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Hop You Don't
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follow-up

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Terri's two cents

I had been a fan of Jian Ghomessi and CBC's Q show for a number of years. I found him to be an intelligent interviewer, well-prepared, and respectful of his guests.

On October 27, I read a headline on a social media site that he had been let go from CBC. I visited his Facebook page whereby he explained that he was fired for his lifestyle choices and claimed a woman went to the media against him.

At the time, I was aware that the CBC have fired people for "similar" reasons (eg Sook-Yin Lee) and there you have it, I reacted by thinking that because I liked him as a media personality, I believed what he had written.

falsely accused, but why is being falsely accused always the first thing that comes to many people's minds when a woman accuses a man of sexual assault, especially a celebrity?

So we spent a week discussing the important issues of sexual assault, consent, and celebrity. Below is an infographic that I came across during Ghomessi-Gate. These numbers are staggering and even though I work in the "field" I am saddened by the fact that women are still not supported, by still suggesting they had some sort of responsibility in their victimization, by what they drank, where they walked, what they wore. Will we need another celebrity scandal to continue these



That would be like saying that Michael Jackson couldn't be a child molester, because he was a good singer.

The evidence mounted and one woman became ten people. Why, however did I not believe the original story? Would it be so hard to believe the first woman? Because he was famous? As one of my trusted colleagues mentioned "If she had reported a break-in, would we start not believing her the same way many didn't believe her at first?" Of course there have been cases where people are

discussions? (Hello Bill Cosby?) I am reminded that I, too need to keep the conversations going, take a stand and to not be quick to react to what is reported.

This week we are sadly remembering an important anniversary. Have the 25 years since Polytechnique made any advancement towards women's issues? Only time will tell.

- Terri Ste.Marie



Éco-quartier calendar

Holiday decorating at the Éco-quartier NDG:

Thursday, December 11th from 5 to 7 pm. The Éco-quartier NDG needs to be decorated for the holidays, but we don't want to buy too many decorations and over-consume. Instead, we'll make decorations from items found in our recycling bin.

You might be surprised as to how creative you can be during the holidays without spending a cent nor harming the environment!

We have a few tricks up our sleeves, and we welcome your creative ideas to create eco-decorations for the holidays with our staff at the Éco-quartier NDG.

Please join us, children are welcome and we will be serving cider and hot chocolate!



Léanne Beaulieu-Lussier

A Clean, Green Fridge

Is your refrigerator a clean and safe place? This is especially important since many food-borne illnesses can be avoided simply by maintaining safe practices in the fridge. It is important to always use common sense, as well as your five senses, when dealing with items in your fridge.

Here are a few tips to help you

ensure that your fridge does not become home to yucky and potentially harmful bacteria:

1) The doors are the warmest part of your fridge, so it is best to not store any dairy products there.

2) In order to prevent food spoilage and guarantee optimal freshness, Health Canada advises setting the temperature in your fridge at or below 4 °C (40 °F)

and your freezer at or below -18 °C (0 °F). If your fridge does not have a thermometer you can purchase one at any kitchen store.

3) Each item in your fridge requires an optimal refrigeration and freezing time. For recommended times for different food items, please consult Health Canada's website at www.healthycanadians.gc.ca

4) Respect expiration dates: they are there to protect you!

5) Food that is labelled with a "sell by" date should be consumed within 5 days of that date.

6) Always examine your food before you prepare or eat it – when food starts to spoil, it often looks or smells bad. Some food,

however, may appear alright but can nevertheless harbour dangerous bacteria – hence the importance of respecting expiration dates!

In terms of the environment, there are many ways for you to make your fridge greener. Here are a few tips:

1) Refrigerators use about 11% of a household's total energy consumption, so it is a good idea to buy Energy Star endorsed refrigerators, which use less energy and can save you money (Earth Day.ca).

2) It is important not to waste food. Plan your meals before you go to the store so you don't buy too much.

