

In this edition:

Éco-quartier
news

Moving safety

Bike engraving

Elder abuse
awareness

Fielding-Walkley
meeting

Teenage girls'
activities

Murals

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Terri's two cents

The Fort McMurray fires have once again shown us how fragile our lives and/or our belongings can be. Although what we own are just "things", it's extremely stressful and sad if we were to lose everything in a split second.

The Government of Canada has prepared a lot of information on emergency management. We at Prevention CDN-NDG recommend that you take a few moments to reflect, discuss and prepare in the case of an emergency. We may not live in the middle of a dense forest or a rising river, but emergencies unfortunately happen. Earthquakes, tornadoes, power outages, and blizzards have occurred. And don't forget cyber security, transportation accidents and of course the zombie apocalypse.

The Canadian Disaster Database is full of information regarding disasters of all kinds, excluding war. There are many criteria and it's a pretty interesting read. You can find it at in English at <http://www.publicsafety.gc.ca/cnt/rsrscs/cndn-dsstr-dtbs/index-eng.aspx>. (Français) <http://www.securitepublique.gc.ca/cnt/rsrscs/cndn-dsstr-dtbs/index-fr.aspx>.)

Again not wanting to resort to fear mongering, but it certainly does show us that we are not immune to disasters.

After knowing the risks, the second step involves making a plan. Every household should take about twenty minutes to fill out the forms that are available online. If something were to happen and your family is not always together, what would you do?

How would you contact each other, and/or the daycare, your work, senior residence, family and so on? Can you pick a safe meeting place for your family?

What about pets?

Is your important documentation easy to retrieve if you need to evacuate at a moment's notice?

A Household Plan is available at (English) <http://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprndssgd/index-en.aspx#s2>

(Français) <http://www.preparez-vous.gc.ca/cnt/rsrscs/pblctns/yprprndssgd/index-fr.aspx>

Another possibility of Emergency Preparedness is to be generally self-sufficient at home for about 72 hours, maybe without power and or running water. A basic emergency kit prepares you without a lot of stress. Have you ever seen the news before a hurricane or tornado and the shelves are bare in the grocery stores? This kit will prevent you heading out to brave the crowds. Items such as a manual can opener, water, garbage bags and toilet paper can and will certainly come in handy if you are at home for days.



A basic kit should also be stored in the trunk of your vehicle. Kits such as these can be purchased from the Red Cross at <http://www.shop.redcross.ca>.

Provincial resources are also available. In Québec –The Ministère de la sécurité publique's Telephone (toll-free): 1-866-644-6826 and General information (Services Québec): 1-877-644-4545 or www.securitepublique.gouv.qc.ca.

My intention is certainly not to cause fear, as information is important. We ask you to begin the dialogue at home on these very important issues. Let's also hope we never have to use them.

- Terri Ste.Marie



Éco-quartier events

Summer kiosks:

Our summer staff will be hosting information kiosks this summer (cancelled in case of rain). Come by and ask your ecological questions:

- Thursday, June 16 from 5-8pm in Park Paul Doyon (theme: ecological gardening)
- Thursday, June 23 from 5-8pm in Park NDG (theme: ecological moving)
- Thursday, June 30 from 5-8pm in Park William Bowie (theme: composting/food waste collection).

Help NDGers breathe better!

Eco-quartier NDG will be hosting ragweed identification + pulling days. Please join us. We will provide the bags and gloves.



Free mattress bags available for mattress disposal (to fight against the spread of bed-bugs).

No junk mail stickers are available at the Éco-quartier NDG. Free!



Moving? Please don't forget about the environment!

As we prepare to move and we pack our boxes, we often realize that we need to get rid of some stuff. Some of it is old books that we realize that we'll never read again, and other times we realize it's an old bucket of paint that probably isn't good anymore.

No matter what you need to dispose of, our ecological moving kiosk / drop off is a one-stop experience!

