

In this edition:

Éco-quartier  
news

25 years later

Marching  
against austerity

Happy Holidays  
and enjoy a  
good start to  
2015!

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## 2014 highlights and what to look forward to in 2015

At first I was going to mention the staff retreat held in January or the Management retreat held in May, but I have to say overall that my highlight was my surprise 25th Anniversary celebration held at the end of May. The staff quietly worked together to really surprise me and it worked! It was also a reality check that I DON'T have to be involved in everything that happens in the organization.

My wish for everyone in 2015 is a healthy, happy year filled with lots of warm fuzzies!

**-Terri Ste-Marie**

*"The whole is greater than the sum of its parts" -Aristotle*

2014 had many of its challenges that, as a team, our staff is always willing to overcome obstacles that they're faced with everyday. Whether it is with our organizational re-structuring, admin delays, or an intervention needed to help a person in need, I feel very blessed to be surrounded with people at Prévention CDN-NDG who are always willing to lend a shoulder to a colleague and that for me is priceless. I've also quit smoking this summer (yes I cheated a few times) so putting up with me, I'm sure, wasn't easy for most of my colleagues, and nor was it easy at home -You're the best Melissa! Thanks everyone for being patient with me!

I also had the privilege to walk side-by-side with my colleagues Nathalie, Julie, and Fanny at the Austerity protest on November 17th. I felt a profound sense of civic duty to accolade my peers and support the people behind our organization and of those of other organizations who, day-in and day-out, thanklessly contribute to the quality of life of our social fabric.

Interestingly, organized by our Borough

and the RÉNAL (Réseau d'échange et de soutien aux actions locales) the morning of October 31st was marked by a conference that Prévention CDN-NDG presented to the Canadian Cities Network delegation in order to present our services and the complementarity of our programs and community partnership. From Maslow's Hierarchy of Needs to Bronfenbrenner's Ecological Systems, combined with our core programs (Tandem, Eco-quartier NDG, and Urban Arts) and partnership programs

(Outreach, Hypersexualization Prevention) to name a few. "your presentation was a breath of fresh air" from our new network friend at the Crime Prevention Council in Waterloo, Ontario; "I really admire your reaching out approach [outreach] and using [in many cases] leisure and sports as a tool to do your crime prevention work", says Winnipeg's Community Services Department's Director. Also in the audience was University of Ottawa's Crime Prevention Guru: Professor Irvin Waller - thank you for your interest and support!

My hopes for 2015, as it is for every year, that there are no talks about any cuts to our programs and funding but instead my Christmas wish would be a budget increase in our core programs and perhaps new partnerships would give birth to new programs all the while putting the people first for a brighter future for our community: for our kids and for our families.

Congratulations to all the weddings and to all the new dads at Prévention CDN-NDG in 2014 and congratulations in advance to the new parents or ... to the newborns in 2015! The Prevention family keeps growing in numbers. ;) Merry Christmas to you and your families!

**- Alain Mankarios**

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All of our offices will be closed starting December 20th and opening again on January 5th. Enjoy the Holidays, have a Happy New Year and hope to see you in 2015!

## Éco-quartier calendar

### Christmas trees:

On Wednesdays, January 7th & 14th, 2015, residents can deposit their natural holiday trees on the curbside before 7am. In the case of a snowstorm, pickup will be postponed until the following Wednesday.

### Éco-centre's

**Holiday Schedule:**  
December 22nd to 26th and  
December 29th to  
January 2nd: **closed**

### Annual General Meeting:

It's well in advance but please make sure to type it in your agendas!  
The Prevention CDN-NDG annual general meeting will be held on **March 25th**, starting at noon and going on until 4pm. More information to come in future issues of Nexus.

## Looking Back on 2014's Gardening Projects

The end of the year is upon us, and the prospect of winter signals the dormancy of all things green for another year. However, autumn is also a great time to reflect back on the summer that was and the many successful gardening projects that we had the privilege of being involved with at the Éco-quartier NDG.