3) You're also more likely to use

produce if it's convenient for you, so try cleaning and cutting up your veggies before storing them in a reusable container in your fridge so they're ready when you need them. Make sure to date the container!

4) When was the last time you cleaned out your fridge? It is recommended that you wash the inside of your fridge every couple of weeks. Try using a non-toxic solution of equal parts vinegar and water. Baking soda is also recommended. Lemon juice will clean greasy spills!

5) Keep a box of baking soda to absorb unpleasant odours.



Welcome Léanne

Léanne is the latest addition to the Éco-quartier NDG staff.

As a student in Bachelor's of Communication, Politics and Society Program, Léanne will fulfill the position as a part time communications agent.

The goal of her work will primarily

be to educate and provide information to the citizens, particularly those involved in the activities at Éco-quartier NDG.

Also an important aspect of her work will be to create awareness across the various media sources.

Short practical guide to safe and healthy holidays.

During the holiday season we often wish our loved ones and acquaintances good health! To help to spend the holidays safely, we encourage you to follow these tips to keep you far away from the hospital.

My beautiful Christmas trees

Make sure your Christmas tree is firmly set in a solid stand and is not close to any kind of heat (base-board heater, radiator) or in a busy area. If you choose to have a real tree, make sure to water it everyday.

Fire

Take time to check that your smoke detectors are working properly. They save lives!
A candlelit evening or dinner creates an inviting atmosphere, BUT use solid candle holders that won't tip over easily. Never leave lit candles unattended. Keep lighters and matches out of the reach of children.

Brighten your holidays

Christmas lights are designed to be strung outside or inside. Use the right ones in the right place. Check that your electric wires and extension cords are not damaged and avoid overloading outlets. Don't forget to turn the lights off before going to bed or leaving the house.

Celebrating a "Green" Holiday!

Food and Drink

- Buy in bulk!
- Avoid goods with unnecessary packaging
- Say "NO" to unwanted bags!
- Bring your own reusable bags when shopping.
- Avoid using paper cups, plates and napkins when throwing a



party.

- Choose to buy locally grown food products.
- Compost any left over food scraps rather than tossing them in the trash.

Gift Ideas

- Avoid buying gifts which rely on disposable parts like batteries.
- Avoid gifts that are overly packaged.

- Buy recycled! Look for gifts made from recycled materials.
- Think of giving home-made gifts – a home-cooked dinner, art, woodwork, free night of babysitting.
- Treat your special someone to an "experience gift" – tickets to a concert, sporting event or the theater.

Wrapping and Decorating

- Make gift tags from old greeting cards.
- Sew your own reusable gift bags.
- Use brown paper bags or the comic section of your local newspaper for gift wrap.
- Buy recycled wrapping paper and insist on Christmas cards printed on recycled material - choose ones that support a charity.
- Old VHS or cassette tape makes for great ribbon.
- Choose LED lights instead of incandescent bulbs to decorate – they are more expensive but last longer and use 80-90% less energy.
- Choose decorations that can be reused.
- If buying a live tree, buy a native variety and one with its roots - Replant it after the holidays! If not, make sure to recycle your tree through the city's curbside pick-up program.

**Happy and green
Holiday greetings
from the staff at
Éco-quartier NDG!**

Monthly theme, year long theme - bullying!

Tandem CDN/NDG has been on the forefront of bullying and violence prevention for many years. It is important to mention that not everything is bullying though. Every person is guilty of being unkind at one time or another both as a child and in our adult life. Youth learn how to react to violence.

Who provides these examples? Parents? Media? Friends? It's hard to say!

Bullying and imposing power on others to be cool has always existed.

We at Tandem CDN/NDG do not believe in scaring youth into acting kind by threatening punishment. Empathy and practicing kindness is a process that can last a life time. Kindness is something we can control. Practice means not to give up just because something is difficult. Patience is difficult when people get angry, they use anger as an excuse for violent acts. We are also all guilty of doing or saying something we didn't mean in our moments of anger. If we as adults have difficulty keeping calm, how can we blame youth when they do the same. The time has come to look at ourselves as adults and the examples we give to the next generation.