On Saturday, June 25th, the Éco-quartier NDG team will be in the Walkley Center Parking lot (6650 Côte St-Luc). Bring your used clothes + household goods to donate to Renaissance. You can also bring broken/no longer functioning small electronics for safe disposal (AERP), bikes for Cyclo Nord-Sud (usual donation fee should be waived) and hard to recycle items like used textiles and old shoes (Les Super Recycleurs).

Of course, it is always important to lighten your and the environment's burden by applying the principles of the 3 Rs:

REDUCE

- Use old newspapers, blankets or towels to wrap and package your belongings;
- Opt for bulk products or those in

econo-format, which are reusable or only contain slight packaging;

- Avoid an unnecessary surplus of paint - carefully check how much paint you'll need before the job;

REUSE

- Consider selling, or giving away your still usable items on www.craigslist.ca or www.kijiji.ca;
- Reuse clothes, furniture, appliances, toys and other stuff by organizing a yard sale or by bringing them to a resource centre or a charity;

RECYCLE

- Your used-up oils, paint residue, batteries and various other products can be brought back to authorized dealers or to your local Ecocentre, where they will be taken care of in the most ecological way possible;
- Try recycled paint when possible, it is less expensive and of high quality; FAVOUR more ecological choices
- When shopping for cleaning products, try those which are less toxic for the environment;
- Compost! Roughly 40% of your household waste is compostable, organic matter!

Incredible edibles is back for another year on Somerled!

On Saturday, May 21st, Éco-quartier NDG, Transition NDG, and a host of volunteers filled the borough's cement planters as well as other planters and old recycling bins with plants for residents to enjoy. Incredible Edibles is a community project that grows herbs and vegetables in communal planters for everyone to share. We were inspired by the Incredible Edibles project started in England which has as one of its goals to "grow food everywhere!"



The goal is to create a noticeably green and edible area right on Somerled. Planters will be filled with

herbs (likely basil, parsley, mint) as well as easy to harvest vegetables (cherry tomatoes or cucumber for example).

The Incredible Edibles project is spear-headed by a group of volunteers (Transition NDG) in partnership with the Éco-quartier NDG. It is an environmentally sustainable project. Planters are made from recycling bins, recycled pallets, and a host of other recycled materials.

We invite you to drop by and visit these mini-gardens along Somerled this summer.

Green Team 2016

The Green Team is back for the summer! This year, NDG is lucky to receive grants for students from Service Canada. We'll have 2 green patrollers, a camp animator, a composting agent, and a horticultural expert to help with the Incredible Edibles project as well as other community initiatives. We're also lucky to be receiving a student from the YMCA Canada project (a youth comes to Montreal to practice

French), and 2 youth from the CJE Montreal. The extra summer staff are all students, and we expect that they will learn a lot from their time in NDG, while they help the community. They will participate in numerous environmental projects throughout the district. Whether it's through education on water saving at kiosks or the benefits of trees in urban zones, it is all with an approach to encourage resi-

dents to adopt eco-friendly practices. One of the main tasks this summer is promoting the upcoming food waste program in Loyola. We have over 7300 addresses to visit, and thus we might be knocking on your door to invite you to participate. When you meet the green team this summer, please be sure to say hi!

Images from recent Éco-events



Nouha at the Rudolf Steiner School's annual celebration.



Nazmus empties the Benny community composter with LCC students.



Nikki led a biodiversity workshop with the C-Vert kids.



Nikki and flower distribution volunteers.



Nikki chaired the falaise St Jacques meeting on June 1st (in partnership with the NDG Community Council and Sauvons La Falaise).



Adina at the group flower distribution at Darlington yards.



NDG Green Patrollers 2016.



Eco-quartier NDG staff and volunteers at the flower distribution, May 28th.

Moving ... safely!

Here are a few safety tips that you can adapt to your own situation in order to ensure a safe move.

