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Terri's two cents

"If you want to go fast, go alone, If you want to go far, go together" African Proverb

Last week, I attended the DCSLDS's (Division de Culture, Sports, Loisirs et Développement Sociale's) presentation regarding their new policies on partnership (Politique de reconnaissance et de soutien des organismes sans but lucratif). After working diligently over the past few months, the Division, along with other partner tables and groups, have come up with new rules and regulations on what makes a group a recognized partner for the Borough. There were many people in the auditorium, and it felt like a reunion of sorts. Just by taking a look around the room, I envisioned all the projects, committees and programs that we have all worked on...together.

Strong partnerships are one of the reasons for our success with projects in the borough. Here is an example of the ways we work closely with other organizations:

Éco-Quartier NDG: In 2015, SOCENV (Société Environnementale) applied for and was granted the program for the borough as a whole, yet still wanted a relationship with us to continue in NDG. Charles Mercier and his staff have made this transition extremely easy.

Table de Concertation Jeunesse Cote-des-Neiges: The Table, made up of 33 member organizations and three observers has been partners with us going on ten years this month! In 2006, we began to jointly manage the CDN Street Worker Project, The Blue-Line Street Worker Project, The Hypersexualization Prevention Project, as well as the Outreach worker for the Project, the Park Animator Project and last but not least the Outreach Worker for the Mandela Sector. Joel Poirier currently

heads up the Table.

Table Jeunesse NDG: Dozens of members make up this Table, and through our experience with CDN, we were happy to take on the role of mandataire for the Table when we received monies from the Borough for an outreach worker in the NDG area. Add to that the fiduciary for "Let's Get Moving in The Parks" and Jeunes Leaders. The Table's Coordinator, Marie-Charles Boivin has been a staunch Prev supporter since she was hired at the Table.

The Fielding-Walkley Revitalization Initiative: As part of The Partners' Table, Prevention CDN-NDG became fiduciary for Centraide's Mobilization of Residents' Project that we have been working on since 2012. As well, we have been a member of the Provisionary Board of Directors of the Walkley

Centre since 2011, along with Comité Jeunesse NDG and the Borough.

These are just a few examples of local and not so local partnerships. I am not counting the multitude of other groups and institutions that we

work with on a regular basis by way of committees and Boards such as the two local police stations, the CIUSS, the two Tables de Quartier, the Loyola Association for the Development of Youth, Bienvenue à NDG, the YWCA, and many many more.

We wouldn't be the same without them all and we don't really mention it enough, but THANK YOU dear partners, it is a pleasure working with you and it makes our work much more fulfilling!

- Terri Ste.Marie



Director of the Division of Culture, Sports, Leisure and Social Development, Sonia Gaudreault presenting the powerpoint on the new partnership policy on June 21, 2016.

Éco-quartier events

Summer kiosks:

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

- Thursday, July 21st (5-8pm) NDG Park (theme: water),
- Thursday, July 28th (5-8pm) Loyola Park (theme: food waste collection / composting).

Ragweed identification and removal with volunteers :

- July 20th, 10am to noon.
- August 3rd, 10am to noon.

For more info on our events join us on our website:

<http://preventioncdnndg.org/eco-quartier/>

And on our Facebook:
www.facebook.com/ecoquartier.ndg

Perennial plant exchange: 12th edition

On Saturday, September 17th 2016 (12-2pm), the Éco-quartier NDG will host a perennial plant exchange in Somerled Park (at the Eco-quartier NDG in case of rain - 6575 Somerled, suite 206). All Montreal residents are invited to bring a perennial in order to exchange it with one from the bank. It is a great opportunity to increase your garden's variety of perennials as well as meet other people who are passionate about gardening.

Perennial plants provide numerous benefits. In addition to the fact that they don't have to be replanted every year (reduces transport, contain-

ers, etc), these plants often have deep, extensive root systems which can hold soil to prevent erosion. They also capture dissolved nitrogen before it can contaminate the ground and surface water, outcompete weeds (reducing the need for herbicides), and help to mitigate global warming by carbon sequestration.

The Éco-quartier NDG welcomes those looking to freshen up their gardens, as well as those simply looking for tips to get their gardens started. Register now at ecoquartier@gmail.com or call (514) 486-2727.

Old School supplies collection was beyond successful

Here at Eco-quartier NDG, we have just wrapped up our first annual school supplies collection! Our goal was to reduce waste by collecting used school supplies, that would have otherwise been thrown away, and giving them to the underprivileged families of NDG in September 2016.

