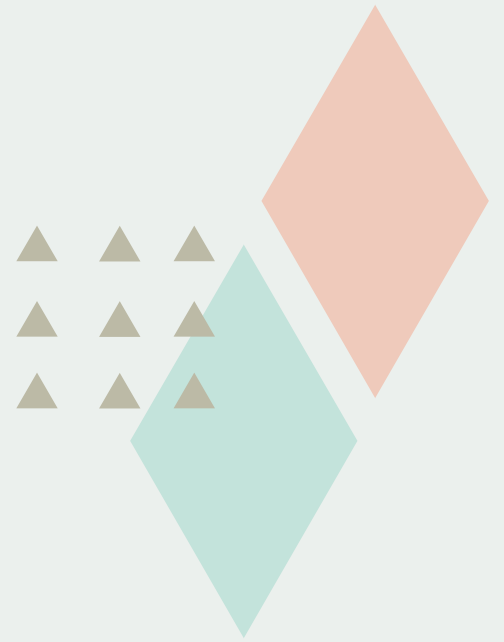


fcj youth  
network

# bestie book

the summer edition

home is here



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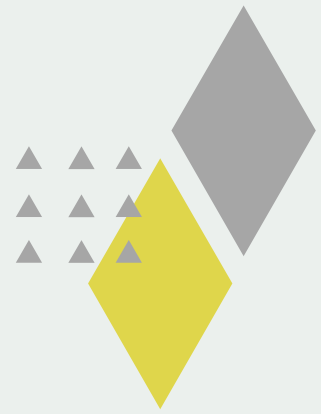
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# a message from all of us



We know that the last couple of months have been anything but ordinary. But if there's one thing we want you to know, it's that we're still here. Our door is still open. Home is still here. And you can count on us. We feel so privileged to have been able to move our weekly meetings to online formats, so that we can still see your beautiful faces every week! We're loving watching movies together, and we'll find new ways of safely being together in person as soon as we possibly can!

We're coming in to the beautiful summer months, and we're all enjoying the beautiful warm weather and sunny days. And even though our usual summer activities will have to be shuffled around a little bit, we're going to make sure we have lots of fun, enjoy the sunshine, and spend as much of the beautiful summer months together as we can.

So that's why we're sending this to you. Something small to chronicle this time, and to share memories. And something you can have in your home to remind you that we're here, waiting until we can sit around the kitchen table together again. Around that table, we are a community, and we are a family. Until then, wherever your kitchen tables are; spread out across Toronto and all borders; wherever you are, those kitchen tables belong to all of us.

With all our love,  
Natasha, Cutu,  
Tee-Jay & Natalie

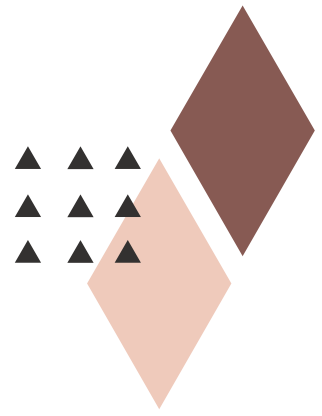








# we will not be silent



Racism, and in particular anti-Black racism and anti-Indigenous racism which has been promoted by white supremacy and colonialism is the very foundation upon which both Canada and the United States have been built. The incidents we have seen in recent weeks; incidents repeated so many times over the course of weeks, months, and years, have been a scary reminder of the realities faced by Black and Indigenous people. It is a reminder that the barbaric colonial displacement and genocide executed against North America's First Nations, and the enslavement of African peoples continues to directly affect every person, particularly racialized communities, all across North America.

We stand in solidarity with, and alongside all people across this land, in demanding justice, accountability, and equity. We are calling for a fair, unbiased justice system which includes reparations from any government and authority involved in violence against racialized communities, particularly Black and Indigenous communities. We recognize the additional vulnerabilities experienced by racialized women and youth, and the tremendous systemic barriers faced by these populations.

The priority for the government must be funding humanity and not furthering oppression.

We recognize and support the resilience, the actions, the will, and the power of all oppressed people to fight for their freedom. But we recognize this self-determination with conscious awareness of our own privileges, and welcome the responsibility of joining in the resistance; refusing to stand silently by while violent barbaric acts of systemic oppression continue. We commit to actively and deliberately break the silence that protects and promotes structural and systemic racism wherever it exists across Turtle Island; our shared home.

Black Lives Matter Here.