We at Tandem will continue to do our best to teach youth how to practice kindness, be aware of their power and treat others with respect when it counts ... always.



- Joseph Lambert

What is bullying?

Bullying has had increasingly high profile in recent years as people have come to understand how deeply it can wound children - and how tragic the consequences can sometimes be.

Bullying is defined as "wilful, repeated aggressive behaviour with negative intent used by a child to maintain power over another child." The result is "a victimized child caught in an abusive relationship."

- Unequal power - One child has more power than another child (or it seems this way to the children involved)
- Hurtful actions - Physically or psychologically harmful behaviour takes place (such as name-calling, insults, threats, kicking, hitting, punching, etc)
- Direct or indirect actions - The abusive behaviour may be face-to-face or done behind a child's back (such as teasing, exclusion, gossiping and spreading rumours)
- Repetitive behaviour - The hurtful actions keep happening, so the child being affected finds it increasingly difficult to escape



Did you know...

Cyberbullying is the use of email, cell phones, text messages, Internet sites and chat rooms to physically threaten, verbally harass or socially exclude an individual or group. Social media technologies often allow bullies to remain anonymous while distributing damaging messages/pictures to a widespread audience.

What can parents do?

All adults - including parents - should talk openly about bullying with the children in their care, and should be prepared to deal directly with any problems that arise, whether at school, among groups of friends, or in other social situations.

Fast Fact

When other children intervene in bullying, more than half of the time it stops within 10 seconds.

More info: <http://healthycanadians.gc.ca/healthy-living-vie-saine/bullying-intimidation/index-eng.php>

A myth about Côte-des-Neiges - Notre-Dame-de-Grâce

During the month of November, an article in the La Presse, concerning inmates, caught our attention. Based on the inmates postal code, the columnist collected the info to find out where the current Montreal prison inmates were living (The prisons Bordeaux, Rivières-des-Prairies and Tanguay). Montréal-Nord, Saint-Michel and Hochelaga-Maisonneuve were on top of the list. Criminologist Marc Ouimet explained that the level of poverty was the main reason. He concluded that the more a



district is poor, the more there are offenders and the more youth

there is in a district, the more the risk factors for criminality are obvious. The high number of half-way houses in Montréal-Nord and Hochelaga-Maisonneuve also add to the total according to the criminologist. On the positive side, this La Presse article demystifies the myth that Côte-des-Neiges - Notre-Dame-de-Grâce is the most criminalized borough on the island of Montreal.

-Geneviève Bergevin



Some safe and happy holiday advice for you

Now that we're in the Holiday season, we wanted to wish all of you a safe and Happy Hanukkah and Merry Christmas. Here are a few security tips to help you at this time of year:



- Christmas lights are a beautiful way to dress up the Holiday, but make sure you buy low-intensity lights designed for indoor use. Never leave the tree lit up when you go out and always turn off the lights before going to bed.
- If your children's toys require batteries and you've run out, don't take the batteries out of your smoke detector. Wrap gifts with the batteries they require, so there's no danger of forgetting to put the batteries back in the detector.



- If you use candles, never leave them unsupervised, because accidents can happen quickly. Never light the candles near curtains or other flammable objects.
- Don't overload yourself with bags. It's easier to lose one bag if you have too many to look after.
- Put packages and shopping bags in your trunk and not in the back seat. Don't leave anything valuable in plain sight inside

your car. This could attract thieves.

- Protect your debit card's PIN number while paying at the store or making transactions at an automated bank machine. Make sure you get your own card back every time you pay.



- Dispose of leftover packages properly outside so you do not advertise to everybody what you got for Christmas.
- Keep an eye on your purse or wallet at all times while shopping and while loading items in your car.



