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[@preventioncdndg](https://twitter.com/preventioncdndg)

## Terri's two cents

There has been many written editions and Nexus articles that focus entirely on the staff, both who they are and what they do. These include the people on the ground who meet with various individuals, groups, and partners as well as the support staff who organize the offices like well-oiled machines, take messages, buy the pens, pay the bills, etc. The one group we often don't mention however is the Board of Directors.

The Board is made up with people who live and or work in the community and represent various sectors/districts/age groups and who help set the organization's tone, priorities, and help support the staff, as well as stand with and stand for the organization, often sharing the same values as the teams'. They are our quiet leaders and work with us with no public recognition.

This year we have an open spot for a dynamic volunteer who may be interested in giving time and energy to our wonderful Board of Directors.

Qualifications include:

- You either live or work in the Borough of CDN-NDG;
- 18 years or older;
- Have some knowledge of the community;

- Have a background in subjects such as fundraising, accounting, human resources or communications;
- Have a keen interest in one or more of the following subjects: The environment, urban safety, social development issues affecting youth, seniors, women, and/or urban arts;
- Have some time to donate ... one meeting a month in the evening, and perhaps a few hours during the day as well, with a possibility of joining an internal committee.

We will be conducting a thorough recruitment process including an interview and background check.

Still interested? Please send a letter of intent with a list of your qualifications as well as the reasons why you'd like to be a member of the Board to me at [terriprevndg@gmail.com](mailto:terriprevndg@gmail.com). Please add "Board Recruitment" to the Subject Line.

Thank you for your consideration!

- Terri Ste.Marie



## The Board of Directors

Being on a board does sound kind of scary, Well as someone who has been on our Board (Prevention CDN-NDG) since 2002 and a couple others over the years such as Westhaven and Bienvenue à NDG, it is kind of scary, but scary in a good way. This is where tough decisions are made, interesting discussions are held and sometimes very different points of view come together.

Too often, policy makers and funders decide what the priority is for the population, A truly strong board represents the population, They are made up of moms and dads, teachers, professionals, retired residents, doctors, lawyers, business owners just to name a few from all walks of life. A Board of Directors keeps an organi-

zation honest and transparent and represents the roots of an organization.

I knew nothing about what it meant to be on a board when I first started and now, so many years later, I truly see how a bit of time and energy gives back to our community by helping thousands of people in so many ways. If helping your neighbourhood is something that interests you, look and see what's out there and become part of something great.

- Joseph Lambert



## Éco-quartier events

### Volunteers wanted!

Randall community clean-up (and a little bit of West Hill too), between Somerled and Cote St Luc. Saturday, June 4th from 10am-12pm.

Community clean-up on Walkley street (and a little bit of Fielding too). Saturday, June 4th from 1-4pm. We'll meet at the Walkley Center (6650 CSL) at 1pm.

Come with a few friends and a spring-cleaning attitude. We provide the gloves, bags, tools and more! Together, we can do it!

### CDN/NDG Annual Flower give-away

Saturday, May 28th 9 AM in:

- **NDG Park** (Sherbrooke 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 address, please bring your own containers). Wood chips are also available from trees felled in NDG over the course of the year. Proof of residence is required.

### Time correction

In the April Nexus we published an article: Come garden with us - Launch of the Incredible Edibles project on Somerled.

**When:** May 21st, 2016 the time SHOULD HAVE READ 10am-2pm and not 2-4pm.

Sorry for any confusion this may have caused

## Home compost pick-up

Across the island of Montreal, more and more boroughs are implementing home compost pick-up to help divert organic waste from landfill in the near future. It is now NDG's turn, and home compost pick-up of food waste is planned to start in October 2016 in the Loyola electoral district (the portion of NDG with an eastern border at Grand and a Western border at Connaught). The NDG district (East of Grand), is expected to follow in early 2017. The borough will continue to implement home compost pick-up by electoral district throughout the rest of Cote-des-Neiges until finally the Darlington district is included in 2019. The Quebec government is planning to make it illegal to put food waste in the garbage as of 2020.

The food waste program is available to all those residing in houses, duplexes, triplexes and apartments with 8 units and FEWER. Apartment buildings or condos with more than 8 units, schools and institutions will need to approach the Eco-quartier for special permission to be included in the first stages of collection. Eventually a plan will be devised to include them in the food waste pick-up.