This program involved the collaboration of several schools and the YMCA in the area. We requested that their students deposit their school supplies (old crayons, paper and all sorts of stuff that can be reused) in a box provided by the Eco-quartier, rather than simply throwing them away

Toward the end of the school year, our team, led by our animator Nouha, distributed the boxes to the schools and then picked them up once school was over. We distributed only one box per school, but when we went to pick them up, each school had several boxes full of variety of school supplies to give to the program. The car was packed each time!

We would like to thank all the schools that participated in the collection, including Loyola High School, Villa Maria High school, Kells Academy Ele-

mentary school, Lower Canada College, Greaves Academy, Les enfants du monde school and the NDG school for their generosity. Special thanks to YMCA NDG, the first on board for this project, for their generous contribution. We hope this will become an annual tradition.

We would also like to thank the design course at Rosemont Technology Centre, taught by Jill Lougheed, for volunteering to design a poster for the program as part of a design competition. The winning poster designed by Anna, was definitely a key component in the promotion of the program in the schools, saving a lot of school

supplies from going to waste. Thanks again for all of your help!

We also thank all the residents of NDG, who, gracefully, offered their kids old school supplies.

It was a wonderful experience for all of us, we were amazed by the community's generosity!

To learn more about our activities at Eco-quartier NDG please visit our website:

<http://preventioncdnndg.org/eco-quartier/> or our Facebook page at www.facebook.com/ecoquartier.ndg



New food Waste Collection Initiative receives positive reactions from citizens

Food waste collection has already begun in many boroughs of Montreal and now it is finally time for it to begin in the Loyola district of NDG. The ultimate goal of this initiative is to reduce the amount of waste ending up in landfills by bringing all organic food waste to other facilities to be composted by biomethanization. In October, each household residing in a building of eight units or less will be receiving a 46 litre brown bin for outdoors and a smaller seven litre bin to keep in their kitchen and all food waste will be collected by the city once per week.

This past week the Éco-quartier NDG team has been going around the borough, door to door, informing the citizens about the food waste collection that will be beginning in October. Only a few streets have been covered, but the team is moving quickly and hopes to visit every door from Connaught to Grand Boulevard

at least once by the end of August.

So far, the door-to-door team has had mostly positive experiences and it is obvious to them that many citizens have been waiting for food waste collection for a long time. "I'm happy with the amount of people that are answering and how many have open mindsets and are willing to learn more about it" Ahmed Altalibi, a member of Éco-quartier's Green Patrol discusses his experiences of the week.

Understanding the importance of trading convenience for sustainability is what will make this initiative successful. The overconsumption of goods and the over-exploitation of the Earth's resources is undoubtedly a major driver of current climate change. Continuing on the path of overconsumption and creating excessive waste in landfills will ultimately lead to the destruction of the one thing that has given life: the Earth.

This is just a small step in the major task of achieving a sustainable future, one that does not over-exploit the planet's natural resources, and one that leaves the Earth in better condition than found. "Everyone should do their part for the environment and chip in even though it's more work and an extra expense. They'll get into the habit of it just like recycling" Hilina Hailu, Eco-quartier NDG's composting agent expresses her positive attitude toward the new initiative.

Éco-quartier NDG is happy and excited to be bringing food waste collection to its citizens and hopes that everyone will understand its importance and value. The door-to-door team hopes it can continue to share this excitement because collaboration from everyone and positive attitudes is exactly what is needed to make it a success.

By Charlotte Hings

Playing the Wat-tery

On June 2nd, our green patrollers hosted a workshop about the importance of the preservation and sustainable use of water at the RBC Somerled Branch. Toward the end of the day, we offered a man a free sample of our home-made eco-cleaner and we received an exceptional response. He stated that while water conservation is important, he's actually more interested in winning the lottery. That response got us thinking... In the way that some people gamble their money in the lottery, are we collectively gambling our environmental health?

