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PRÉVENTION CDN-NDG
6767 CH. DE LA CÔTE-
DES-NEIGES #598,
MONTREAL, QC,
H3S 2T6
514.736.2732
FAX: 514.736.2734

5319 AVE. NOTRE-DAME-
DE-GRÂCE, MONTREAL,
QC
H4A 1L2
514.736.2732
FAX: 514.736.2734

E-MAIL:
info@preventionndg.org
ecoquartier@gmail.com

VISIT US ON THE WEB:

Website:
www.preventioncdnndg.org
Facebook:
Prevention CDN/NDG
Twitter:
@preventioncdnndg

Terri's two cents

This past Thursday, on March 24, the Board and Staff of Prévention CDN-NDG came together to hold our Annual General Meeting. This yearly event's goals are to invite the community to come out (in the snow) and hear about Prévention along with our programming, finances, Board composition and approve decisions made by the organization.



Presided by Jim Olwell, with the following Board members present: Dr. Steve Hreha, Simeon Pompey, Claudine Perreault and Joe Lambert, we are fortunate to count on many wonderful partners in both sectors of our Borough, many of whom attended, representing their organizations, institutions and 'tables'. Close to 30 people were present.



As we patted ourselves on the back for nearly two hours, we tried to limit the self-plugs by creating a video, instead of our regular program descriptions. Created by Theldja Mekki we showed a twenty minute video which highlighted each program's variety of work in the community.

This day would not be possible without the Annual General Meeting Committee. The Committee worked very hard this year (and every year) to bring this

day to fruition. They are made up of:

Nikki: Our resident vegetarian who made it a point to ask for donations of BBQ'ed chicken to please her carnivore colleagues, while asking for donations she shopped locally with the least amount of waste as possible;



Eero: Who spent countless hours formatting our annual report and then patiently watched the 378 changes that we made afterwards;

Patrick: Who worked on banner design(s) in the middle of the night in order to have them up and ready for the meeting;



Jen: For going along with sunrises, even if she didn't feel it and didn't say a word when we ditched that idea;

Al: For keeping the office whole while I was over 1600 kilometres away this winter, writing parts of the report.

Special thanks also go to the non-AGM Committee staff, as well as our sponsors, Sharon Sweeney and Boom Service, Provigo, Subway on Somerled, and Metro Grocery Store. Hope to see many of you next year!

- Terri Ste-Marie

Éco-quartier events

Adopt-a-planter

Thursday, 14 April,
6-8 pm.
At Eco-quartier, at
6575 Avenue
Somerled #206

**CDN/NDG Annual
Flower give-away**

Saturday, May 28th
9 AM in:
- **NDG Park** (Sher-
brooke West &
Girouard),
- **William Bowie
Park** (Patricia &
Fielding)
- **William Hurst
Park** (Terrebonne &
Grand) in the park
chalets.
The activity takes
place as long as
supplies last.
Compost available
as well (30L per ad-
dress, please bring
your own contain-
ers). Wood chips
are also available
from trees felled in
NDG over the
course of the year.
Proof of residence is
required.

Return on the Zero Waste presentation

The zero waste lifestyle presentation that was held on February 18th went well, with a small attendance of about 10 participants. Lesson learned: There was, a dance class taking place in the adjacent room unfortunately, and the loud music and noise undermined the flow of the presentation. For the next event, this will be taken into consideration when booking a room... Camille was highly motivated and she was inspiring while sharing her tricks and advice on how to reduce our ecological footprint. The challenges met can change from one person to another, but what matters most is to slowly but surely reduce our consumption and to make better choices when we do consume (for

instance buying local, fair-trade, organic, in bulk, with a recyclable or compostable packaging). Favour experiences over material goods, and most of all, remain positive despite the challenges encountered!

For more info, check out her page:
<https://www.facebook.com/50pas/>



Full Circle: Intergenerational Gardening in NDG

Intergenerational Gardening is a volunteer program that pairs youth volunteers looking to learn more about gardening with seniors who have knowledge to share but who need physical help to keep their passion alive. Éco-quartier NDG is bringing together senior residents of NDG:

- With knowledge and experience gardening.
- Who want to teach.
- But no longer have the physical strength to work on their personal gardens alone.

and young adults:

- With energy and strength to work.
- Who want to learn.
- And are looking for gardening mentors to guide them along.