Between the months of May and October, the Éco-quartier NDG collaborated with many local citizens and other local organizations alike on four separate gardening and greening projects. 2014 saw the renewal of the St. Thomas Collective Garden, a project run in collaboration with Action Communiterre. Garden members were happy to see the return of the garden for a third straight year. Thanks to funding once again accorded by the TD Friends of the Environment Foundation, we were also able to extend our Pollinator Garden by planting lots of new pollinator-attracting perennials. We also installed a beautiful sign painted by the very talented Guillaume Lapointe of Prévention CDN-NDG!  
This past summer also marked the return of Éco's Intergenerational gardening program for a fourth consecutive year. The creation of new volunteer partnerships made for some wonderful and very unique gardening sessions and even led to a few close friendships.

Our little program even made it to the CTV National news, which featured two of our long-time participants, Dawn and Ryan. We couldn't have been more proud!

Summer 2014 also saw a collaboration between Éco-quartier NDG and Transition NDG within the framework of Transition's "Incredible Edibles" project. Modelled after

the original program of the same name begun in England in 2008, the Incredible Edibles aims to provide free food for all. Bins were initially installed along Sherbrooke St West in 2013, and in 2014 more bins were added

in the form of used green recycling bins donated by the Éco-quartier. The food grown in the bins was 100% organic, and passerby were invited to harvest just what they needed, for free, based on the honour system. Eco volunteers helped merchants check up on the bins and keep them well-watered. Citizens were thrilled to have free and accessible produce available in the heart of NDG!

Here at the Éco-quartier we can't wait for next spring, when we'll be able to renew all of these exciting citizen-led initiatives. See you next year!

For more information about our gardening and greening plans for next year, please contact the Éco-quartier at: 514-486-2727.

- Julie Kourakos



The Éco-quartier will be closed for the Holidays starting from December 21st and opening again on Tuesday January 6th, 2015.

You can still communicate with the Éco-quartier during the holidays by email at [econdg@gmail.com](mailto:econdg@gmail.com) or calling 514-486-2727.



## 25 years later...

**Geneviève Bergeron  
Nathalie Croteau  
Anne-Marie Edward  
Maryse Laganière  
Anne-Marie Lemay  
Michèle Richard  
Annie Turcotte  
Hélène Colgan  
Barbara Daigneault  
Maryse Leclair  
Sonia Pelletier  
Maud Haviernick  
Annie St-Arneault  
Barbara Klucznik-Widajewicz**

in my job and in my life, it's because I truly believe we can change things and build a better society. Violence against girls and women need to stop and it's a collective responsibility to do so.

How can we talk about this violence with the girls I work with, with whom you also work with? What a complex question ... A first step is to recognize that violence does not affect equally all genders and that violence

safe spaces will be girls-only, so they feel comfortable to talk, to learn from each other and to rebuild themselves. From there, possibilities are endless and what comes next should be determined by the girls : creative projects, arts, sports, etc. are all ways to work on self-esteem, empowerment and positive body image.

As community workers, we have the possibilities to make girls' voices louder: we can promote



25 years! 25 years ago, on December 6, 1989, these 14 women were killed because they were women. We need to remember their names, we need to remember that it was an anti-feminist act.

I wasn't born when it happened, but I have no choice to admit that violence against women is still well and alive today. Native women go missing and or murdered in complete indifference from our politicians, racism still exists and impacts women's lives, trans\* women live multiple violence such as the non-recognition of their identity, lesbian, bisexual, asexual, queer women are still marginalized, judged, and victims of violence.

If I put feminist intervention and the multiple and complex experiences of girls and women up front

against girls and women has multiples forms : physical, psychological, economic, sexual, familial, and domestic are all types of abuses women face. Many organisations are working with girls in violence prevention and Girls Action Foundation (GAF) has a very interesting approach, which resembles what we do at Prévention CDN-NDG.

GAF name three level of violence: internalised violence that girls inflict to themselves, relational violence and institutionalised violence.

A good way to start is to offer safe spaces to girls, where they are able to express themselves and talk about these difficult subjects. To break the cycle of violence and to believe girls is fundamental. In most cases, these

their needs and demands, recognize the specificity of violence against girls and women, work toward long-term changes in our communities, institutions and politics and we can also include these actions with our work with boys and men. I believe this is what makes the Hypersexualisation's project so important : working in classrooms with girls and boys plus working with girls specifically.

