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AGM 2015

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## Nikki's two cents worth

### *Why do we bother hosting another AGM?*

Since Terri is on a well-deserved holiday, and we have thus a guest writer this month.

Annual General Meeting (AGM) season is closing in on us (March to June)! Its the time of year when community organizations vie for your attention and hope that you'll attend their event. Non-profit organizations and charities have to account for the public monies that they receive. That's extremely important to ensure that the money is being spent carefully.

While some AGMs can seem dreary and boring, they are actually very important. It is not only a time when you as a resident can ask questions about activities, budgets and services, but I've found that I also learn a lot about programs at AGMs. I've attended many AGMs, and I'm often surprised to learn new things about organizations with which I've worked for a long time. For instance, in addition to the many public activities, there may be activities that are not open to the public, like a school workshop or a one-on-one meeting with a troubled youth. Annual General Meetings are a great time for organizations to be able to talk about the activities with which the public might be less familiar. Its also a time for residents to ask questions about their concerns in the neighbourhood and to find out what solutions might be possible.

At Prevention CDN-NDG, our staff are so proud of their accomplishments that when we give them a forum, we have to pull them off the stage because they go on and on! The Tandem staff want to tell you how many workshops they did, and how they taught residents to be safer. Eco-quartier NDG is excited to tell you about its ecological activities and its many wonderful volunteers. The Outreach team has a lot of success stories from 2015 that they'd like to share. The Urban arts team has created beautiful murals and celebrated the 10th edition of the Hip Hop You Don't Stop festival. The Hypersexualization ladies can share how their workshops and activities got the youth thinking, and opening up. And

finally, the Walkley team can talk about changes that they've witnessed in the neighbourhood. Its exciting to see people passionate about their work and to find out the wonderful activities that happen in the neighbourhood.

Prevention CDN-NDG will be holding its AGM on Thursday, March 24th from 1-4pm in NDG (location to be determined). We promised to impress you with our team and our many accomplishments!

We look forward to meeting you there and hearing about your concerns for activities and programming in CDN-NDG.

If you can't make it to the Prevention CDN-NDG AGM, please look for a copy of our annual report.

- Nikki Schiebel



#### In this edition

In addition to this article, in this February issue of Nexus you can find the following:

On page two our Éco-quartier is informing you about upcoming workshops, available composters as well as how to celebrate a green Valentine's day.

On page three Tandem shares some info about phone apps that can be used to feel more safe when for example going out.

On this page Tandem also gives you tips on what to think of when selling items online.

On page four our new Outreach worker for seniors, Annie Thifault introduces a new intervention tool for seniors.

On page five Jennifer Chapman continues her interviews with the Prevention CDN-NDG staff and this time it's with Tandem counselor Eero Piilokivi.

On page six you have the invitation to our Annual General Meeting.

## Éco-quartier events

### **Free kids workshop!**

Free Children's ecological Valentine's Day themed workshop.  
Saturday, February 13th from 2-3pm  
Comptoir Urbain, 5003 Earncliffe, suite 6 (corner Queen Mary).

### **Green Table NDG:**

Wednesday March 2nd, 2016. It will be the second NDG Green Table meeting, where the Éco-quartier staff will meet with local citizens who want to get involved in the greening, beautification and using the dynamism of citizen initiatives related to the environment in NDG.

## **Composters in stock!**

The Éco-quartier NDG currently has backyard composters in stock (only \$25 for residents of NDG-CDN!)

There are 3 models available for purchase: the Soilsaver (made from recycled plastic), the Garden Verticelle, and the Balcony Verticelle (both Verticelle models are constructed from natural cedar wood from Quebec).

Each composter costs \$25, cash only please. Please note that this sale is open to residents of NDG-CDN only. Until supplies last.



# Zero waste challenge

Have you heard of the zero waste challenge?

More and more people want to adopt a simpler, greener lifestyle by reducing their ecological footprint.

What is the ultimate goal? Producing zero waste! To reach that goal, nothing is better than voluntary simplicity, which means consuming less and making better, wiser choices, as well as living a life centered on values and relationships rather than material things. The principles to follow are refuse, reduce, reuse, recycle, compost.

Béa Johnson, true ambassador of the zero waste movement, reports that she and her family only produce a litre of waste a year. She tells all about her journey in her bestseller Zero Waste Home, and shares a myriad of tricks to get there. The Éco-quartier NDG will welcome a fan of the zero waste movement, Camille, who holds a blog entitled "50 Pas Vers Un Mode de Vie

Santé et Écolo". She will come share her experience and some tips to lead a simple, healthy and eco-friendly lifestyle. Don't miss out!

**What?** Presentation by Camille, blogger and adherent of the zero waste lifestyle.

**When?** Thursday February 18th, 7pm to 8pm.

**Where?** Oxford room, St-Raymond Community centre (5600 Upper Lachine). Free, welcome to all.

The increase of popular zero waste themed blogs is proof of the keen interest people have for this lifestyle. Here are a few examples if you wish to learn more before February 18th's presentation!