Éco-quartier NDG is presently seeking participants for the 2016 edition of the Intergenerational Gardening program. At no cost, register now to join the Full Circle gardening program for this year's growing season, starting this April 2016! For more information: please contact the Éco-quartier NDG at 514-486-2727 or ecoquartier@gmail.com



Adopt-a-planter on Somerled

Did you notice vegetables and herbs growing in the city's cement planters along Somerled last summer? Maybe you even tasted some! Now, it's your chance to help grow veggies in those planters for the upcoming season!!

Eco-quartier, Transition NDG and Incredible Edibles invite you to help design and care for the planters this summer. Come to our community "micro garden"



workshop and team up with others from this neighbourhood to get involved in creating and tending beautiful mini-gardens with food to share. Experts and novices are welcome in order to form working teams. There will be snacks and refreshments.

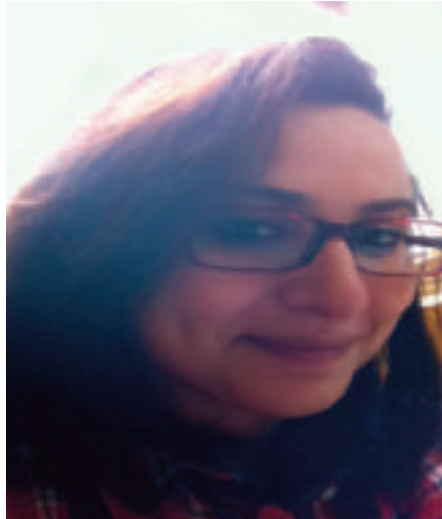
When? Thursday, 14 April, 6-8 pm.
Where? Eco-quartier, at 6575 Avenue Somerled #206

New Environmental Animator and Green Alleys Project Manager

I am the new Environmental Animator at the Éco-quartier Notre-Dame-de-Grâce. I am also the manager of « the Green Alleys» Project.

At the Éco-quartier NDG, I am in charge of organizing environmental awareness workshops to students in elementary and high schools and also to all NDG residents concerned by environmental issues.

I am hoping to present educational, interactive and amusing workshops. In fact, recently I had my first workshop at Ecole St-Luc High School Annexe. It was a great experience for the students



but also for me too. During the workshop, the students learned the importance of paying attention to our eating habits. We also talked about how we can reduce our food waste. At the end of the workshop, I was so moved by the students' motivation to start «The Zero Waste Lunch box » challenge.

I am looking forward to meeting you and to join in this eco-responsible journey towards a better environment.

- **Nouha Dhahri**

The new volunteer coordinator at Eco quartier NDG

I wanted to introduce myself, my name is Nazmus Syed and I'll be replacing Lysiane as the volunteer and greening coordinator at the Eco-quartier NDG this summer. I'm really looking forward to the role and hope to meet many of you in the community, whether it is through volunteering activities, seeing you at our office or at some of our events.

A little bit about my background, I am a graduate of Concordia University's Environmental Science Specialization and studied at the Loyola campus through out my studies. I have been involved in a few initiatives that have supported the NDG community, first through coordinating backyard

fruit harvests with Les Fruits Defendus and helping support the Association of Pedestrians and



Cyclists of NDG in promoting more active transport.

With these experiences, I've made connections with the community and I hope to build upon that through my experience here at the Eco-quartier NDG.

Feel free to contact me if you want to get involved in volunteering with the Eco-quartier NDG. We have a host of activities and you can contribute in many ways, whether it's helping us with kiosks, going door-to-door letting residents know the best way to recycle or helping us here in the office. We share these opportunities through our mailing list, so please subscribe and you'll be first to know!