25 years after the Polytechnique's femicide, we still need to work on stopping violence against girls and women, as the thousands of message on #BeenRapedNever-Reported have shown us. Survivors' voice need to be heard and listened to loudly and clearly.

- Fanny Lavigne

# Austerity

" This 17th of November, community organizations in Montreal will be Closed due to Austerity measures! Everywhere in Quebec, community organizations will symbolically close their doors for 225 minutes on Monday, the 17th of November to denounce the difficult conditions in which they are being forced to work, and to call upon the Quebec government to increase their mission funding to \$225 million. The cancellation of the \$162 million increase promised by the new government, led by Philippe Couillard, has the community movement up in arms. The combination of austerity measures and cuts to different social programs will have a serious impact on the community sector and on the general population, who will have to suffer the consequences. " Source: <http://coco-net.org/225-minutes-225-million/?lang=en>

At Prévention CDN-NDG, we decided to close our doors in solidarity and some of our workers went to the demonstration "funeral march", organized by "Je Soutiens le Communautaire". Julie and Fanny from the Hypersexualisation project and Nathalie, the mobilisation worker in civic participation for the Fielding-Walkley area went to the demonstration and they shared with us their impressions.

## 1. Why was it important for you to be present at the rally "Closed due to austerity measures!"?

**Julie:** It was important for me to participate in this demonstration because I feel our social safety net is being destroyed. The (announced and effective) cuts, are provoking holes in our system that keep getting bigger. As a consequence, more and more people are falling through the cracks, because the community organizations and even the public and para public system cannot meet their needs anymore, due to lack of funding. Therefore, 'instead of working in preventing this issues, it is now status quo, not only to let the issues occur and worsen, but

also to disable our society's means of addressing them by cutting the resources needed to do so.



**Nathalie:** I participated in the austerity protest because I wanted to show our current government that I do not support the cuts they are making (and plan to make) in our society. Programs and services keep getting cut and it is expected that the community sector will fill that void while the funding to it gets cut as well. The community sector has been trying its hardest to meet the rising needs, but it cannot keep it up on the long term, so we have to speak out now before it's too late. I strongly believe that we are losing basic and fundamental social



and health services and if we do not speak out, they will continue to happen and then it might be too late.

I also wanted to show support to my fellow community workers and groups that they are not alone, and that we are all in this fight together because after all the cuts will affect each and every-

one one of us in some way or another.

**Fanny:** It was very important for me to be present and to acknowledge the impacts of these cuts on community organizations. I firmly believe in the importance of community and outreach work with which I share some core values : having an open mind, respect, equality, autonomy, social justice, and solidarity. I wanted to be present at the rally to remind the government that the community organizations are truly important and to stand in solidarity with partner organizations who are directly affected by the cuts and the austerity measures. I also wanted to stand in solidarity with the population, citizens, youth, adults, women, parents and everyone contributing to the beauty of community work.

## 2. How are the austerity measures affecting your work?

**Julie:** In the community setting and, more largely in the social field, one has to do more with less (resources). We often hear that people working in this field are people who want to make a difference. Therefore, our governments squeeze us like lemons, thinking that because we care, we will continue to do the same

work with less and less resources. However, they seem to forget that by doing so, they are also draining and exhausting the workers to the point that they quit because they can no longer keep working in such degrading conditions while interacting with a clientele that is dealing with growing urgent needs.

In addition to this, I have not even talked about all the time and energy put in finding new sources of financing, which are getting fewer and more precarious. Sadly, these growing efforts and time are not used anymore to interact and act

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directly with the population.

**Nathalie:** The austerity measures affect my work in many ways. One of which is with the realities people are facing. As a 'mobilizer for civic engagement', I give residents tools and information on speaking out and taking action on the things that matter to them. Because of the on-the-ground nature of my work, I am often 'the link' to refer people to the programs and services they need. With the austerity measures currently in place, we are seeing the number of people who need help increasing, but so are the severity and urgency of their needs (in other words, more people in 'survival' mode). To make matters worse, there are less and less programs and services to help them, and as Julie mentioned, more and more people are falling through the cracks without getting the help they need.

