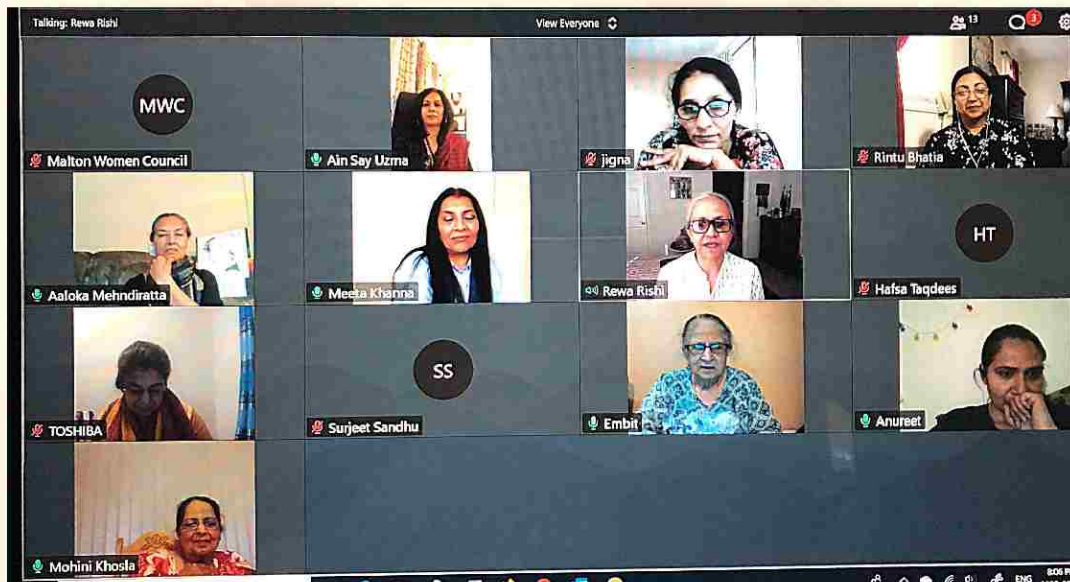
Amrita Kumar-Ratta  
Researcher & Educator



Kiran Maqsood  
Registered Psychotherapist



# ENTREPRENEURIAL SUSTENANCE DURING COVID-19



Malton Women Council provides a platform for women entrepreneurs to connect, share resources, learn strategies and promote their small businesses.....the whole idea is 'economic empowerment of women through entrepreneurship'. Our entrepreneurial sustenance session on May 29th an excellent opportunity for women to share about their businesses and the strategies they are using to sustain their businesses during these tough times. Our special thanks to Meeta Khanna, Jigna, Hafsa Taqdees, Narender Kalsi, Farah Chughtai for sharing about their businesses. Also, special thanks to Opal by Hafsa for sharing very useful online marketing strategies.



**MWC ENTREPRENEURSHIP PROGRAM**

**Entrepreneurial  
Sustenance  
during COVID-19**

**Friday, May 29, 2020,  
6.30 pm (via GoTo Meeting)**

Please join us for a peer to peer discussion on the 'NEW  
NORMAL' of the business world and strategies to  
manage and sustain your small businesses!

GoTo Meeting Link:  
<https://global.gotomeeting.com/join/753251925>

Contact at: [info@mwcommunity](mailto:info@mwcommunity) or 647-391-9668

[www.mwcommunity](http://www.mwcommunity)



# HOLISTIC HEALTH OF WOMEN

*Dr. Rewa Rishi*



The concept of holistic health focuses on the whole person-body, mind, spirit, and emotions- in the quest for health and wellness. The holistic approach, therefore, does not privilege one aspect of life over the other, rather it emphasizes the inter-connectedness between social, physical, and mental well-being. Women are socially conditioned to prioritize others' wellbeing over their own.

In South Asian families, in particular, women's social, physical, and mental health is considered secondary to the needs of other members of the community, and girls from a young age are socially conditioned to do the same when it comes to their own health.

It is important that women realize that they are healthy-physically, socially, and emotionally- they cannot take care of others. In fact, the first step towards holistically healthy women is to separate justifications from promoting women's health that is based in their roles as caregivers. Women's holistic health is an endeavor that should be pursued on account of women being deserving, equal individuals, and not just because they exist in relations- mothers, daughters, wives, aunts, grandmothers, etc.- with others.



# RECIPE TIME: Nashville Chicken Wings

*Hunyah Irfan*



## Ingredients:

5 chicken wings, wingettes or drumsticks

1½ cup of All-purpose flour

1½ corn starch

2 teaspoons of Jalapeno vinegar

Cajun Seasoning

Paprika Seasoning

Cayenne Seasoning

Jalapeno Seasoning

Garlic powder

Sriracha Sauce

First , marinate the chicken wings. To marinate, put chicken wings in a bowl, add jalapeno powder and vinegar and mix. Then add Cajun, paprika, Cayenne, and garlic powder and mix.

Second, in a bowl, add all-purpose flour and corn starch and mix. Then add Cajun, paprika, Cayenne and jalapeno seasoning and mix. This gives us the coating for the chicken wings.

Thirdly, dip chicken wings into a coating bowl one chicken wings at a time. Once all the chicken wings are dipped into the coating mix, then fry the chicken wings for 5-10 minutes.

Once the chicken wings are fried, then take out the chicken wings in a bowl. Add sriracha sauce and Cajun seasoning and mix the chicken wings.

The chicken wings are ready to be served and relished.



# COVID-19 COMMUNITY SUPPPORT

Thank You Councillor Parrish and SHIP for helping us provide wellness packages to the Malton Community!