<https://www.facebook.com/50pas/>  
<http://www.zerowastehome.com/>  
<http://www.sortirlespoubelles.com/>  
<https://leblogdejule.wordpress.com/>  
<http://www.tendanceradis.com/>

## **This Valentine's Day, celebrate in green!**

There are many ways to prevent consumerism and celebrate in a more sustainable way. Here are some ideas on how to celebrate a Green Valentine's day:

- If you eat out, choose a restaurant with local, organic or vegetarian food options;
- If you eat in, you can also try to eat sustainably under the same principles;
- Make your own greeting card or send a grain card that can be planted in the ground\*. You can also help the environment by encouraging local artists who use recyclable materials;
- For chocolate fans, show someone how much you care by giving them organic and/or fair trade chocolates;

- Encourage local jewellery designers, especially those who use recycled materials;
- Offer potted plants instead of flowers, they last longer and purify the air;
- Do not forget that roses are compostable;
- Give your loved ones a something more, by offering them the lasting gift of an adoption kit (ie: WWF);
- Plant a tree as a symbol of your love. Happy Green Valentine's Day!

\*Some cards can be planted in the ground as they are made from biodegradable paper, which contains seeds of flowering plants.

## **Compost your wilted roses workshop**

This free workshop will teach you how to reduce your garbage by at least 40% through composting. We'll go over traditional outdoor composting as well as vermicomposting (with worms). Vermicomposting is a method that relies on the work of small earthworms "specialized" in decomposing organic matter. It requires little in terms of equipment and can transform kitchen scraps and plant cuttings into rich soil conditioner. Since this form of composting is done in a closed con-

tainer that can be kept indoors, vermicomposting is perfect for those who do not have access to a garden and are unable to make their own compost outdoors.

Please join us for this informative workshop.

Friday, February 19th from 7-8pm at the Éco-quartier NDG (6575 Somerled, suite 206). Bilingual.

## Phone apps to keep women feeling safer!

As we know, technological inventions take more and more place in our lives in 2016. In the next few issues of Nexus I will be testing several apps that are available for smart phones and that are attempting to increase the feeling of safety for young women when they walk outside by themselves.

The Safety Siren by YWCA is an application available on Android and iPhone. The app can release an alarm and at the same time send an email asking for help to a pre-selected contact person with the approximate coordinates of where you are as well as placing an call to pre-selected emergency service number.

On top of the alarm, the app includes tips on how to make your outings safer, tips on your sexual health and existing resources in the area. For this last functionality, the GPS (location data) has to be activated on your phone.

Here are my conclusion after using this app for about two weeks:

Positive notes:

- Once released, the alarm is quite loud and loud enough to



alert anyone near by.

Negative notes:

- It can be complicated to download the app because it takes a lot of space on your phone. Make sure you have the necessary space before downloading.

- Once the alarm has been released, it took me sometimes up to 10 minutes to stop it. There is no button to stop the alarm.
- After several tests, no email had been sent to any of the pre-selected emergency contacts.
- If you would be a victim of assault or aggression, you have to have your phone handy, find the app and push a button to activate the alarm.

In conclusion, this app has very little impact on my feelings of safety. If you would be a victim of aggression for example, I would recommend you to call 9-1-1 instead of locating this app on your phone to activate the alarm.

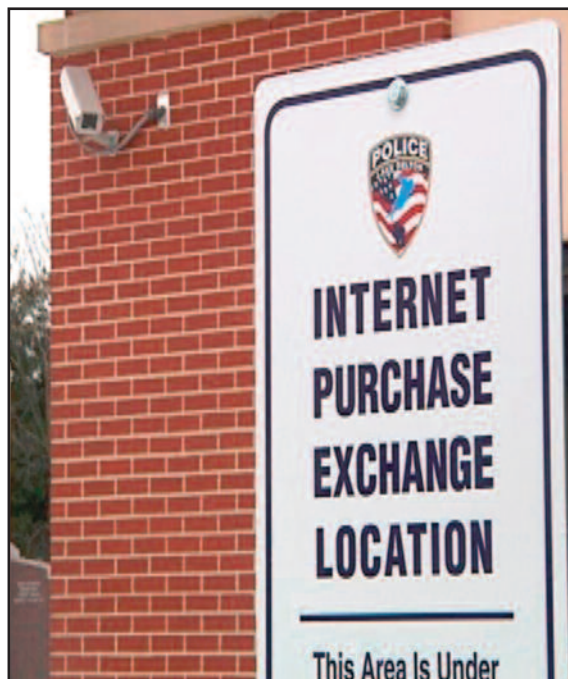
- Geneviève Bergevin



## Tips for safe online selling

In a recent article in Chate-laine, there was an interesting article on tips for staying safe while selling your stuff online. Everyone has joined in on the Kijiji and Craig's List phenomena, which is a fantastic way to reuse and save money, but it included the following:

- Try to meet in a public place, and/or keep a phone nearby.
- If you are selling large items you can to move it close to the entrance of your home or a garage if you have one.
- Always trust your instinct. You, as the seller has full control. You choose the location.
- Some police services are allowing exchange of "high-risk" goods at their stations. So if you'd like to sell some concert



tickets, jewellery, telephones, you may want to check if they offer this added safety measure.