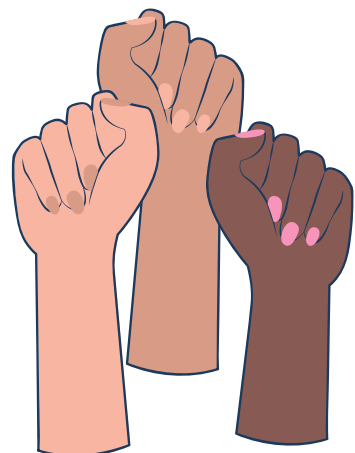
Indigenous Lives Matter Here.

These lives are valued, are worthy, and are loved here.

This is our shared home. And we will not stay silent.

This is our promise to you.

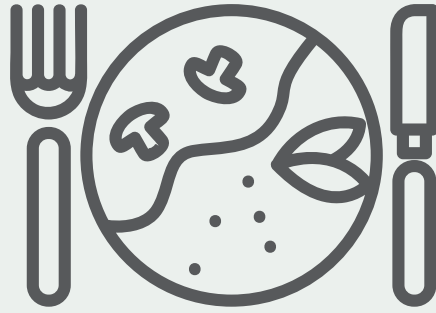
*The FCS Refugee Centre Community*





# family dinner

## the tradition continues



Just like every month, we're keeping up with our tradition of our monthly dinner. In June we hosted a virtual Eid Al-Fitr, to break fast with our friends who have been fasting for Ramadan for the past month. We're also doing a special delivery drop off of a meal made responding to a request from a friend of the FCJYN! If you have a request, let us know - and you might just get a special request delivery!



# brittany's

## curry chicken

### Ingredients

8- 12 chicken drumsticks

Curry Powder

Salt

Seasoning Salt

Thyme

Black Pepper

Scallion

Onion

Garlic



### Instructions

Wash chicken, and season with curry, thyme, salt, pepper and scallion.

Let sit for 30 minutes.

In a large pot, sautee onion and garlic. Add curry powder and salt to pot.

Brown the chicken, and then add liquid.

Simmer until cooked.

Serve over rice, and enjoy!



# diana's

## summertime strawberry cake



### Ingredients

For the cake:

Box Cake mix (of choice)  
Strawberry jam (1/3 cup)  
Strawberries- cut into slices and whole strawberries. (3 pint baskets)

For Swiss Meringue Buttercream

Egg whites (5) -room temperature  
Sugar (300 g)  
Butter or Margarine (460 g)- room temperature  
Vanilla extract  
Strawberry jam

# diana's

## summertime strawberry cake

Preheat the oven to 350°F.

Prepare the cake mix as instructed on the box and pour into 3 greased and lined pan (I used a small size, 19cm in diameter). Bake at the time given on the box. Take out of the oven, let it cool on cooling rack, put into a ziplock bag and store in the fridge

While the cake is in the oven, make sure all of the tools to make the Swiss meringue buttercream are clean and dry, no oil residue.

Separate the egg yolk and egg whites. Put egg yolk away.

Pour egg whites and sugar into a bowl and whisk together.

Put the bowl over a simmering pan of water (don't let the bowl and water touch)

Whisk the whites and sugar until sugar is dissolved. To test out if mixture is ready, lightly and quickly (without burning yourself) use your fingers and rub the mixture. You shouldn't feel any sugar granules. You can also use a thermometer to check. The temperature should be 160°F

Take the bowl out of the pan of simmering water and use a hand mixer to whisk (with a whisk attachment) until stiff peaks form. It should not be runny and if you flip the bowl, it should not fall out.

Make sure that the bowl isn't warm before adding the butter/margarine. If it is warm, use a cool cloth to make the bowl room temperature. Use your knuckles to check the temperature.

Once the bowl is room temperature, add the butter/margarine, 1 tbsp at a time. Mixture will turn runny, so don't worry.

But once you finish adding all of the butter/margarine, the whole thing will become stiff again. This is when you can add the vanilla extract. Mix the buttercream again.

Place the buttercream into 4 separate bowls and add strawberry jam. 1st bowl 2 spoonfuls of jams, 2nd bowl 3 spoonfuls, 3rd bowl 4 spoonfuls and 4th bowl don't add any jam, it's for the cake filling. Mix with the spoons so it get incorporated into buttercream. This is to make ombré effect.

Take the cake out of fridge and place on cake stand or plate.

With an offset spatula, spread the buttercream (that has no jam) onto the first layer of cake and add pieces of sliced strawberry. Do the same with the rest of the cake layers.

Once all of the layers of cake are stacked and filled with buttercream and strawberries, put the buttercream (that have jam) into 3 different piping bags, and from bottom (darkest shade of buttercream) to top (lightest shade of buttercream), pip the buttercream around the cake and on top of the cake.

With a straight icing spatula, use it to scrape and blend the buttercream together. You can also use the offset spatula to scrape the buttercream from the top. Scrape the extra buttercream on a paper towel.