- **Nazmus Syed**

A volunteer from Brazil

A volunteer from Brazil who wishes to come to Montreal wrote an article about the little eco-conscious choices she makes in her everyday life and at work. She would like to be involved with the Éco-quartier NDG this summer. In the meantime, here is what she wrote to us:

"In my daily life, I always try to make a conscious use of returnable bags and packages as well as to reuse plastic and glass containers. At home, I use the dish-

washing machine in economic mode, and all of the house lights are LED. I believe that everyone must do their part and little by little we can build a better world. For example, in Brazil it is quite difficult to find trash cans and I will hold onto my garbage until I find one instead of just throwing it away in the streets. When I clean the house thoroughly, I try to give a second chance to objects I don't need anymore by donating them to those in need. I work with digital media which

means we try to print as little as possible. For instance we encourage online campaigns through social networks and mobile applications, and we believe that it generates more results and is more cost effective. When we do have to print, I try to choose recycled materials or/and materials that can be recycled. I am very committed and engaged, and I am ready to invest time and energy for a cause I believe in, and I am looking forward to new challenges!"

New Hampshire students came to Montreal!

For the 4th year in a row, the Eco-quartier NDG had the pleasure of hosting a dozen high school students from New Hampshire. The students (ranging in age from 14 to 16 years old) chose to come to NDG during their March break (March 7th to 12th) to volunteer their time during the day. In the evenings they visited the city and learned about local culture. They covered all of their own costs, and stayed in a youth hostel at night. Over the years, the students have done a variety of



projects, and now we know what activities they like to do best. This year the students collected worms from a vermicomposter to start a new one for a resident. They helped to clean up the neighborhood by taking down illegal posters on poles & bus stops. All in all, they spent the week giving their time to the NDG community while learning about Montreal. Both the Eco-quartier staff and the New Hampshire students enjoyed the week.

Summary of the first Green Table meeting

The Éco-quartier NDG held its first meeting of the Green Table 2016 on February 3rd. There were nine of us who attended, a promising start for this brand new Green Table! We agreed to try and meet monthly to discuss future and ongoing projects and initiatives, exchange ideas, and move towards action for a better environment in NDG.

We discussed the Falaise St-Jacques, one of Montreal's ten eco-territories. The falaise is under threat because of the Turcot construction, and it also has a pervasive garbage problem. The group Sauvons la Falaise will be holding

a big cleanup event, attended by multiple environmental groups and organizations and the event will possibly get some media cov-



erage. Interpretive walks will continue to be held regularly in the falaise to raise awareness about its ecological importance and

precarious status. For more information, please visit <http://sauvonslafalaise.ca/>

We also discussed the possibility of holding exploratory and interpretive walks to learn about and identify the edible trees and shrubs that grow in the neighbourhood. Then we'd be better able to help the borough to find new locations to plant trees.

The next Green Table will be held at the beginning of May. We're hoping to continue meeting on the first Wednesday of every month. Please contact us to get involved.

Come garden with us!

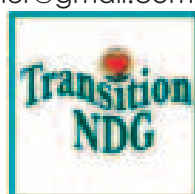
Please join us as we create a greener Somerled Avenue for the summer!

Where: in front of Metro Grocery Store (6645 Somerled)

When: May 21st, 2016
Time: 2-4pm

At its third edition, Incredible Edibles NDG, its partners and the merchants of Somerled Avenue will be growing tomatoes, herbs and so much more in specially-designed planters along Somerled Avenue.

We will be putting together the planters and distributing them to the participating merchants. The food is free to share and any surplus will be donated to the NDG Food Depot. For more information: Eco-quartier NDG: 514-486-2727 or ecoquartier@gmail.com



Violence

It is with a heavy heart that I write this article. It is the morning after the attack in Brussels and my curiosity got the best of me, so I went online to see what had happened. Some of the video footage from the metro attack had the sound of a child crying in fear, in that moment so many feelings washed over me.

I know these types of things happen all over the world every day and most never make the news. As someone who works on the front line with youth, I find more and more questions are coming out about violence, extremism, terrorism and racism.

How do I tell the kids that look up to me for information that makes them feel safer that I too am scared? This goes beyond bullying or Internet safety. I live in a world where somewhere, someone thinks it's ok to shoot or bomb places where families live or travel with their children. I know that military operations all over the world also hurt innocent people as well. Nations who should know better.