Another way is the funding of the project itself. Most of you know the Mobilization project is funded by Centraide. And while you might think that the project is not directly affected by these cuts, it is: Centraide relies on private donations, with life getting harder (costs of living, employment, health services, etc.), so are people's capacities to give to the community financially.



**Fanny:** Austerity measures affect us directly in our programs, but they also affect our partners in the community. Their mission, activities, and services could change or even worse, stop existing. This makes me think of the Carrefours Jeunesse Emploi (youth employment Centers), for example. Moreover, these cuts and austerity measures affect my work with teenage girls on a day-to-day basis: there might not be as many

services or activities where I can refer girls to from the neighbourhood. Also, all of our financial partners might not be able to support us as much as they are doing now: we'll have to work even harder to find other ways to finance our activities and projects or to do just as much with less (which seems kind of impossible to me with the amount of needs and ideas coming from the population). As a matter of fact, I'd like to thank Vincent, from the Table Jeunesse CDN, who is doing an awesome job trying to find these financial alternatives!

### 3. What can we do, as community workers, in the face of these austerity measures?

**Julie:** We can show that we disagree, not only by demonstrating in the streets, but also by other means, like this article. As members of the community, we can stay informed and talk about these issues with our entourage so that each and everyone of us can be aware of our power: not only the power to vote every four years, but also the power to organize ourselves and take concrete actions in our

daily lives to reverse these trends. We can give some hours of our time to a community organization or communicate with the elected representatives of our neighbourhood, our city as well as from our federal and provincial districts. We can also write a blog, create a zine or even take

action by organizing public discussions on this matter: by exchanging and putting our ideas together, it can lead to other concrete actions!

**Nathalie:** There are many things each and everyone of us can do, regardless of our job. The first and most important is speaking out on what we think of these austerity measures: to our elected officials (phone calls, e-mails, letters, peti-

tions) and in public settings such as organized protests. Another fundamental thing to do, which we do as community workers, is to talk about what is going on (for example, what changes are being proposed, what do they



mean) in our work and personal lives, spreading awareness about it by giving the tools and resources to know more and to do something about it. As community workers, it is our role to inform and mobilize people. It is also to motivate those hiding behind the 'what's the point, it won't make a difference anyway' mentality that's all too prevalent in our society today. There is strength in numbers: if more of us stand-up and say no to these austerity measures, we can be sure that there will be more change than if we do nothing at all ...

**Fanny:** As a community worker, I believe that it is my duty to stay informed about the cuts and austerity measures and also about all the initiatives defending the importance and the place of community organizations. There are several small actions I can do, maybe put all them together, we could make changes: I try to give my colleagues information on the situation, talk about it with the teenagers I work with, be present at the rallies, sign petitions, use my voice to share our demands. Moreover, I can talk about the cuts and austerity measures with my family, friends, my student union, and everyone around me so they know about the situation and how they can help us. With the help of everyone, we might change things! Stay informed!

- Fanny Lavigne, Julie Robillard and Nathalie LeConte-Good

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My highlight for 2014 happened this past July, when CTV News decided to do a report on the Éco-quartier's Intergenerational Gardening program. They chose to showcase two of the program's long-term volunteers, Dawn and Ryan, who are two of the kindest people you could ever hope to meet. On that sunny afternoon, Dawn and Ryan related their experiences and talked at length about the positive impact the program had on them both. That night, I had the wonderful opportunity of watching them both shine on national television, which was a very proud moment for me. What I am looking forward to most in 2015 is the chance to connect with even more volunteers and citizens, whether it be through our gardening programs, community composting, or volunteering projects. I'd like to wish everyone in the extended Prévention CDN-NDG family a wonderful holiday and Happy New Year!

-Julie Kourakos

In 2014, my highlight was a trip to Edmundston, New Brunswick and to go there and represent all the Tandem offices in Montreal and animate urban safety sessions at the "Sommet des Femmes". The objective was to present issues related to women's safety in Montreal and to discuss together with the conference participants in order to come up with ideas and plans to improve the women's safety and feelings of safety. Since I am not a big traveller, it was quite far away! On top of that, I had some anxious moments as the person who was supposed to co-animate with me, had to cancel, and it was too late to find a replacement. At the end of the day, everything worked out well and my animations went well, which I am really proud.