When re-thinking our own behaviour, the answer is often yes. Despite all of the information and scientific facts available, we still play around with numbers, placing bets on the threshold of pollution of St-Lawrence River and the quantity of water we waste. We buy wat-tery tickets every

time take 30 minute showers, eat meat and refuse to compost our food waste, knowing very well what will happen if we do not win the "water jackpot". We can already see the damage caused by unsustainable practices in



other countries: drought, floods and water that is so contaminated that it makes children sick. Despite these devastations, there is still hope. If we are willing to sacrifice daily conveniences in the short-term, we can skip the

gambling environmental health and start improving it. Getting back on track, after explaining to the man that if he scrubbed hard enough with our eco-cleaner, the winning numbers for the next lottery drawing would magically appear. He smiled, took a sample and left. It is always easier to go through our lives, not changing our habits, hoping for anything less than complete environmental devastation, but it is precisely changing these habits that will actually make a difference and prevent this.

In short, even if it is much easier to hope to win the water game, changing our daily habits will always get us further.

**By Vincent Jarry and Ahmed Altalibi (translated by Nikki Schiebel)
Green patrollers summer 2016.**

Going on a safe vacation worry free

Often it takes some time to relax once you're on vacation before you can really enjoy your time off. Below are a few tips to speed up the relaxation process and help you leave your home with complete peace of mind from Tandem CDN/NDG, Montreal's crime prevention program for citizen action and urban security. Whether you have a few days or a few weeks away, enjoy them to the fullest by following and adapting these basic principles to your own situation.



Before you go

Talk to your neighbour. When burglars choose a target, they often search for homes that don't look occupied. You can make sure your absence is not obvious by making a friendly request to your neighbour or someone you trust to:

- Pick up your mail.
- Park their car in your driveway or in front of your house a few times.
- Turn the indoor and outdoor lights on and off, when needed (you can also purchase timers);
- Open and close curtains.
- Make sure that everything is in order.
- Move your car.
- Mow the lawn, in summer.
- Shovel your walk or driveway in winter.
- Stop the mail. One easy option is to ask the post office to hold your mail and cancel newspaper delivery.
- Check your insurance policy. Some insurance policies limit coverage in case of prolonged absences, so ask your insurance

company or broker if this applies to your policy.

- Safeguard your documents. Make a list of your confidential numbers (passport, credit cards, PIN numbers, travelers' cheques, etc.) and store it in a safe place. Also, notify your credit card company if you're travelling abroad.
- Research where you're going. If you're travelling abroad, it's recommended that you contact the Department of Foreign Affairs to know if you should take special precautions in the country you're about to visit.

• Be discreet about your travel plans. Making Facebook, Twitter or other social media postings with your vacation dates or even updates while on vacation can be risky.

Preparing your home

- Store your valuables and important documents in a safety deposit box. Make sure TVs, VCRs, computers and the like have been engraved. Do not keep large sums of money in the house.
- Place your blinds and curtains in a way that will prevent anyone from looking in.



- Make sure that doors and windows are locked. Turn off the ringer of the phone. If your home is equipped with an alarm system, turn it on.
- Unplug the automatic garage door opener.

While travelling

- Luggage tips: Put discrete identification tags on your luggage or use your business address; lock your suitcases; don't bring too much luggage and try to arrive during daylight hours.
- Car safety: Make sure objects you carry on the roof of your car

are fastened tightly and locked and do not leave anything of value visible in the car—store them in the trunk, away from prying eyes.



• Safeguard your valuables: Carry your money and ID cards in an inside pocket; avoid carrying large sums of money—use bank cards, credit cards or travellers' cheques instead; during your trip, every family member should always carry identification on them.

• Tricks for tourists: After you arrive, write down emergency numbers such as police, fire department and ambulance; ask hotel staff which places in the city are safest for travel; do not leave your valuables on the beach without surveillance and at night, choose an itinerary or route that includes well-lit streets.

For any information on prevention before or after your trip, contact our Tandem CDN/NDG office at (514.736.2732). In case of emergency or if you notice something suspicious during your trip, phone the local police department.



Pour Bien Animer's Diploma Ceremony

On Friday June 17th, the Table de concertation Jeunesse de Côte-des-Neiges' project Pour Bien Animer (PBA) highlighted the efforts made by the 53 youth who completed their animation training. The Centre Communautaire de Loisirs (CCL) of Côte-des-Neiges, welcomed the youngsters for an official diploma ceremony, followed by a buffet and a small celebration. Many community workers, institutional representatives, parents and friends also par-

ticipated in this pleasant evening.

The PBA project offers training in animation to youths aged from 15 to 19 years old and then helps them find summer jobs as animators or assistant-



The PBA Team (left to right): Veerona (Project Coordinator), Joël (Table de concertation Jeunesse CDN Coordinator), and Odile (Project Coordinator).