Unlike traditional outdoor or vermicomposting, the municipal collection can accept meat, bones and fats because the waste will be heated up to temperatures hot enough to kill any potential pathogens. The goal is to divert more from landfill sites, which are filling up quickly, and to instead transform what was a waste item (table scraps), into something that can be used (energy). While it is often referred to as home compost pick-up, the City of Montreal will instead be heating the waste to very high temperatures, creating methane gas. The gas will be captured and used as natural gas. Very little solid waste will be generated by the process. This process is known as biomethanization, a technology developed in Europe that is very safe and clean.

Many residents have been wondering why the food waste program hasn't begun sooner. When Montreal made its announcement in 2011 that compost pick-up was coming soon, the factories needed to convert the food into natural gas had not yet been

finalized (and few municipalities want a composting facility in their borough). It took years for the sites to be finalised, and construction is now underway. The first biomenthanization factory is expected to open in 2019. In the meantime, the food waste collected is brought outside of the Island of Montreal to various composting sites. While this is better than sending the food waste to landfill, it still creates enormous amounts of carbon dioxide (CO2) due to the trucks using so much gas. Montreal is planning to greatly reduce those emissions with the new biomethanization centres.

If you already have a composter at home, we encourage you to keep using it. Composting at home requires no transport and creates no greenhouse gases. Not everything can be composted in a traditional composter or a vermicomposter though (meats, fats, bones, dairy, spicy foods, etc). We suggest that that food waste be given to the city's program.

Here's why:

- When you compost at home you know exactly what is in the humus formed;
- If you garden or grow food, the humus is accessible at all times;
- There will not be additional humus made available through the municipal program;
- Composting (especially vermicomposting) is a great thing to model for your children;
- Composting at home helps to keep municipal waste disposal costs down (and your taxes).

If you live in the Loyola (or even NDG district) and you'd like to sign up for home compost pick-up, please contact the Eco-quartier NDG so that we can include you on the list right away. The Eco-quartier NDG staff will be going door-to-door this summer to explain the program to residents and sign them up to receive a food collections bin. By registering ahead of time, you facilitate the process. You can either send us your name, address and telephone number by email (ecoquartier@gmail.com) or call us at 514-486-2727.

- **Nikki Schiebel**



## Blue patroller

Once again this May, the Blue Patroller (Patrouille bleu) will be visiting homes offering residents water saving tips. The goal is to reduce the amount of rainwater that runs into the city drains when there is a storm. When there is too much rain for the sewer system to handle, rainwater goes directly back into the St Lawrence River without being treated or cleaned. That doesn't seem like such a big deal, until you remember how dirty the streets can sometimes be. There is petrol (with all of its various chemical compounds and pollutants), physical garbage like plastic bags, candy wrappers and cigarette butts as well as salt and other compounds. Ideally, all of those pollutants would be removed before the water was sent back to the river.

To reduce the amount of water available to the sewers, the Blue Patroller will encourage residents to: 1. Turn their drain-spouts so that water is directed onto a permeable surface (soil, plants, rocks, etc); 2. Adopt a rain-barrel; 3. Install gutters. Many solutions are

very low cost if not free, and yet they offer such a big water savings to the environment. Summer is a stressful time for Montreal's water reserves. Residents consume 25% more water than the rest of the year



with gardening needs, extra showers, swimming pools, sprinklers, water-refrigerants and so many other demands. While tons of water is taken out of the system, much of it is returned, and that overwhelms the treatment plant. Keeping rainwater out of the

treatment plant during peak periods allows it to keep within its parameters without running out of water.

Each of us can also contribute to keeping Montreal's water supply safe by remembering simple things: 1. The toilet is not a garbage (dispose of paint and such at the écocentre, not the toilet); 2. Never throw away objects like condoms, dental floss, hair and other items down the toilet which can easily be put in the trash instead; 3. Bring all expired medication to the pharmacy, do not flush it.

So this May when the Blue Patroller comes to your house to offer you free water savings tips, please say hi, and remember, he/she is there on behalf of the environment! (Of course, another wonderful way to help retain water is to plant a tree. Please consider the A Tree For My Borough offer.)

Ahmed Altalibi is the name of our Blue Patroller this summer.

- Nikki Schiebel

## An Earth Day conversation

On Friday, April 22nd, Eco-quartier NDG, in partnership with Transition NDG, hosted a lively discussion: What to do about waste? Participants shared their tips for helping to save the environment, many of which were innovative. We talked about composting, soap replacements & alternatives, fixing things, reusing a variety of items and so much more.



One thing that touched me was the stories from war-time, the examples of resourcefulness from those who have nothing. Aline shared the story of her mother who washed the children, used

the same water to wash the clothes, and then finally, the water was used a final time to wash the floor. The water was used 3 times before being surrendered as dirty. In Montreal, I've witnessed people standing idly watering the sidewalk, watching the arc of the water aimlessly.