You can check out this CTV News article on more info and tips on how to make your online sales safer.  
<http://www.ctvnews.ca/canada/how-to-stay-safe-while-selling-your-stuff-online-1.1280996>

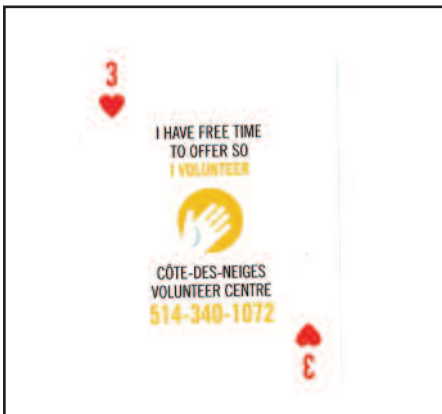
- Terri Ste-Marie



# Hearts in Action for the winter

Last October, the Table des Aînés Côte-des-Neiges launched a new intervention tool for seniors: Hearts in Action card game.

The main objective of this card game tool is to sensitize seniors to become involved in their community (hearts), to keep fit (diamonds), to know more about the resources in the neighbourhood (clubs) and to recognize the signs of elder abuse (spades).



On each card, there is some information on one of these four aspects with, when applicable, the name and phone number of a relevant resource.

Each deck of cards is distributed with a booklet that has the list of all the resources found on the cards.



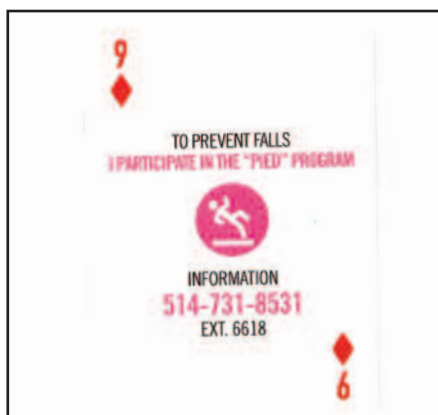
More than a recreational game to be used with family and friends, the Hearts in Action card game opens the door to different discussions and gives a lot of information, not only to seniors, but also to everyone surrounding them. As an example, many volunteers and caregivers in Côte-des-Neiges now use the Hearts in Action

game in their work with seniors.



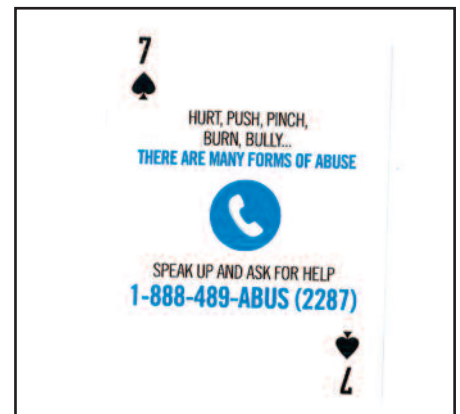
As a follow-up to the launching, we are now promoting the game so that the seniors in Côte-des-Neiges know about it. In my outreach work with seniors, I am giving out games to the seniors I meet, which often leads to very interesting conversations about different needs the seniors might have, and the resources that can help them.

In collaboration with some organizations working with seniors in CDN, I am also organising activities in different community centres, HLM's and seniors residences. Our partners at the Table des Aînés CDN are also promoting and giving out the game in their organisations.



In the holiday spirit, I presented the game at the Sarpad Volunteer Centre's Christmas lunch on December 15 at Kalimera restaurant, and played a card game with some of the seniors and volunteers.

I also went to the Christmas dinner of Maison Chemin de la Côte residence on December 16, where someone from Evasion Centre presented the game and, after giving out decks of cards, had a little quiz to sensitize people on the information appearing on the cards.



We have many other Hearts in Action activities coming up in February and March, including one at HLM Isabella on February 17th and one at HLM Goyer on February 22nd. Information kiosks are also planned in both HLM Place Lucy and Place Newman, as well as different activities in community organisations such as Côte-des-Neiges Volunteer Centre and Centre des Aînés Côte-des-Neiges. We are also working on an intergenerational activity with students from Lavoie High School.

