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Terri's two cents

The importance of Arts and Culture

We may not be an official cultural organization, nor are we registered as one, but Prevention CDN-NDG has had our hand in this subject for over a decade or so. While our mission is social/community development and the environment, we can easily see the importance that the arts play in our neighbourhood(s) and with our citizens. Since we are in the middle of NDG Arts Week this week, what better time to show our support and here's why:

According to Americans for the Arts, supporting these types of events builds bridges across cultures. If you have ever been any of our Hip Hop You Don't Stop Festival events, you have seen that the event draws people of all colours, ages, and walks of life. And you will also be happy to learn that there has never been a serious incident during these event(s). We are proud of the hard work that has been done through the years. This month will see our eleventh festival!

Arts increases academic performance, increases tourism, strengthens economies including local ones. This year we have partnered with the Arts Public Montréal Website (<http://art-publicmontreal.ca/en/>). The site, an initiative of the City of Montréal and Tourisme Montréal has organized all public art in the city by artist, by area, by tours you take yourself, and by partner.

It's a well designed website and its mission is to promote the city as a major public art travel destination. You will find our large murals on the site, done with the close collaboration with our pals at A'Shop (<http://www.ashop.ca>).

One feature of the arts is that it also sparks creativity. Ask anyone who does any hiring and what do they say is an important quality to have...yup, creativity! Did you know that you can get your creative juices flowing at an art hive? There is one in NDG that will be running into the fall months. What's an art hive you ask?

<http://www.arthives.org/about>. NDG's Art Hive is on Facebook at La Ruche

d'Art de NDG Art Hive.

According to a report in 2009 entitled Arts in Healthcare, The arts can also improve healthcare. Many institutions provide art projects to their clients, staff and patients and because of this there has been a recorded number of shorter hospital stays, less medication and better pain management.

One of my favourite reasons to support the arts is its social impact! The Americans for the Arts blog mentioned that a University of Pennsylvania study shows that a city with a high art concentration leads to higher civic engagement, and more cohesion. And really, we can't argue that! More information can be found on <http://animatingdemocracy.org/>

All of this information leads us back to us here at Prev. Along with the Hip Hop Festival which will be held from September 21-25 (See article on pages 10 and 11 for more details) our muralist extraordinaire Zek has been improving the look of the Borough for the past eight years. Working with the A'Shop crew we have a privileged relationship since our first collaboration of Our Lady of Grace. Our Tandem day camp project has been not only a discussion on vandalism, but that thousands of youth in the borough have been painting their own caps for years now. This project has been so popular that Fanny, one of our Outreach workers has been expanding this project to include t-shirts and sweatshirts. Fanny also creates much of her own artistic materials and works with young girls on projects ranging from the creation of zines (which allows the expression of difficult subjects), to her dance workshops that allow young women to work on subjects such as self-esteem and expression and exercise.

We wish long life to these projects, knowing that these can easily make a difference in our community.

- Terri Ste.Marie



Éco-quartier events

Perennial Plant exchange: 12th edition (free!)

Saturday, September 17th 2016 (noon to 2 pm), in Somerled Park (at the Éco-quartier NDG in case of rain - 6575 Somerled, suite 206). Register now at eco-quartier@gmail.com or call (514) 486-2727.

Free Compost !

Saturday, October 8th in NDG Park (from 10am-noon) Looking for the ideal way to add nutrients to your garden or houseplants? Forget synthetic products, compost (or humus) is the answer!

The city has transformed its green waste into fantastic compost over the course of the year. Now it's ready to be added in order to improve the quality of your soil. Please bring your own container (30L Max / address). Your garden will reward you! Proof of residence is required.

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

Food waste and bin delivery

Hopefully you've already heard that the new food waste collection will be starting in the Loyola district this October. It is still to be confirmed, but the new collection will probably replace the home garbage collection on Thursdays (collection may continue for businesses and large apartment buildings not invited to participate in the new food waste collection).

This summer the Eco-quartier NDG staff and volunteers have been very busy, knocking on doors and informing residents about the new collection. Many of the people that we've met have told us that they are excited for the program to begin. Those who compost at home already know just how much of our waste is comprised of food. We encourage those who are already composting fruits and vegetables at home to continue, but they can still participate in the new city program by putting leftover meat, dairy or items with fats or spices in the new bin. Those who are unfamiliar with composting are less sure about the new program, and so they are waiting to see how much work the new system will require of them.

The truth is, it is not much different to collect food waste for garbage or for composting. One of the main differences is the container. We're reminding residents that it is important to use either compostable bags, or folded newspaper to collect the food waste. Regular plastic bags will not be accepted, as the plastic will not break down in this process (it is considered a contaminant). From my own experience at home, I've found that putting my food waste in the freezer until the collection date greatly reduces any odour or insect problems. Many residents have told me that they are already used to freezing their garbage (especially food waste from meat or poultry), but of course other residents are worried that they just don't have the space in the freezer. Lining the bin with baking soda is another way to reduce the potential odours.