To finish the cake off, put whole strawberries on top and if you have extra buttercream, use it to decorate the rest of the cake if you would like to.

Place in refrigerator to for about an hour to set. After that, enjoy!





# make a wish

Let's pause for a second and think of our dream place

My dream place would be

A place where your views are respected

A place where colour isn't an issue

A place where loving the same gender is not a crime

A place where there is no judgement for being who you are

A place where all crimes are treated fairly and not based on richness or colour

A place where the air is fresh and the earth blooms

A places where there is hope for everyone

A place where food and water is healthy

A place where religion isn't an issue

A place education is free

A place where you're able to love who you want

A place where health is affordable for all

A place where housing isn't an issue

A place where everyone and everything lives freely

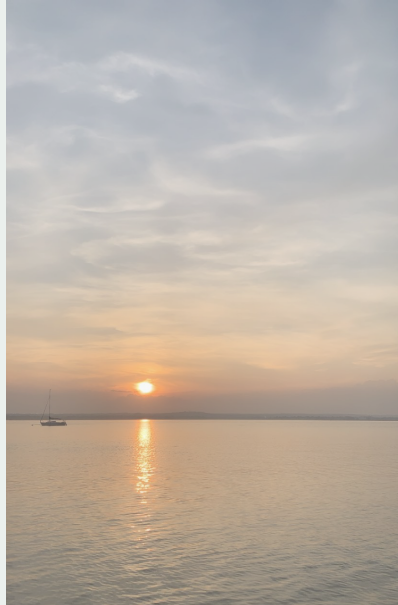
A place where people can find happiness, love, peace and joy

This is my dream place





# your summer wish list



We know that this summer isn't going to be quite like we all planned

but...

we can still make the most of it.

Here are just a few things we're thinking of doing...

FCJ Bestie BBQ  
Toronto Island Beach Visit  
Bike Rides!  
Scavenger Hunt  
Bestie Weekly Meetings  
Movie nights  
Drive In Movies with Friends  
Play Soccer!  
Learn how to do an at-home manicure!

what are your goals for this summer?

Write them down here and share them with all of us!

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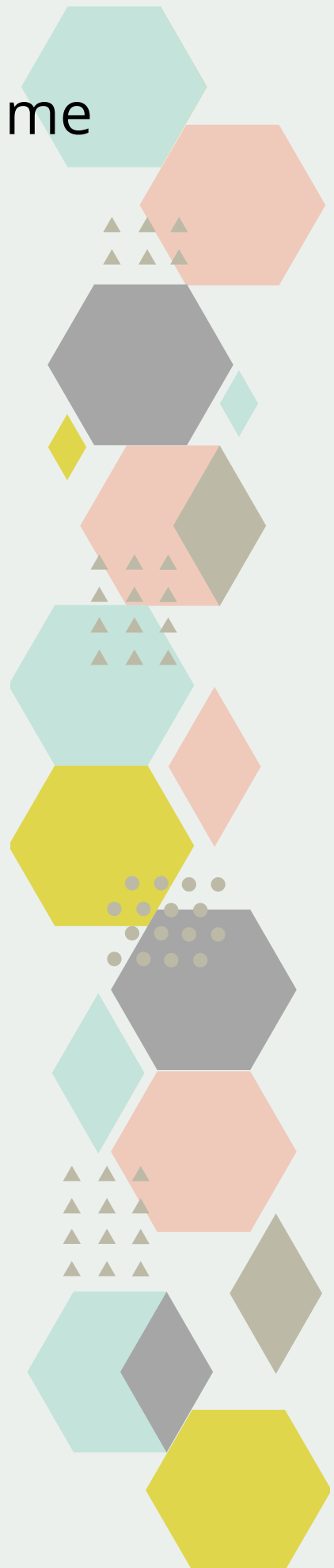
# memories

## of once upon a time

My family and I came to Canada as government sponsored refugees on January 18th, 1990. We were a 5.5 persons group. The love of my life, Loly, was 5 months pregnant, carrying our youngest son, Manuel. I considered him .5 person. Giovanni, my oldest son was 7, my daughter was just four years old and last but not least, my mother, Maria Teresa, who was living with us at the time that the persecution against me and my whole family happened in El Salvador. My mother, a widow for 15 years, a retired teacher, a mother of four with 7 grand children but, I was her baby, the youngest one, the one that was born on Mother's Day. Dona Maria Teresa said, if you go, I must leave with you. Who is going to take care of you and your children? Do not leave me here, I must go.