What I hope for 2015 is just simply to have a great year both professionally and personally. I wish the same for all my colleagues as well as all the borough citizens! Happy Holidays!

- Brigitte Chretien

I am always proud to see the evolution of the neighbourhood and the increasing number of murals in the borough. However, the project that I am most proud of in 2014 are the murals that are

painted on the walls of the pedestrian bridge at the corner of Maisonneuve and Madison. This project was something totally new for me and Prevention CDN-NDG. To work in collaboration with the "Agence Métropolitaine de Transport" made it a very stimulating and inspirational project.

In order to realize this project I had to get the help of some quality artists from A'shop once again. We were really well supported by the team from AMT.

We had to work with a railroad controller as the mural was next to the CN railroad tracks, and subsequently also follow all the safety regulations required.

A very memorable project that I hope will remain visible for a long time.

In 2015, I hope to get the chance to make some more interesting projects and also hope to produce more murals.

- Guillaume Lapointe

My highlight of 2014 is the progression of a young girl at school. She was in a "welcoming class" with a lot of difficulty in the French language. The following two years she participated in the Teen summer camp and she made an effort to study. She also decided to get involved in the after school programs by playing basketball. I have had the privilege to see her improve her self esteem, do well in school and also thrive in her social life. Today she is in Secondary four, regular level and she is still playing basketball with her school team.

On top of that, in the Summer of 2014 she became an assistant animator for the Loyola Teen summer camp. She is a real source of inspiration and an extraordinary student.

To: Diana Oproiu

- Karl Thomas

In 2014, two big moments made a mark in my life both professionally and personally.

So, with my colleagues, Jared and Emilio and a few others from the cultural organisation Elementakiza as well as staff from Prevention CDN-NDG, who all brought some good energy to the 2014 edition of Hip Hop you Don't Stop. We were able to organize a 9th edition of the urban arts festival, the only one of it's kind favouring

local artists of which many are from the community. Hip Hop You Don't Stop 2014 was a success! With the addition of the Girlz n' Hip Hop event for female artists, attracted talented artists as well as a very mixed crowd of spectators in conjunction with Elementakiza, An impressive amount of spectators showed up from near and far away and it was probably the most successful event since we started some 10 years ago.

On personal level, on the evening of Halloween, I became a father to a third child, another boy. I will therefore give due credit to my spouse for these intense moments, as well as all the mothers in this world. It has to be said, ladies - you have some incredible strength.

As for the upcoming year, I wish all my colleagues at Prevention CDN-NDG, individually - the best of health and that you fulfill your dreams; collectively - to continue keeping this unique team spirit of our organisation, despite the diversity and strong personalities involved. To conclude, on the technical level, I hope that we will be able to fulfill our common website project to proudly represent our organisation and our projects. Happy New Year 2015!

- Marc Pagliarulo-Beauchemin

It's been 6 months since I started working for the Table Jeunesse CDN and Prévention CDN-NDG as an outreach worker with teenage girls (12-17) for the Hypersexualisation project. During these first months, I learned so many things! Many highlights come in mind : getting to know my coworkers at Prevention CDN-NDG, making my first steps at La Voie, going to all the classes at the school to present myself to the teenagers (yes, all the classes), animating workshops with awesome and brilliant youth from the neighbourhood. All in all, it's these moments I've shared with youth, colleagues, workers from other organisations and institutions and everybody I've met in CDN that made my arrival so much fun and motivating! I want to thank Julie so much for her help : I think we make a super team for the Hypersexualisation project!

Coming in to a new neighbour-  
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hood takes time, patience, adaptation skills and an open mind. Côte-des-Neiges has opened its doors for me and everyday I learn to know CDN and its people with interest, curiosity and I have tons of fun doing so! What a great neighbourhood!