I think we should all know better. I would hope that families talk about violence they see on TV, movies and in video games. Youth are so easily influenced by what they see around them. Not only media, but the adults

in life we cannot control, kindness, peace, compassion, courage, patience are just a few examples of the things we can.

I don't promote the fight back ideology, to punch your bully is no better than them punching you, I

would say your enemy is someone who was taught to hate you by others who hated those who came before you.

I think we are all responsible in some way to make a small change, The change is free, it doesn't need a program, a Center or a police presence.

These are my opinions, as a reader you don't have to agree, and my views may not represent those of my organization or funders, but I will continue to promote a simple message ... practice kindness, everyday, with everyone, especially when it's not easy.



around them. Ignorance and hate are not something kids are born with, they learn it from us. I try to live my life in a simple way, since the loss of my cousin and the birth of my son I don't allow stress and anger to dominate my life. I tell the kids there are things

- Joseph Lambert



Annual General Meeting for Tandem programs

The Regroupement des Organismes mandataires du Programme Tandem held their Annual General Meeting at 6767 ch de la Cote-des-Neiges on March 9.

The Regroupement's mandate is to promote the Tandem Program across the City of Montréal and provide support to the various offices, from training to public relations, to joint projects and so on.

Last year, much work went into dealing with the possible restructuring of the program, that would



be managed by a new organization created solely for that purpose.

Nine offices were represented and both the financial statement

as well as the programming report were passed, and the Action plan for 2016 was also approved.

Elections were also held and the new Board of Directors consists of: Johanne Daigle (RDP-PAT), Véronique Ducloux (VSP) Leo Fiore (Ahuntsic-Cartierville) Kunthy Chhim (Verdun) and Terri Ste-Marie

(CDN-NDG).

- Terri Ste-Marie



2016 Speaking Rights Bursary – Equitas*

Last February, Fanny and I (from the Hypersexualization project) applied to obtain one of the five Speaking Rights bursaries offered by Equitas. We are very happy and proud to announce that our project has been chosen and that we have received a \$500 grant!

With the group of girls who regularly participate in our activities, we will use that money to build a project that will be created and implemented by the girls. This project will also contribute to promote human rights, such as equality, by providing a safe space for girls to talk about different matters that are important to them, like body image, street harassment and their feelings of

safety in the neighbourhood.



We are very excited about this project! We will keep you posted on the outcome of this new adventure!

* We would like to thank these organizations and institutions for their contribution to this grant: Equitas, City of Montreal, Ministère de l'immigration, de la diversité et de l'inclusion, Foundation of Greater Montreal and Royal Bank of Canada Foundation.

- Julie Robillard and Fanny Lavigne



Moving on

What happens when it's over? What happens when they don't need you anymore, what you did was giving them confidence, self-esteem, and now that they have it, they don't need you anymore. The greatest thing for a youth worker is to see that young person become independent, to see him grow up, to see him have a positive leadership amongst his peers.

Although it's an amazing feeling, sometimes you just feel sad to see them go. You remember what you guys been through so much the good like the bad. Now that person will be going into society as a better individual a little bit thanks to you. You move on of course because others with similar issues will be coming your way again and you will be there to

assist them in their journey to adulthood, in the hopes that when your path crossed again they will be in a good place.

- Karl Thomas



Annual General Meeting 2015

A poem that was read at our AGM.

To Rose Among the Thorns at CJE-NDG

Though you cannot tell victory from defeat, too deep within the crucible of battle with the madness of boys, their pretence that is the student who is teacher in a worldhood where nothing is worth knowing, learning, owning, except a gaudy gold pendant around the neck as metaphor, a hint how he might do himself.

Boys to be or not to be men: this now is the hardest job there is; nothing worth more, easier to have lived than live.