- Only carry as much cash as you need, and don't keep it in your purse. Try using credit or debit cards instead.
- When shopping, park your car in well-lit areas, and try to avoid areas which are isolated.
- If you go out of town during the Holidays, buy timers for your lights, and ask a trusted neighbour to keep an eye on your home. They can also pick up your flyers, shovel your walk and put some garbage out in front of your home on pickup days – all to give your home that lived-in look.

• Grease and fat fires are a leading cause of home fires in Canada, so be extra careful when doing this kind of cooking. Here's what to do if grease in a pot or pan catches fire:

- Smother the flames by covering the pan with a lid.
- Turn off the heat immediately.
- Use baking soda (flour can be explosive) on shallow grease fires.
- Never turn on the overhead fan, as this could spread the fire.
- Never throw water on a grease fire.

• Buying TV for Christmas? Be careful where you place it. Over 100 children each year are injured when TV sets topple on them. In some cases, children have pulled the TV sets onto themselves, while in other cases, adults or other children have knocked them off the stands onto children. In the majority of cases, the television was on a simple stand or cart, while others were on wall units, shelving or dressers. Keep your television on low, sturdy furniture and push the television as far back on the furniture as possible. Keep your TV cords behind the furniture, where children cannot reach them. When possible, use anchors, angle-braces or furniture straps to secure furniture to the wall.

• Keep Holiday plants out of reach. Mistletoe and Holly are poisonous and can cause stomach upset. If a child eats any of the berries, call the local poison information center in your area. Poinsettias, contrary to popular belief, are not highly poisonous.

Gift Suggestions

- Home smoke alarm
- Carbon monoxide detector
- Multi purpose (ABC) fire extinguisher
- Candle snuffer
- Thermostatically controlled deep fryer

**Happy and safe
Holiday greetings
from the Tandem
staff!**

Citizens corner Fielding - Walkley

• On October 20th, we attended the Meet the candidates for the School board elections in NDG district to make an informed vote on November 2nd.

project linked up with the Walkley Community Center to offer community information while giving out candy



• Borough Council meeting is in NDG this month! On December 1st at 7pm at the NDG Sports Center (6445 Monkland Avenue Montreal Quebec H4B 1H2): It's the chance to bring your concerns to the attention of your elected borough representatives. If you wish to ask questions, you must register between 6:15 and 6:45 p.m., the night of the meeting. Lots are drawn before the beginning of each meeting to determine the order in which residents will speak. For more information: http://ville.montreal.qc.ca/portal/page?_pageid=7497,81053605&_dad=portal&_schema=PORTAL

to a total of 40 trick-or-treaters!

• Our work on forming a residents' group in the neighbourhood is moving along! We now have a mission and are working on a name and action plan for the upcoming year. Are you a resident of the Fielding-Walkley neighbourhood? Join us at a resident meeting!

• For Halloween the Mobilization

• For the latest in-



Left to right: Nathalie Le Conte-Good - Community Mobilizer Fielding-Walkley, Nifa Pascal - member of residents' group, Kendall Davis - Walkley Center staff, and Karl Thomas - community worker for St Luc High school.



From right to left: Nicole Fornelli (coordinator of the Fielding-Walkley revitalization initiative & community organizer at the NDG Community Council), residents Shimul Sheikh, Carlos & Jovita Guevara, Mursalin Rana, Saima Rana, Carme-Idlyne Latortue, et Ronald Rock Denis, and far left the coordinator of the Walkley Community Center, Kadi Diop).

formation on the Mobilization project and its resident group : follow our Facebook page (<https://www.facebook.com/FieldingWalkley>), join our mailing list or get in touch with the community mobilizer Nathalie Le Conte-Good (514-817-0558, fielding.walkley@gmail.com)

-Nathalie Le Conte-Good



The Follow-up: Women & Hip Hop

Since women in Hip Hop culture is such a large and multifaceted theme, we felt that we could not cover it all in one evening at the Hip Hop You Don't Stop urban arts festival.

On Friday, October 24th, at the brand new (and sooooo beautiful!!!) BCA chalet in Mandela park,

we continued that discussion with about 20 people, mostly youths but there were also people of all ages, from Côte-des-Neiges.