If you want to learn more about the game, or get your own Hearts in Action card game, contact me at 514-736-2732 or come by our office at 6767 Côte-des-Neiges.

- Annie Thifault



## Jennifer interviews

This month it's the Tandem counselor Eero Piilokivi's turn to get interviewed by Jennifer.

**Jennifer:** How long have you been working at Prevention CDN-NDG?

**Eero:** 11 years

**Jennifer:** What happened? What brought you here? I mean, one minute you're in Norway ... or Stockholm ... or something ... and the next minute you're in Montreal, working for Tandem. What were you thinking??

**Eero:** I was working in a youth center in Malmö, when I came to Montréal to vacation and visit with friends. I fell in love with a local girl while I was here. A bit later, we decided to vacation together in California and figured if we still liked each other after living together for those weeks, we'd be good. She moved to Sweden to live with me for two years, before we moved back to Montreal together.

**Jennifer:** Eero, tell me the truth. What do you do all day?

**Eero:** I work in crime prevention, I'm an urban safety counselor.

**Jennifer:** Tell me what one of the more rewarding aspects of your job is. Beside seeing my face on the regular (obviously)...

**Eero:** Working with different people most of the time. I like that we're not focused only on one thing, and that each day is different.

**Jennifer:** Aside from the days that I don't come into work and grace your presence like the little ray of sunshine that I am, are there challenges to your job?

**Eero:** The hardest part is not being able to help all the people that we want to. Unfortunately the reality of situations is that we can't always fix the problem. Also, we get more and more calls from people with mental health issues, whose problems we aren't necessarily equipped to handle. Their needs are broader than simply having difficulty with a landlord or feeling insecure in their environment.

**Jennifer:** If I asked your kids what your job is, what would they tell

me?

**Eero:** Ha ha ... well, my daughter somehow believes that I do graffiti removal, because I did it once, a few summers ago.

**Jennifer:** Can you explain to me why people in Scandinavia think it's okay to sing lullabies about trolls who tie their babies' tails together at bedtime? I mean, how are visions of troll-abuse dancing through their heads meant to be relaxing?

**Eero:** I'm different that way – I'm from Finland. We didn't have these Swedish influences growing up. I didn't even know who Pipi Longstocking was until I was in school. It's true though, trolls are very popular over there...



**Jennifer:** Speaking of children and trolls, did you have a nickname when you were a kid?

**Eero:** I did, and still do. There was a comedy show called Lorry, and in one episode the joke was about a Finnish speaking guy named Yrrol trying to buy a television – and because it was really funny, and his name sounded like mine, my friends started calling me Yrrol.

**Jennifer:** What did you want to be when you grew up?

**Eero:** I wanted to try a lot of things. I studied to become an electrician and worked at it for a while but it wasn't for me. Then I studied to become a recreational animator (sports). When I think about it, when I was younger, with my brothers and friends, I was always the one organizing sports events and activities that we did.

If I had realized my potential then, I could have saved myself some time.

**Jennifer:** If you could start your own non-profit organization tomorrow, what would your mandate be?

**Eero:** I already have one! The Montreal Floorball Club. It's to promote a sport (floorball) that comes from Sweden and Finland, and we're trying to popularize it here in Quebec.

**Jennifer:** I've never heard anybody rave about an annual report before but last year's edition was such a massive success, people were lining up to get their hands on a copy of your masterpiece. What's your secret?

**Eero:** I think the people at Prev were really committed to do something different. When Dan Ouelette was here, he had a vision and we took it from there. If there's a secret, it's common vision and team work.

**Jennifer:** If Prev was a heavy metal band, what would it be called?

**Eero:** Guns & Roses!

**Jennifer:** Have you ever been on a boat?

**Eero:** I've lost count of how many times I've taken the ferry from Stockholm to Helsinki but it was always fun.

I've been on a military submarine once, and I went also on a commercial submarine when we were on vacation in Egypt and the Red Sea.

**Jennifer:** What is the best piece of advice anybody has ever given you?

**Eero:** I don't remember ever having had a bad teacher. They all really enlightened me in different ways.

We had to write a paper once, for history class and I wrote mine about George Washington. After my teacher read it, he asked if I believed everything I had written. I said yes, because that's what was written in the book I read about him. That teacher taught me not to believe everything you read before first verifying the source.

- Jennifer Chapman

PRÉVENTION  
CDN · NDG

WE ARE PLEASED TO INVITE YOU TO OUR 2015  
ANNUAL GENERAL MEETING



**DATE: THURSDAY MARCH 24TH 2016**

TIME : 1:00PM

DOORS OPEN AT 12:30 PM

LIGHT REFRESHMENTS WILL BE SERVED.

CHILD CARE SERVICES CAN BE PROVIDED IF YOU LET US KNOW 48 HOURS  
IN ADVANCE SO THAT WE MAY HIRE A STUDENT.

PLACE:

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