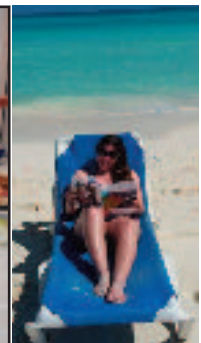
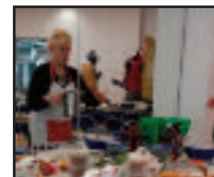
Yet, through your anvil of dogged love, decent hate, teeth clenched dreams, like a mother steeled in sweat giving birth again. If you win, for you the creation of a force within for him, improved chances, none to slim.

Yet can the earth get in one season green? Find his talent, let it shine, expose it and if love cannot be found now in his heart, steer him to another part, for love is king here.

And next you move up to a clearer, rarer place,

something good and strong inside is reinforced. And if he stays a berth is made; and if he goes, there is elsewhere to be, or not to be, remade.

by James F. Olwell



Even while on vacation in Cuba our Annual Report is gathering interest.



A new service for senior caregivers

SARPAD Volunteer Centre, which offers volunteer services to Côte-des-Neiges and Outremont seniors, now offers, since last December, a new listening, information and support service for senior caregivers.

On February 29, at Rockhill apartments complex, was the inauguration of the awareness campaign for caregivers. On this occasion, Linda Couture, project manager, did a presentation of



the project and its objectives and Mr. Ivan Rochette talked, in a

positive and humoristic manner, about his experience as a caregiver.

The project's main objectives are to sensitize and inform caregivers on their role and the importance of getting help, to accompany and orient the caregivers towards the community or professional resources which are best adapted to their needs and to support the caregivers by accompanying them in their actions. The project

also aims to get the caregivers to know and identify their rights, needs and limits.

Caregivers who wish to benefit from SARPAD's services will have a personalized accompaniment. At the first interview, Ms. Couture presents and gives to the caregivers a support guide which was created specifically for them, and establishes with the person a list of his needs,

at the same time allowing him to vent on what he is going through. At the second interview, an action plan is created in order to organize the different

steps and therefore avoid exhaustion. Then, if needed, Ms. Couture refers the person to the appropriate resources. Following these two interviews, a follow-up is made by phone to see where the person is



at in her actions and to assure that she received the services she was referred to.

According to Ms. Couture, which has already received many requests, this project gives to the caregivers a certain form of recognition and allows her to pinpoint the needs that are still to be fulfilled.

If you are a caregiver and you live in Côte-des-Neiges or Outremont, you can enjoy this service by contacting Linda Couture at 514-737-2454 or by email at aidantsarpad@sarpad.com.

If you live in another neighbourhood, you can communicate with L'Appui Montréal at 1-855-852-7784 or visit their website at lapuimontreal.org to know about services offered near you.

As Ms. Couture says: "It's better to plan in advance, before being completely exhausted!"

- Annie Thifault



A real portrait of homelessness in Montreal and in Côte-des-Neiges

In March 2015, there was a count of the homeless people in all of Montreal. This count, as many organizations implicated in the homelessness topic realised, does not reflect reality. As an example, 6 homeless people were counted in Côte-des-Neiges, while the foot patrol officers of the local police station 26 counted over 40. As a feedback to the count, the RAPSIM (Réseau d'Aide aux Personnes Seules et Itinérantes de Montréal) created, in collaboration with different actors in Montreal, a publication: Homelessness in Montreal, above the numbers. At the launching of the publication on March 10th, over 100 people were present to listen to people from different organizations talk about the reality of homelessness in different neighbourhoods and

for different populations. Bernard Besancenot, animator and liaison officer with the community at Multifac, made a presentation on the reality of homelessness in Côte-des-Neiges. RAPSIM's publication is available through their website at rapsim.org.



Concerning Côte-des-Neiges, many workers from different resources mobilized around the topic to create a true portrait of homelessness in Côte-des-Neiges.

One of the main characteristics that came out of it is the fact that a great part of homelessness in Côte-des-Neiges could be qualified as "hidden homelessness". Indeed, a great number of people,

without sleeping in the streets, do not have a fix address (sleep at a friend's house, go back to an ex-boyfriend) or live in filthy apartments.