Before D day:

Tell trusted neighbours the exact date you will be leaving and let them know whether you will be using the services of a moving company or friends in order to avoid phony mover's showing up. Do not hesitate to meet your new neighbours (as well as the superin-



tendent or the landlord) to inform them of the time you will be moving in, to ask them for information (on parking, garbage days, characteristics of your street, etc.). If you decide to use a moving company, make sure that it is legitimate and reliable before you agree to anything and always demand a written contract. While you pack your belongings, use this opportunity to engrave them and make an updated list of your valuables (an engraver may be borrowed free of charge from all Tandem Montréal offices). Objects that will not be packed in

boxes (television, computer, microwave oven, etc.) should be wrapped in towels or bed sheets to hide them from prying eyes.

During the move:

Ask people you trust to remain at both your new home and your former address in order to keep an eye on your property and help coordinate things. Never leave anything outside (on the balcony, in the driveway, in the car, truck or trailer, etc.) without surveillance. Move your valuables (jewellery, furs, works of art, money, etc.) yourself or leave them with someone you trust for a few days, even if you are moving other items with professionals. If you move by yourself or with friends, make sure that you are carrying everything in a safe manner:

- Do not overload the truck, trailer or car;
- Maintain good visibility;
- Fasten everything to keep objects from falling during the move;
- Keep plastic sheets handy in case of rain.

After the move:

Change the lock or the lock's barrel as soon as possible. Give the landlord and someone you trust a key to your home. Recycle or destroy boxes that came with your valuables to avoid showing everyone what you own.

Use only your initials or the word "occupied" on your mailbox (or next to the intercom) and if needed, have a peephole installed in your front door. Change the batteries in your smoke detector and check it regularly.

To add to your peace of mind, have a Tandem Montréal counsellor do a free security evaluation of your new home.



Do not forget to make a change of address when you are moving. Please visit the link below to create your personalized itinerary, you will obtain a customized list of steps to take to notify government departments and agencies of your change of address.

<http://www4.gouv.qc.ca/EN/Portail/Citoyens/Evenements/changement-adresse/Pages/accueil.aspx>

For any other questions concerning crime prevention please contact us at info@preventionndg.org or 514-736-2732.

Protect your bicycle against theft - for free

Tandem, together with our local Police Stations 11 and 26, will organize kiosks (Projet Numéro) where you can come and engrave your bike **free of charge**.

All you need to bring is your bicycle and a piece of identification and we will do the rest.

- **June 22nd** from 10am to noon, metro station Vendôme.

- **June 29th** from 10am to noon, corner of Girouard and Cote-St-Antoine (Park NDG).

- **June 30th** from 10am to noon, on Queen Mary in front of St. Joseph's

Oratory.

- **July 4th** from 10am to noon, corner of Victoria and Van Horne.



- **July 6th** from 10am to noon, corner of Monkland and Girouard.

- **July 11th** from 10am to noon, corner of Cote-des-Neiges and Appleton (Park Kent).

More dates and places to come in July and August.

If you are not available for any of these dates, please contact Tandem CDN/NDG 514-736-2732 or email us at info@preventionndg.org to make an appointment to have your bicycle engraved or contact your local police station. These appointments are also free of charge.

World Elder Abuse Awareness Day

June 15th is the World Elder Abuse Awareness Day. To underline that important day, the Table des Aînés CDN is organising an activity at 6767 Côte-des-Neiges, in order to sensitize seniors, as well as different actors of Côte-des-Neiges, to

elder abuse. The activity will take place from 1:30pm to 4pm in the large room at the ground floor. The activity is free and opened to everyone, coffee and pastries will be served. The program includes: a quiz, animation, video clips, tips

and prizes to be won. Each participant will leave with a Hearts in Action cards game, a bookmark and interesting information!

- Annie Thifault



Taking action collectively for the wellbeing

As part of the
World Elder Abuse Awareness Day

Come enjoy a QUIZ
Prevention tips
Interactive video clips
Draw!!!