Diploma Ceremony at CCL.

animators. After having completed twelve workshops totaling 35 hours of theoretical and practical training, the participants implemented their newly

acquired knowledge by doing 35 to 40 hour-long internships in different organizations in Côte-des-Neiges-Notre-Dame-de-Grâce. If you are looking to hire young motivated animators who have completed their training, do not hesitate to communicate with Odile, the project coordinator! E-mail: pourbienanimer@tablejeunessecdn.com

- Julie Robillard

Taking action collectively for the elders

On June 15th World Elder Abuse Awareness Day, I had the chance to animate the activity "Taking action collectively for the well-being," that took place at 6767 Côte-des-Neiges. Close to 40 seniors came by to participate in a pleasant and animated afternoon!

During the first part of the activity, many partners of the Table des Aînés CDN reproduced Theatrical Scenarios of supposed abuse. Then there was a little quiz that allowed participants to learn about resources for abuse, followed by an interactive discussion on the different types of abuse and the forms it can take.

The second part of the activity aimed to sensitize the participants on the proper way to deal with abuse victims and how to support the victim. The most important thing to know when approaching an abuse victim is always in a

non-judgemental and open fashion, and find the right balance between walking away from the situation and doing everything for the victim. The level of participation was great, especially from two participants that



performed a short sketch to illustrate the difference between an open approach, that will encourage the victim to talk, and a closed approach, that will bring the person to close up on himself. We watched videos taken from the

training It's not right (training for witnesses of abuse), presenting situations of abuse. After each video, the participants were able to express their thoughts and opinions, as well as note what was right and what was wrong in the videos.

I have received a lot of good comments after the activity. The participants commented on how much they appreciated the activity and also mentioned that they learned quite a bit on the subject of elder abuse. It is in such moments that we understand that, despite the delicate subject, it is important to talk about abuse and provide people with tools to be able to recognize and

respond to situations of abuse, whether as a victim or a witness. Take note that it's not the full training of "It's not right" and it will be offered in Côte-des-Neiges in the fall. Stay informed!

- Annie Thifault

Body image in teenage years

Summer time means hot days, pool, swimsuits, shorts, ... and many more words that might scare teenagers. This is not only an issue during the summer, however, during the summer, we must be mindful of body image when it comes to working with teenagers. Contrary to popular belief, body image is not only an issue for teenage girls, boys can also have problems with their body image. Keep that in mind when working with them!

This spring, the Table de concertation jeunesse Côte-des-Neiges offered a workshop on body image. Équilibre, a non-profit organization gave the workshop "How to promote a healthy body image when working with teenagers." I really loved this workshop because Équilibre understands body image as a complex phenomenon. Équilibre's mission is to prevent and reduce problems related to weight and body image in the population and promote a healthy body image and a healthy lifestyle(1). This is a very important issue : As Équilibre taught us, about one in two teenagers is excessively preoccupied with his or her weight, being overweight or not. This preoccupation has an impact on their physical and mental health(2).

Body image issues emerge from the negative perception one has about his/her body and what he/she perceives others think of his/her body(3). Body image is linked with self-esteem and is built from many factors : thoughts, values, personality, physical attributes, life experiences, values from the family and society, gender stereotypes, etc. Équilibre understands body image as more than just a question of weight and their philosophy is constructed with four

themes(4) : 1. Eating healthy and being active for fun and health, 2. Getting to know the changes and the needs of your body, 3. Diversify the representation of beauty, and 4. Resisting external pressure. Here are some tips from Équilibre on each of these themes when working with teenagers(5).

1. Eating healthy and being active for fun and health.

To understand weight is complex because it has multiple determinants : Genetics and biology, sociocultural environment, living environment, personal factors, personal and family habits, etc. Out of these determinants, teenagers don't have power to influence and change the majority

that can be controlled. Passion and action for one's global health are sparked by proposing fun, positive, new and appropriate activities (physical and even culinary activities!).