Does that mean that when we have a little more, we waste a little more?

Not necessarily so. Lea & her husband (photo) were specially invited to speak about their home's grey water system. They've ingeniously set it up so that they have a pipe that creates an outdoor shower whose water takes care of the plants in the yard. This replaces their need to water the plants in their yard. All of the participants were captivated by the idea; don't be surprised if outdoor garden showers start popping up all over NDG!

- Nikki Schiebel

# A tree for my borough

Buds on trees are a sure sign its spring, it always seems so optimistic to me! This year, NDGers have at least 80 more trees in the neighborhood thanks to last year's A tree for my borough program. Good news, the program is back for 2016! Home-owners, businesses and institutions can take advantage of this opportunity to get a tree at a substantial savings.

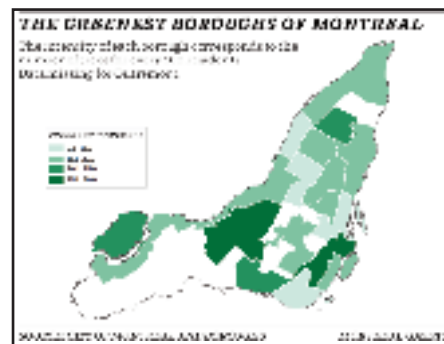
Montreal residents can purchase a tree for \$25\* (or a fruit tree for \$35\*), with quite a few species to choose from. Trees can be ordered and paid for on-line until June 7th. Trees purchased will be delivered to either the Éco-quartier NDG or CDN. Residents will be invited to collect their trees during the week of June 14th.

This is the 2nd year that the Eco-quartier NDG is participating in the program. Last year we were surprised at just how big some of the tree species already were at delivery. All trees arrived in black pots ready to be planted. We weren't sure that the trees were going to fit in the small cars, bike saddle-bags, and bike trailers with which residents came to collect their trees, but somehow with bungee cords and a will, each of the trees made its way to its new home.

While planting a tree might seem like a daunting task, it really isn't

as hard as it seems. The city has an easy to follow guide on their Espace Pour La Vie site: <http://espacepouurlavie.ca/en/planting-your-tree-or-shrub>.

Each tree comes with planting instructions, as well as a bag of mycorrhiza (beneficial mushrooms) which help the roots to establish themselves.



Planting trees is obviously beneficial for the environment, and any more that can be added to the community will help to offset some of the trees that have recently been felled in NDG.

Unfortunately, this is likely a record year for tree cutting in NDG (perhaps since having to remove dangerous trees after the ice storm), with hundreds of trees are being cut down these days. Some trees (various species) are being cut down because they are in the way of machinery needed for the

Turcot Project. Many ash trees specifically have to be cut down to reduce the spread of the emerald ash borer. The CDN-NDG borough is working hard to control the infestation, but many trees have to be either cut down, or inoculated at great expense. Trees are essential to the urban landscape for so very many reasons, that we just cannot simply accept losing up to 40% of the canopy. That's a good reason to adopt a tree this year and plant it in your yard where you can enjoy its spring buds year after year. Don't miss out on the opportunity to buy a tree at a great price. Your lungs will thank you!

Examples of \$25 trees: maples, oaks, Mountain Ash, etc  
Examples Fruit trees \$35: apple trees, pear trees, plum trees, etc  
Please go on-line to consult the full list of trees available: [www.eco-quartiers.org](http://www.eco-quartiers.org)

\*The price is slightly higher for residents from non-merged boroughs. This program is a collaboration between the Éco-quartier NDG, the City of Montreal, Soverdi and the Regroupement des Éco-quartiers (REQ).

- Nikki Schiebel

## Household Hazardous Waste Collection 2016

The Household Hazardous Waste Collection will be on Sunday, May 29th between 9 a.m. - 5 p.m. at the Municipal yards, 2140 Madison (corner St Jacques).



Accepted materials for HHW collection include:

- CFL bulbs;
- Leftover latex or alkyd paint;
- Used motor oils;
- AAA to D alkaline batteries;
- Automotive batteries;
- Cleaning products, acid or basic;
- Solvents, including turpentine and Varsol;
- Pesticides;
- Chlorine for swimming pools, other oxidants;
- Adhesive products, epoxy or dyes, aerosol products;
- Propane cylinders.

Attention: This waste collection is

reserved for citizens of the City of Montreal only. A proof of residence is required. Please note that tires are not accepted.