We arrived in Toronto at almost midnight on the 18th. That is why our papers were signed by Immigration Canada the 19th... Of course, Air Canada was late. It was snowing... our first home in Toronto was a refugee center named NOAH and they helped us to settled in Toronto. We started learning English. We moved out of the shelter. Our children went to school. We visited the Scott Mission food bank and we received food and donations of new and used clothes. The youngest member of the family, Manuel, was born on May 18th. I did not look like Santa Claus at that time but it didn't matter; we survived our first Canadian winter anyway and all of them since. In other words, the rest is history.

Around July of 1990, my mother received communication from the Salvadorian authorities, requesting that she prove that she was alive to continue receiving her pension. They requested that either than she appeared in person to the Pension Office in El Salvador or that she goes to the Salvadorian consulate in Toronto to sign a document in front of the Counsel of El Salvador, to prove that she was alive, living in Toronto. If neither of those were to happen, they would cut her pension. So, she came and said to me; "you know how important is my pension... represents 30 years of my life working for the government, it's my right to have it, I am going to the Salvadoran Consulate but, I am afraid... please come with me". What I am supposed to answer? Life is difficult Mom... I am going with you. I knew my risk in going to my Consulate in Toronto but, I also knew how devastating it will be for my Mom not to have her pension... even that she did not need it... that Loly and I were providing everything for her. She used the right term to provoke my action; she said "it is my right" ... How can I say no..



# memories

## of once upon a time

The very next day we went... My mother phoned the Consulate asking for the requirements and they said very clearly. Please bring your passport and the passport of your

"next of kin" living with her in Canada. That was my passport. Around noon the same day, we went. I opened the door of the Consulate and we approached the front desk... they were waiting for us... the staff requested our documents and told

us to wait. A few minutes after, the same staff came back with a form and asked my mother to sign it, and that is exactly what she did. She took back the form and went inside to stamp

and to ask the Counsel to sign it. Very few minutes after that, she came back with an envelope and said. Everything that you need is inside the envelop please check everything when you go outside the office because is late and we must close the Consulate. I said to myself, that was easy and we left.

Outside the Consulate, I open the envelop and my Mom's documents were perfect, she got the letter that she needs but my passport was canceled. In one hand, I was glad that my mother was able to renew her pension. In the other hand, I was here in Canada, in my new country... and the above is just another "once upon a time" story and that I can share with my community, in peace.





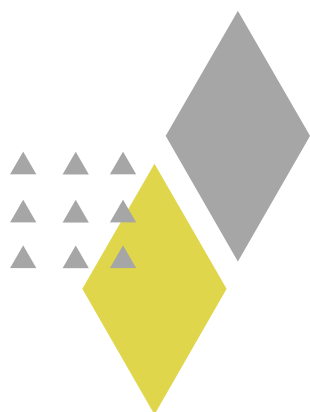
# you can count on us

We recognize that in situations like the ones we're in now, there can be so many more challenges and difficulties come up - sometimes things that we're never considered or had to worry about. Feeling safe using transit, accessing food, keeping up with our monthly bills, and feeling connected have all become immense challenges.

We always want to do anything and everything we can to support you, your families, and your community in these times. That's why we've been working so hard to prepare food hampers, support rent payments, and help in any way that we can.

Please keep talking to us, and tell us what's going on. We might not always have all the answers right away, but we'll always work together to make sure we get you the answers and support you need. Since the beginning of this pandemic, we've sent out over 250 food hampers, and this is an initiative we'll keep up for as long as possible.

So whether it's support with food security, housing security, mental health support, seeing a doctor, or just finding someone to talk to - we're here. So let us know, keep talking to us, and let's stay connected. Just like always, our door is open.





This is the place to make your voice heard!

The Bestie Magazine is a space to amplify the voices of all migrant youth. So we want to hear from you! To be featured in the next edition, send us your pictures, recipes, poems, stories - everything and everyone is welcome!

Reach out to us any way, any day!



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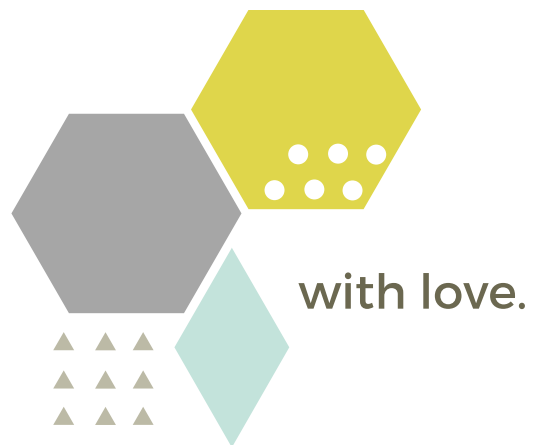
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*Walking with uprooted people*







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