2. Getting to know the changes and the needs of your body.

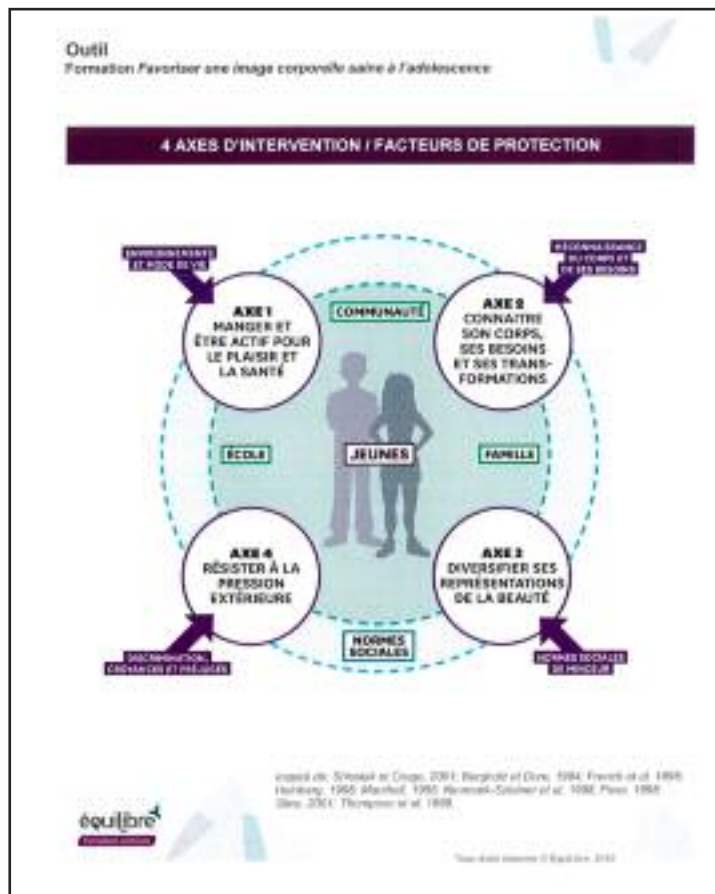
As teenagers are growing up, it is normal for them to experience changes and transformations in their body. By educating the youths to these changes, it renders them normal, and teenagers can grow up having a more objective view of their body. Trying to fit in or to feel normal growing up may lead some teens to try fad-dieting. The weight loss industry relies so much on these vulnerabilities, making money off of them. It is important to know that fad-diets are highly discouraged. They can have drastic consequences on physical, psychological and psychosocial health. The zero-diet approach works toward developing the critical thinking of the youth and helping them recognize the needs of their body, such as feeling of hunger and the sense of satiety.

3. Diversify the representation of beauty.

Beauty is shaped by social norms such as thinness for women and muscularity for men. Not only are these norms unrealistic (and photo-shopped!), they have a real impact on body image for teenagers. This representation of beauty is perpetuated by many factors: the medical discourse, the fabricated link of thinness to social

performance, all the photoshopped images around us in society, the publicity industry, the weight loss industry, the bias against obesity, etc. In view of this systemic representation of beauty, it is important to diversify the

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of them. This is why Équilibre changes the focus from weight to global health, because health is influenced by many factors, such as personal hygiene, stress and emotion management, sleeping habits, physical activities, self-esteem, etc. which are all factors

Jennifer Interviews

This month Jennifer has interviewed Adina Badescu from our Éco-quartier in NDG.

Jennifer: Adina, tell me ... how long have you been working for Prevention NDG CDN?

Adina: 11 years ? WOW!

Jennifer: What path brought you to us exactly?

Adina: The love of the environment.

Jennifer: Can you tell us your job title and what that means?

Adina: I work at the Éco-quartier NDG as a project coordinator where my job is to plan, organize, develop activities related to the environment such as workshops in daycares, schools, clean-ups in the neighborhood with citizens or businesses, flower distribution and planting events for residents, implementing recycling bins for the apartment buildings, sensitizations, giving day-cares or schools expertise in building community gardens, etc.

Jennifer: What is one of your favourite things about your job?

Adina: Interacting with people and helping them.



Jennifer: What is one of the biggest challenges?

Adina: Trying to do more for the people in need and not having enough resources sometimes.

Jennifer: Can you give our readers one of your favourite tips to

help contribute to a more eco-friendly environment?

Adina: Spend less, live better.

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

Adina: Making people that work for me happy and they will be motivated to help more in the organization.

Jennifer: If the staff of Prevention CDN-NDG had a theme song, what would it be?

Adina: Don't Stop Believing by Journey

Jennifer: Adina, this question might be a bit personal, but I want you to search inside of yourself for the real truth, and share with the people, because they deserve to know...

Have you ever been on a boat?

Adina: Yes.

- Jennifer Chapman

Welcome to CDN-NDG !