Wednesday June 15, 2016
2pm to 4pm

(registration starting at 1:30)

Community building Le 6767 

Large room on ground floor

6767, Côte-des-Neiges, Montréal

Invités

Animation

Annie Thifault, Prevention CDN/NDG

Registration

Free

Information kiosks with resources against elder abuse

Coffee and pastries will be served



Activité organisée par :



Table des aînés
Côte-des-Neiges



Corporation
de développement
communautaire de
Côte-des-Neiges

Community meeting at Fielding-Walkley

On June 15th 2016 there will be a Community Meeting for the Fielding-Walkley sector held at the Walkley Center. The objective of this meeting will be to present to residents, the overall Démarche Fielding-Walkley. We will also present: Current priorities of the Démarche and who are the part-

ners involved, in addition to what the mobilised residents group is working on this year. It will be a great opportunity to share with and hear more from the community about any emerging issues that are important to residents to voice.

What: Fielding-Walkley Community Meeting.

When: June 15th, 2016, 7-9pm.

Where: Walkley Center.

- Jennifer Chapman

Joignez-vous à nous pour une Rencontre Communautaire!

FIELDING

- Rencontrez certains de vos voisins!
- Partagez et apprenez-en davantage sur les priorités actuelles et sur certaines problématiques dans le secteur.
- Découvrez les partenaires qui sont impliqués dans le projet de revitalisation et de mobilisation dans la communauté.
- Rencontrez le groupe de résidents Fielding-Walkley! et apprenez-en plus sur les projets à venir dans les prochaines années et découvrez comment vous pouvez y participer!

Les citoyens, propriétaires de commerces et organismes locaux sont tous les bienvenus!
Votre opinion est importante!

Join us for a Community Meeting!

WALKLEY

- Meet some of your neighbours.
- Share and learn about some of the current priorities and emerging issues in the area.
- Find out more about the partners involved in the revitalization project and mobilization of the community.
- Meet the the Fielding and Walkley Residents Group, learn more about the projects they have lined up in the year to come, and find out how to participate.

Individuals, business owners and local organizations are all welcome, your voices matter!

15 Juin 2016 June 15th
19h00 - 21h00 / 7:00pm - 9:00pm
Centre Walkley
6650 Chemin de la Côte-Saint-Luc, Montréal, QC
fieldingwalkleymobilization@gmail.com

En collaboration avec des partenaires de la Démarche Fielding-Walkley
In collaboration with partners of the Fielding-Walkley Revitalization Initiative

News from teenage girls in Côte-des-Neiges

In the last few months, Julie and I did some activities with teenage girls from the neighbourhood. Because of the bursary from Equitas, we were able to offer new activities. Mobilizing girls from CDN to come to activities is an ongoing challenge for many organizations and that's why we are happy to have met with so many new girls during the last months! Here are some info about these activities :

Hat workshop

During lunch time at La Voie school, for two days, about 30 girls joined us in designing their own hats! They had the chance to express their creativity and their talent on hats, with music in the background and snacks to eat!



During the activity, Julie and I talked with the girls about many things : What activities they would be interested in? What do they like and don't like about school? What are their passions? Which subject would they want to talk about. We were impressed by how many girls came to the activity and we decided to offer more activities during lunch time at the school, knowing how many girls we could reach out! To watch out for these beautiful and cool hats around CDN this summer!

Girl's lunch

We wanted teenage girls to meet each other and get to know them in a welcoming vibe and that's why we organized a girl's lunch. We offered lunch and dessert and, even after we had to switch places at the last minute for the activity, about 15 girls came to have lunch with us! They told us they liked the idea to have a place at the school where they

can hang out and talk between girls during lunch time. We were pleased that they had a good time and that they saw their school as a great place to hang out during lunch time and do activities, as this is a protective factor in the prevention of sexual exploitation.

Zines & Pizza

In the past few months, we create zines with teenage girls, in which we expressed ourselves on many subjects, such as body image and self-confidence. Zines have no rules : you can do whatever you want with them, talk about every subjects you want, etc. Comics, poems, drawings, texts, stories, everything is permitted! Last November, girls created a collective zine on how they feel about their body image, what is expected for them from society. It was a great experience in reflecting on such an important issue. This spring, we organized a Pizza & Zine night. This time, there were no rules, no themes, our collective zine was about our passion and highlights from magazines. Julie and I discovered that creating zines is a very popular activity with teenage girls, as they can express themselves freely and openly without being judge or having to follow strict rules. Copies of both these zines are available at my office at 6767 Côte-des-Neiges (room 598). Come and grab your copies!