A publication is being produced to present and detail homelessness realities in Côte-des-Neiges. This publication will be available on May 18, and on that same date there will be a forum on homelessness in Côte-des-Neiges. Many key actors of the community will be invited to come get more information on Côte-des-Neiges's homelessness reality, and also to take part in different workshops aiming to develop strategies and solutions to fight homelessness and to take more adequate actions in order to fulfill the different needs.

- Annie Thifault

Jennifer Interviews

This month Jennifer Chapman turns her attention to the Hip Hop You Don't Stop coordinator, Marc Pagliarulo-Beauchemin.

Jennifer: Marc! How long have you worked for Prevention CDN-NDG?

Marc: 11 years!! I've worked with the team since March 2005.

Jennifer: How did you end up working here?

Marc: One day, I met Fred (who was in charge of the Graffiti program back then) at Villa Maria metro. Asking wassup, he told me Prevention CDN-NDG got a grant from CNPC (Centre National de Prévention du Crime) for putting together a Hip Hop festival as a crime prevention program. Being an involved artist of the Montreal Hip Hop scene as part of Atach Tatuq, a well known band at that time, I was pretty interested by the project! He asked me to send him my CV and he told me that I got the job a couple days after.

Jennifer: In what way does the Urban Arts program play an important role in the community?

Marc: This amazing program gives the opportunity to the youth (whatever their background) to express themselves through art instead of wasting their time doing non-constructive things. We are working with all the community organizations that offer activities related to urban arts through the year. Also, we are inviting established and professional local artists and even internationally known artists to participate and share their experience to the youth to show them what is possible to do when you put effort and energy into something constructive.

Jennifer: What is one of the most challenging things about your job?

Marc: Putting together a high quality cultural event with small means: small team, small budget, etc.

Jennifer: What is one of the most rewarding things about your job?

Marc: When I see the smiles on the faces of the participating youth that are dancing or singing or playing music or painting, I got the feeling that the program is working well.

Jennifer: If you were going to start your own non-profit organization, what would the mandate be?

Marc: Hmmm ... Good question. I think it would be related to art and more specifically to the democratisation of art. Helping youth have access/through art to the different tools they need and teach them how to use those to express themselves through art.



Marc and special guest, the legendary B-Boy Ken Swift (VII Gems / Rock Steady Crew, NYC) at the 10th edition of Hip Hop You Don't Stop (10 years after the 1st time / last time he came to Montreal, performing at HHYDS 2005!!!).

Jennifer: If you were the Mayor of Montreal, what is the first change you would put into effect?

Marc: More place for bicycles, community transports and eco-friendly projects (LEED constructions, urban gardens, urban honey, composting ...). In a more idealistic way, have a global vision for our city, speaking about its architectural development: architecture, urban development ... Developing / constructing a city are incredible opportunities to create a beautiful space to live in!

Jennifer: Do you have other artists on your music label, or only yourself and your projects?

Marc: I don't have a music label

anymore. We stopped our activities in 2009. It was more a tool for us making it possible to produce / promote our own music (as a band).

Jennifer: If you were to sign the entire staff of Prev as one band/project to your label, what style would the music be, what would you call it, and which Festival would you submit it to?

Marc: It would be a really eclectic band. It would be a rock/reggae/rap/dancehall/punk/electronic/acoustic/jazz band. Wassup with that?! We would perform at SXSW for sure. Ha!

Jennifer: What are the three most played tracks on your playlist?

Marc: L\$D (A\$AP Rocky - AT.LONG.LAST.A\$AP), The bird (Anderson Paak - Malibu) and Feeling Light (me, Waahli (Nomadic Massive) and my DJ, Toast Dawg - Brazivlain vol.2 revisité)

Jennifer: What do your kids think you do?

Marc: They think it's to go to a park and listen to music, dance, see murals on trucks and eat amazing takizas (tacos)!!!

Seriously, I think they don't know at all what a job is. All they know is that I'm working a lot in front of my computer.

Jennifer: Marc, I need you to tell me the truth about this next question, as hard as it may be to answer. Have you ever been on a boat?

Marc: All day "I'm On a Boat" - <https://www.youtube.com/watch?v=R7yflSIGLNU>

- Jennifer Chapman