# This month's safety theme: Bicycle safety

## Let's all share the road ... safely!

### RULES FOR CYCLISTS

#### Remain visible at all times

- Equip your bicycle with reflectors, a red light at the rear, a white headlight at the front and reflective strips.
- Other vehicles are larger than you, so make sure you are visible in traffic, especially at night.



#### Be alert

- Look out for dangers on the road (doors of parked cars, potholes or broken pavement and other obstacles) and obey traffic signals.
- Yield the right-of-way to pedestrians and never ride on the sidewalk.



#### Ride with the flow of traffic

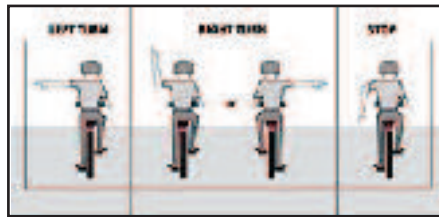
- Ride in a straight line in a predictable manner, with the flow of traffic, and stay on the far right side of the road. Do not forget to yield the right-of-way to pedestrians at intersections where



right turns at a red light are allowed.

#### Signal your intentions

- Check behind you before changing lanes or turning.
- Use hand signals to indicate your intention to turn. This is also a great way to make your presence known to other road users.



#### Turn left safely

There are two ways to do this:

- 1) like a vehicle, by staying on the left lane at an intersection;
- 2) like a pedestrian, by making an "L" shaped turn.



#### Adjust your driving

- Keep longer distances to brake under rain or snow conditions.

#### Wear your helmet properly

- An improperly adjusted helmet is ineffective. The helmet must not tilt too low on your forehead or the back of your head. There



should be room for the width of two fingers between your eyebrows and the helmet.

- The straps should form a "Y" shape under the earlobes.
- A properly adjusted buckle should leave room for one finger between the strap and your chin.

### RULES FOR MOTORISTS

#### Look out for cyclists ...

... regardless of the weather, place or time. Cyclists must occasionally steer away from the far right side of the road to avoid debris or obstacles. If you are parked, check to make sure there are no oncoming cyclists before opening your door.



#### Keep your distance

When passing a cyclist, keep a distance of around 1 m between your vehicle and the cyclist, and 1.5 m on rural roads. Under the Highway Safety Code, a motorist may cross a solid line to pass a cyclist if this manoeuvre can be done safely. Before getting back into the lane, make sure you leave enough distance between your vehicle and the cyclist.



# Tandem intern experience

Greetings to all of you!  
 My name is Marie-Soleil Miron and I'm a second year student in Techniques d'Intervention en délinquance at Collège Ahuntsic. Ever since January, I've had the chance to do some work training at Prévention CDN-NDG for a total of 35 hours. During all the hours of learning, I had the opportunity to directly deepen my knowledge of crime prevention and intervention. I have been able to adapt my way of going about when it



Brigiite Chretien, Genevieve Bergevin and Marie-Soleil Miron at a recent kiosk.

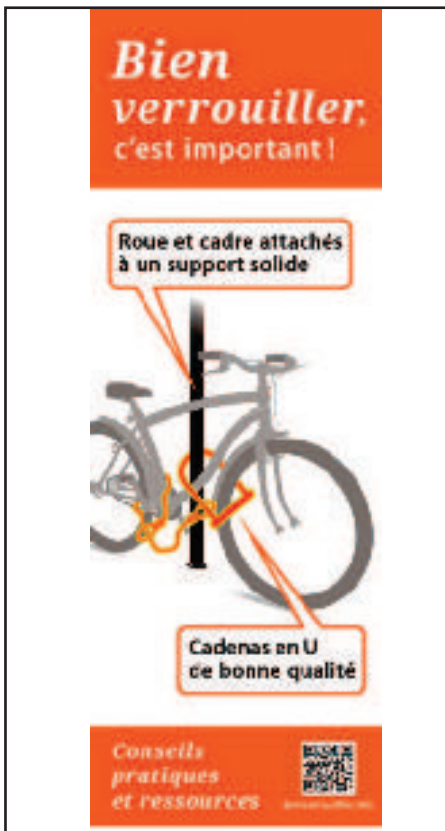
comes to meeting different kind of clients. I also had the privilege of meeting the different staff at Prev who are implicated in social transformation, humanitarians beings that are motivated and competent. Thank you to Prev, and especially Genevieve Bergevin, who accompanied and advised me all through my training, for this enriching experience. I hope to see you in the future!