Self-defense workshop

With Equitas' bursary, we were able to offer a self-defense workshop for girls only. The workshop was given by the Montreal Assault Prevention Centre (MAPC). Fifteen girls learned verbal and physical self-defense and how to diffuse violent situations. Moreover, the MAPC talked about violence in relationship and how it is a cycle, which we believe is very important for girls to learn to recognize. It was such a great workshop, we want to give a warm thank you to MAPC! Each and every girls told us they loved the workshop, that they learned a lot and that they now feel safer in their neighbourhood. They even

asked for more workshops to practice their new skills! They were grateful to have had the workshop only between girls, as they felt more comfortable to scream and practice moves! We thank Équitas for this wonderful opportunity, which would not have been possible without their bursary.

Exploratory safety walk & Art on shirts

Feeling of safety in your own community is an important topic for us and after the self-defense workshop, we wanted to learn more on how teenage girls feel about the neighbourhood, in terms of safety. Geneviève (from Tandem), Julie and I organized an exploratory and safety walk with about 16 girls. As we had heard many comments on street harassment and not feeling safe in CDN, we wanted to know more on which places are deemed safe and which aren't.



First stop : La Voie school and backyard. This is a safe place for teenagers, as they say they love hanging around at lunch time, chatting outside with friends or doing volunteer work for the school. Second stop : Walking between the school and Plamondon metro station. Many girls told us they don't like walking alone after school, they don't feel safe, they feel they are being followed or they hear disrespectful comments towards them. Third stop : Mandela park. Every girls said they feel unsafe being alone in the park, mostly because of all the men drinking and smoking in front of the park. Teens said they prefer to go to the park when there are families. Fourth stop : Plamondon metro station. This is

Continued on page 8



Our in-house muralist, Guillaume Lapointe, has been busy the past month with his first two murals of the season.

First one is a sailboat themed mural on a wooden fence (below and bottom left) in the alleyway entrance at the corner of Draper and Terrebonne.

The second one is a called "The wild cameleon cat" (left) and is located at Westhaven.



From page 7

also a place where girls feel unsafe or have had bad experiences. They don't feel comfortable when men shout disrespectful comments at them and one girl even got spit on. Moreover, the teenage girls said the metro can be a dangerous place. Last stop : Kent park. Girls love this park and all it has to offer, such as the WiFi! They mostly feel concerned by the cars around the park, as they don't always respect the pedestrians.

After hearing these comments, Geneviève, Julie and I sat down to discuss on what to do next with this feelings of insecurity in CDN. We decided to share the comments in the Nexus and to start a process of getting these comments to the people who can make changes. We'll meet with the girls to discuss what exactly to do next. Watch out, you'll hear from us!

After the exploratory and safety

walk, we had a creative activity : designing you own sweatshirt! With the help from Guillaume, our colleague at Prévention CDN-NDG, who shared tips on how to improve our skills, each girls got the chance to paint on their own sweatshirt. We were impressed by all of the creativity, the different styles and colors chosen by the girls! We were also happy to see how girls were helping each other during the activity. We really want to thank Guillaume for his time. This activity was made possible by an enormous donation of shirts by Vinny from Success Clothing. We want to give him a warm thank

you. It was a fantastic afternoon, the teenagers had tons of fun and they wear their art with pride!

Equitas'gala

As the school year turns to an end and students are studying for finals, our last activity before summer was our participation at the Equitas' gala. We wanted to highlight the involment of the girls during this spring in the activities made possible by the bursary from Equitas. Four teenage girls came to represents their friends on this night of awareness, as all programs beneficiaries of the bursary presented their work. So many teenagers were present and proud of their implication! Julie and I are really proud of the girls who participated in our activities. Once again, we want to thank Equitas for their support and the bursary wich made possible such inspirational discussions between girls and our community.

- Fanny Lavigne and Julie Robillard