For 2015, I have many wishes, all of them coming from all the potential and possibilities of CDN. I look forward to know better and to work closer with the girls at La Voie and with all the community partners. I would also like to build, with the girls, some exciting projects, to do some activities and outings which would help us get to know us better, to find our strengths as individual persons and to share them as a powerful and positive group in CDN. Moreover, I wish to be a part of the knitting of solidarity webs between the girls in the neighbourhood : Together they have so much fierce and possibilities, no doubt in my mind!  
See you soon, 2015!

**- Fanny Lavigne**

When I was hired in August, one of my responsibilities included to animate sessions in schools. To better know the content of the sessions, the last few months, I have been shadowing my colleague, Joseph Lambert, who by the way is doing an excellent job animating.  
December 5th, I was assigned to my first sessions by myself on the theme of safety on the street for two kindergarten groups at Marc-Favreau school. My sessions went really well! I was not prepared that children would be saying things like "I like you madame" at the end of the session, but that's what happened!

For 2015, I wish all the Prevention CDN-NDG team a lot of love, happiness and good health as well as all the Côte-des-Neiges-NDG borough citizens! Happy Holidays and stay safe!

**- Geneviève Bergevin**

- Some of my highlights (both work and personal!) for 2014 include ... A first Jane's Walk in the neighbourhood led by local residents that had resounding reviews from its participants.

- The small but dedicated group of residents that I have

been working with for the last couple of years developing into a more structured and recognized group.

- Witnessing the links and friendships develop between residents and supporting each other in making their community a place where they are proud to live.

- And last but not least, getting married to my best friend – I consider myself very lucky to have such a loving and patient person supporting my workaholic habits!

I'm greatly looking forward to more in 2015, and I am hoping Mobilization project is given the opportunity to continue past July!

**- Nathalie LeConte-Good**

Highlight 2014: starting new projects with enthusiastic citizens.

Looking forward to 2015: having Prevention CDN-NDG continue managing the Eco-quartier NDG contract.

**- Nikki Schiebel**

For 2014, I had a lot of fun animating the new workshop series called « Une égale Un » in elementary schools. It is a pleasure to see the students again, now in high school, remembering the pink and blue boxes used to illustrate gendered stereotypes. I'm happy to work with them again! Another highlight for 2014 is the arrival of Fanny, the new Outreach worker for Hypersexualization Prevention project, last summer. Fanny is doing an amazing job with the young women and girls in Côte-des-Neiges. It is a privilege to work with someone as involved, positive and proactive as her. Thank you Fanny for being you!

My wish for 2015 is that our governments become aware of the community and social work's value. That the cuts and mergers made on behalf of money saving will not be implemented because the people will have been mobilized against these austerity measures.

I wish us all solidarity for 2015.

**- Julie Robillard**

Despite what I expected would be a slow and steady integration into my newly acquired position as community outreach worker; was, by chance, thrown into the

depths of the front-line aspect of my job, almost immediately after my arrival. I learned quickly that my new supervisors and colleagues are truly motivated and genuinely passionate about what they do. They have been more than generous, jumping in with their time, energy, suggestions and support. I'm not sure I could have asked for a more interactive introduction to the team and to the organizations and resources that we partner with.

I'm so very thankful for the warm welcome I have received from everyone on the Prevention Côte-des-Neiges - NDG team, and look forward to the adventures that 2015 is sure to bring.

Happy Holidays!

P.S. The next time somebody leaves Kinder Eggs on my desk, they had better still have the toys in them.

**- Jennifer Chapman**

My highlights for 2014 include putting together our annual report which turned out pretty good. It's been a good year in terms of editing the Nexus newsletter with a lot of great articles and a regular contribution from several staff members, so thank you to all those who contributed! It's been splendid to work with the Tandem team and we had a great addition to the team in August.

For 2015, I wish all my colleagues a good year both at work and at home and I hope we will continue to make a difference for people in need.

**- Eero Piilokivi**

What a crazy year it has been ! As usual I have been in the schools doing tons of workshops and I must say the kids have been great. I have seen so many growing up into smart, kind, residents of our community.

As for me 2014 was the year I married my wonderful lady Flo, and we are expecting a child in April of 2015 ... what happens now... we shall see.

I wish all our readers a safe and restful holiday season.

Cheers and happy holidays !

**- Joseph Lambert**