## Malton Good News Stories

It is wonderful to see our community pulling together during this time. This week I have 2 good news stories to share, if you have one please make sure you send it in so that we can share them with our community. Just email [info@maltonbia.com](mailto:info@maltonbia.com) with the details.

Familiar faces in this story, as Danny Singh and Angie Munnick joined with S.H.I.P to create 365 donations to support our community. Making a difference with the funds raised by Councillor Parrish and her Milk Fund initiative to support fighting hunger in our community.



## Malton Wellness

Through the generosity of Councillor Parrish's office, the following organizations are pleased to share these Wellness Packages in the Malton Community.



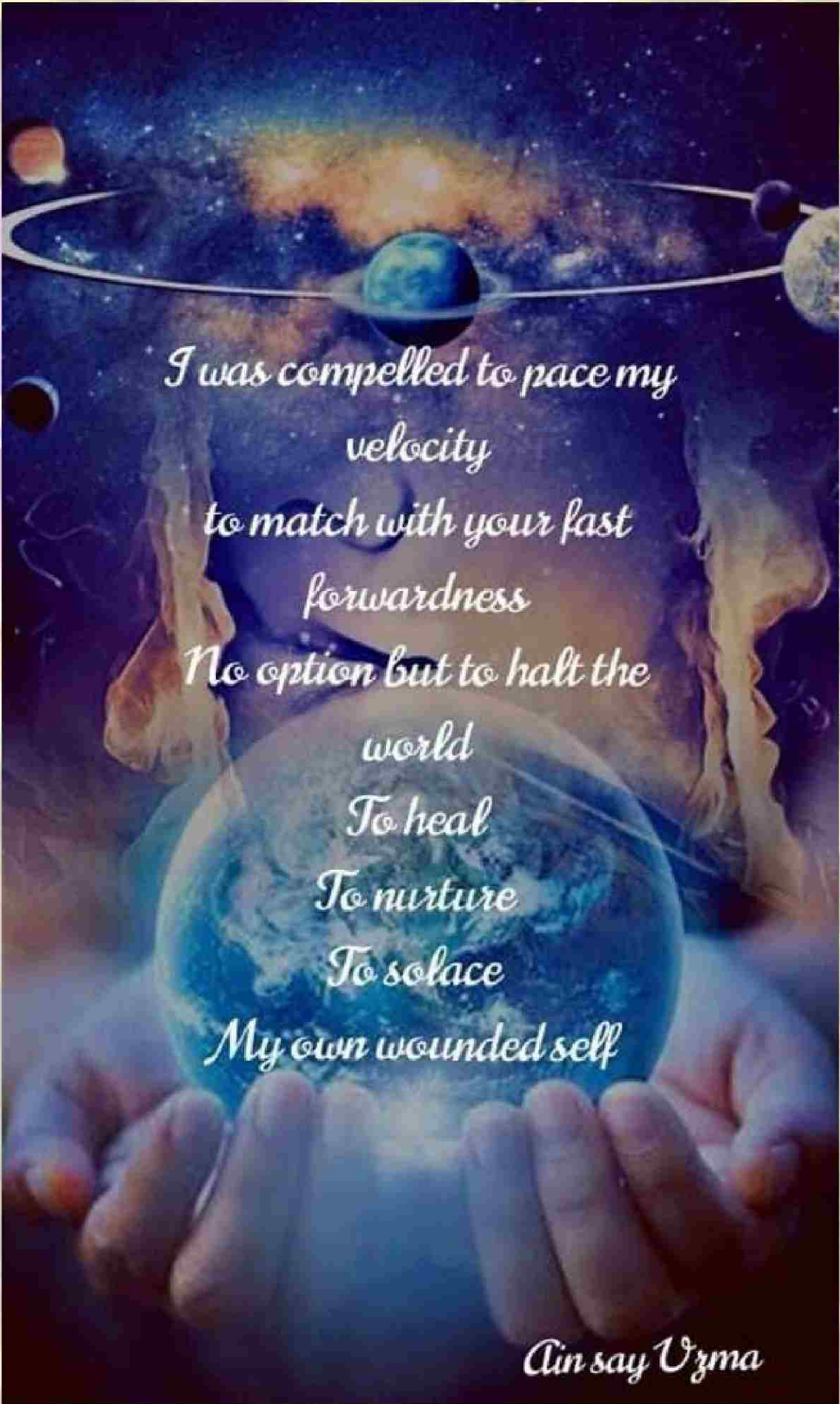
647-391-9668  
[info@mwc.community](mailto:info@mwc.community)  
[www.mwc.community](http://www.mwc.community)

We hope you and your families stay safe and well.



Thank You to MWC Volunteers for Helping us Pack the Wellness Packages!!





*I was compelled to pace my  
velocity  
to match with your fast  
forwardness  
No option but to halt the  
world  
To heal  
To nurture  
To solace  
My own wounded self*

*Ain say Uzma*



# Special Thanks to July Newsletter Contributors



**Fozia Murtaza**



**Rachelle Alincy**



**Meeta Khanna**



**Dr. Rewa Rishi**



**Stacey D Persad**



**Mallika Sothinathan**



**Uzma Irfan**



**Hunyah Irfan**



**MWC acknowledges the financial contributions of:**



**PLEASE CONNECT WITH US:**

**Website:** [www.mwc.community](http://www.mwc.community)

**e-mail:** [info@mwc.community](mailto:info@mwc.community)

**Phone:** 647-391-9668

**Facebook:** Malton Women Council (MWC)

**Instagram:** [maltonwomencouncil](https://www.instagram.com/maltonwomencouncil)

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