# Bicycle theft prevention

Biking is often more than just a leisure activity for urban cyclists. It's an economical and eco-friendly way to get around. Unfortunately, a lot of bikes are declared stolen to the police every year in Montreal. There are a few steps you can take to make sure your very valuable method of transportation – your bike – doesn't get stolen.

1. Choose the right lock! ...
2. Always lock your bike to a solid object that it cannot be lifted over.
3. Lock your bike in a well-lit area with high foot traffic.
4. Make sure what you lock to cannot be cut.
5. Lock according to value - frame first, then back wheel, and finally front wheel.
6. Get the tightest fit possible!

**Engraving remains a good theft prevention option**  
 Have your bike engraved at your



neighbourhood police station or your local Tandem office. Once the bike is engraved, the police enter the data in an in-house register. Thus, when an engraved bike is found, it is possible to quickly locate its owner and return it. Write down the bike's serial number when you buy it and keep it with the inventory of your belongings. And remember to keep the invoice. You can also contact your local Tandem office to get your bike engraved for free!

**If your bike is stolen, what can you do?**  
 Report the theft to your neighbourhood police station or call 514-280-2222. Contact your insurer. Your bike is covered under your home insurance policy. Contact Tandem CDN/NDG 514-736-2732 or email us at [info@preventioncdnndg.org](mailto:info@preventioncdnndg.org)

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Be careful at intersections  
 - Always watch out for cyclists at intersections.  
 - Yield the right-of-way to cyclists riding on your right or before turning right at a red light (where permitted).

Yield the right-of-way to cyclists...  
 - ...crossing the lane you are about to enter.  
 - Do not honk your horn when approaching cyclists. This can



startle cyclists and cause them to make a wrong manoeuvre.

**For more information, read the Safe Cycling Guide at**

<https://saaq.gouv.qc.ca/fileadmin/documents/publications/safe-cycling-guide.pdf>

# Outreach worker Mesay Girma

Most at risk youth that I work with are struggling to fulfill their most basic needs, such as jobs, affordable-apartments and completing their schooling. If an Outreach Worker wasn't there in NDG; these teens would not have someone working to help them find the solutions to these problems.

As an Outreach Worker, I:

- Help them with their CVs and interviews, on a case-by-case basis, by accompanying them to Carrefour Jeunesse Emploi Office (CJE/NDG);
- Help them find affordable apartments through an internet search and accompany them to visit the places;
- Help them graduate high-school or go back to school by connecting them to the schools and pro-

grams of their choice;

- Am the person who is there to listen and support them through their hard times, even if I can't find an immediate solution to their predicament.

cessfully. For those who are struggling with these issues, an Outreach Worker is the ultimate answer to their dilemma. Unfortunately, if they don't have a professional and role-model figure in their lives to guide them in the right direction, they will keep on getting lost further.



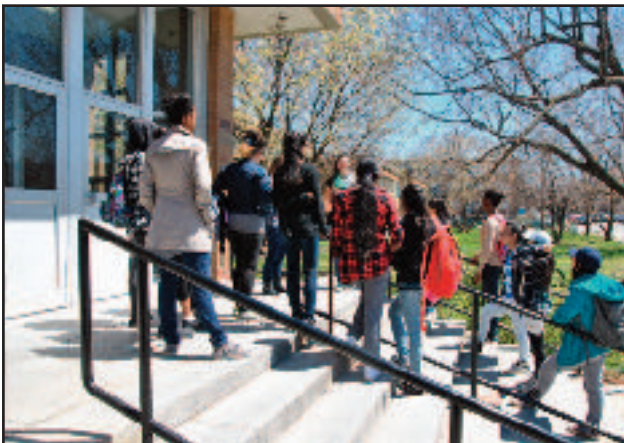
One of my most proud accomplishments of 2015 is that I helped more than 20 of my teens and young adults find part-time and full-time jobs. I hope to be able to help many more youth find work this year, especially this summer.

- Mesay Girma



It takes a lot focus and strong mindfulness for teens to make it to the next chapter of their life suc-

## Photos from recent events



On May 6th, Prevention CDN-NDG staff organized a Safety Walk for LaVoie High School students (girls only). A lot of important safety concerns were raised and we will have more about this in our next edition.

Staff from Prevention CDN-NDG participated in a Vélo-Quebec training this past month. Following the training, staff are participating in the Cycliste Averti project at Ecole Notre-Dame-de-Neiges, where students are taught how to bicycle safely on the streets.



Jim Olwell's recent poetry reading and book launch event at Shaika Café on April 28th attracted several staff from Prevention CDN-NDG.