Fanny Lavigne and Amanda Benn animating the discussion.

We started out by talking about who were our favourite female Hip Hop artists and why. We watched short videos and questioned ourselves on the challenges and obstacles specifically faced by women in Hip Hop culture. We finished on a positive note, talking about how it was possible to overcome these obstacles by staying yourself as an artist. We also highlighted music listeners' responsibility to search and discover music beyond the most known and popular artists.

So, Amanda, now working at the Côte-des-Neiges Black Community Association (BCA), along with Fanny and me, from the Hypersexualization project of Prévention CDN-NDG and the Table de Concertation Jeunesse CDN, decided to organize a follow-up discussion with the community. The talented Mariel from the Monnaie Money project of the Carrefour Jeunesse Emploi (CJE CDN) also contributed to this evening by creating our flyers and posters.



Artists from Côte-des-Neiges came to speak their minds.

We would like to say a warm thank you to all our participants for this inspiring and enriching moment; we had a great time and we learned a lot by the sharing of your diverse opinions and experiences linked to women in Hip Hop! Many thanks!

-Julie Robillard



A great diversity of people came to discuss with us.



As an active road safety player, Operation Red Nose offers various services throughout the year:

- To businesses with the interactive C'est notre tournée! conference in the province of Quebec
- To police detachments in the province of Quebec with the Bouclez-la! crash simulator
- To Quebec High schools and colleges with Tournée Party sans Déraper
- And, of course, with our famous safe ride service provided to motorists during the month of December

Operation Red Nose's safe ride service is confidential and free. And, 100% of all client donations are given to local non-profit youth organizations.

The service is not exclusive to motorists who have been drinking; it's also available for those who don't feel fit to drive because of fatigue or medi-

cation, for example. One can call on the services of Operation Red Nose more than once during the course of an evening, either to get from one location to another, or simply to get home safe.

The Operation Red Nose service is provided to the community by the community. Each year, more than 55,000 volunteers make this service possible across the country. They operate from within their local headquarters as phone operators, dispatchers or by training other volunteers, or on a road team of three volunteers including: the escort driver, the volunteer driver, and the navigator.

Escort driver

- This volunteer uses his or her personal vehicle in order to drive the volunteer driver and the navigator to the location where the client is waiting. Once the client has reached his destination, the escort driver takes his

two team mates and either heads back to the headquarters or phones dispatch to receive instructions about the next ride.

Volunteer driver

- The volunteer who drives the client's vehicle.

Navigator

- This volunteer rides along with the volunteer driver and the client in the client's vehicle. The navigator usually sits in the front and makes sure that everything goes well. The navigator also acts as the team's secretary by filling out the transportation form, and preparing a receipt for any donation received.

In Montreal, call 514-256-2510 for Operation Red Nose.

<http://www.operationnezrouge-montreal.com/>

DATES ET HEURES DE FONCTIONNEMENT DE L'OPÉRATION NEZ ROUGE DE MONTRÉAL

Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
CAMPAGNE 2014					5	6
					19 h - 3 h 30	19 h - 3 h 30
7	8	9	10	11	12	13
FERMÉ	FERMÉ	FERMÉ	21 h - 3 h 30	19 h - 3 h 30	19 h - 3 h 30	19 h - 3 h 30
14	15	16	17	18	19	20
FERMÉ	FERMÉ	21 h - 3 h 30	21 h - 3 h 30	19 h - 3 h 30	19 h - 3 h 30	19 h - 3 h 30
21	22	23	24	25	26	27
21 h - 3 h 30	21 h - 3 h 30	21 h - 3 h 30	21 h - 3 h 30	21 h - 3 h 30	21 h - 3 h 30	21 h - 3 h 30
28	29	30	31	DÉCEMBRE 2014		
21 h - 3 h 30	21 h - 3 h 30	21 h - 3 h 30	21 h - 3 h 30			