Every year on July 1st, people all over Montreal pick up and move. Many will make their new home here in Côte-des-Neiges - Notre Dame de Grâce, and we at Prevention CDN-NDG would like to say welcome! This borough has a ton of services and businesses for you, whether you are a student living on your own or a family of five, there are many different programs for all of your needs. If you have questions about gar-



bage, recycling or food waste pick-up, or want to get your free recycling bin, call your local Eco quartier (CDN or NDG). 311 is an



important number to know for any questions about sports programs, community centers, recreational activities, libraries, social development programs, or for reporting problems or broken park equipment just to name a few exam-



ples.

Prevention CDN-NDG also has other services for residents to make sure you feel safe in your community, to reach out to youth both in schools and in public spaces.

We are your organization for all your safety questions. Please feel free to contact us to learn more or visit our website at www.preventioncdnndg.org.

Welcome to the neighbourhood!

- Joseph Lambert

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.

- **July 18th** from 10am to noon, corner of Edouard-Montpetit and Decelles.

- **July 20th** from 10am to noon, NDG Park (Girouard/Cote-St-Antoine)

- **July 27th** from 10am to noon, corner of de Maison-neuve and Grand.



- **August 3rd** from 10am to noon, Coffee Park (corner of de Maison-neuve and West Broadway).

- **August 10th** from 10am to noon,

Trenholme Park on Sherbrooke.

- **August 17th** from 10am to noon, Confederation Park on Fielding.

- **August 24th** from 10am to noon, metro Vendome.

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.

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representation of beauty when working with teens, moreover, to tell them that it is natural for this diversity to exist: bodies come in all shapes and sizes! By developing critical thinking, teens may be able to see in a different light the beauty, fashion and publicity industry. As Équilibre says, it is important to debunk the myths and false beliefs around different weight and body shapes and to promote the acceptance of the diversity of bodies!(6)

4. To resist to external pressure.

Negative prejudices about weight and appearance are common and sometimes even acceptable in our society, among youth, adults and even medical professionals. Reversing the tendency of always associating weight directly to health may be difficult. We might think, say, hear, or receive comments about weight and these consequences can be very important to teenagers. Consequences on body image may take many forms : isolation from others in fear of being judged because of what one's body look like, lower self-esteem, development of unhealthy relationships with food and physical activity, etc. How can we help teenagers resist this pressure? For self-esteem, Équilibre recommends, positive self-talk and self-expression. Each and every teen has qualities, talents, passions and opinions that matter. It is important to encour-

age them to focus on these aspects, not only on appearance. Promotion of special days like "Weight? No comments!"(7) is an effort to help teens understand the falsity of the biases they may have on weight and appearance. In conclusion, these four themes show us that promoting healthy body image has to be in our concerns when working with teenagers, not only when talking



about these subjects, but also in everyday interactions. Even if we don't realize it, we act as role models for the teenagers we work with. We should therefore be aware of our own body image: what is the relationship we have with our body, what are our beliefs, attitudes and values towards weight, food and physical activity, how do we talk about ourselves when we are with teens or with colleagues, etc. Nobody is perfect and it can be difficult, even for us adults, to have a healthy body image at all times.

I believe we should treat ourselves (or try to) as we would want teenagers to treat themselves: with an open mind, respect, caring and empathy. Be good to yourself, care for yourself, be kind to yourself and you'll set the best example for the teenagers you work with!

Here are some resources on body image : ANEB (Anorexie, Boulimie Québec) : <http://www.anebquebec.com/>, Derrière le miroir (<http://www.derrierelemiroir.ca/>), CHIC (Charte Québécoise pour une image corporelle saine et diversifiée : <http://jesigneenligne.com/fr/>)

- (1). <http://www.equilibre.ca/>
- (2). <http://www.equilibre.ca/approche-et-problematique/les-problemes-de-poids/la-preoccupation-excessive-a-l-egard-du-poids/>
- (3). <http://www.equilibre.ca/approche-et-problematique/les-problemes-de-poids/l-image-corporelle/>
- (4). <http://www.equilibre.ca/formations-continues/favoriser-une-image-corporelle-saine-a-l-adolescence-3-5-heures/>
- (5). Thei info comes from the Équilibre participant's manual from the body image workshop.
- (6). This info comes from the Équilibre participant's manual from the body image workshop.
- (7). Equilibre's campain : <http://le-poidssanscommentaire.ca/>

- Fanny Lavigne