Between recycling and food waste collection, there is very little else that will still go in the garbage. The only garbage I have left is kitty litter, plastic #6 (not recycled in Montreal), plastic wrap like Saran-wrap and metallic wrappers (from granola bars, candy, etc). Diapers, cigarette butts, old candles and broken toys are some of

the other items that one might still need to dispose of in the trash.

One of the goals of the new food waste collection is to reduce greenhouse gases emitted. Methane gas (CH₄) is one of the worst greenhouse gases (estimated rank it as 16-20 times worse than carbon dioxide CO₂.) and it is generated in landfill because of the anaerobic (without oxygen) conditions. Those who manage landfill sites try to capture as much of the methane as possible, but some of it escapes into the atmosphere, where it increases greenhouse gases, leading to global warming. That's bad! The goal of the new food waste collection program is to reduce the amount of food sent to landfill, which will to reduce the methane gas produced there. Meanwhile, the food collected in the new program will be transformed on the island of Montreal in sealed factories to create methane gas. 100% of the gas produced in the factories will be captured and transformed into natural gas, to be used for a variety of purposes. That's good!

If the Eco-quartier NDG team has been to your house but you weren't home, we left some information about the upcoming collection. Please call us to let us know that you've received the information, so that we can answer any questions that you might have and cross you off of our follow-up list.

Food waste pick-up information session: September 13th at the Benny library (6400 Monkland). 7:30-8:30pm. Free of charge, everyone welcome! Bilingual presentation.

First Food waste collection (Loyola district): October 6th for houses, duplexes, and buildings with fewer than eight units.

During the last week of September, the Eco-quartier NDG staff and volunteers will be delivering the new food waste collection bins to all of the houses, duplexes and triplexes in the neighborhood. Delivering the 8000 bins will require a lot of man-power. If you would you like to help us or if your child has community service hours to do for school, please contact our volunteer coordinator Nazmus at 514-486-2727.

- Nikki Schiebel

Ragweed in all its glory: nothing but noxious and obnoxious

Pollen from ragweed is a primary cause of hay fever and in an effort to help the residents of NDG breathe better, Eco-Quartier NDG and its passionate volunteers have been hard at work identifying and pulling up ragweed all over NDG this past summer.

Ragweed is a very common weed in Quebec, as well as Southern and Western Ontario that thrives in patches of sunny and unmaintained greenery. It has a very unique appearance and is easily identified by its finely divided and pointed leaves and tiny yellow-green flower beads growing on long, slim stalks at the top of the plant.

Ragweed has three distinct life-cycle phases that occur during different months of the spring and summer. The seeds that had fallen in the previous autumn begin to germinate in April and by the beginning of June, the plants are

about 2-3 inches tall with no flowers. Through June and July, the plants grow taller and the leaves grow larger. By mid-August, the plants begin to flower and throughout September and October



the pollen spreads around by wind. The pollen is the noxious element of the plant because it causes allergies and other unpleasant symptoms such as sneezing, nasal congestion and irritation, eye watering and irritation, throat inflammation and drowsiness. Between 10% and 25% of Quebecers are allergic to ragweed pollen,

which is the main reason why Eco-Quartier NDG has been working so hard to reduce the amount of ragweed growing in the borough before it flowers.

Fortunately, the roots of ragweed are small and shallow, meaning that the plant can be easily removed with minimal effort. The most efficient way of removing ragweed is to simply pull it out of the ground by hand (contact with an un-pollinating plant is completely safe). Cutting them down with a lawnmower is also a simple way to stop the plants from growing, however, the roots can survive in the soil for up to 40 years, meaning that this obnoxious weed will regrow in spots where it had been removed for many years to come. Eco-Quartier NDG encourages all residents to rip up these nasty weeds to help everyone breathe a little better.

- Charlotte Hings

Stories from exchange students

Siebren's story

Hello, my name is Siebren and I live in southern Ontario. I came to Quebec with the YMCA's Summer Work Student Exchange program (SWSE) to practice my French and make new fun experiences in a different part of the country. I am very privileged and happy to have been accepted into the program and to get involved in all it has to offer.

One of the main parts of the SWSE is the chance to work in a summer job for the six weeks in order to gain work experience and more exposure to the French culture. The job I was placed in was here at Éco-quartier, Nôtre-Dame-De-Grâce as a sensitizing agent who helped inform residents about upcoming events and changes as well as other jobs around the office.

With my time here I have learned a great many things from my co-workers as well as from the residents of NDG, and the hours I spent here will always be remembered as my first job ever. For that, I would like to thank Éco Quartier for letting me be a part of your team.

Teriana's story

My name is Teriana, I am sixteen years old and I live in Acton, Ontario. I decided to participate in this exchange to improve my French, meet new people, to work and mainly because I love to travel. It is actually very different here than back home. For instance, Acton is very small and quiet whereas in Montreal there are many things to do. Furthermore, my first job here was working at a day camp; however since it was too hard on my eyes I was given a job at Éco Quartier. I am very pleased to work here. Everyone is very kind and it is a lot less stressful than the day camp. This exchange has been so amazing and I am excited to come back to Quebec one day!



Siebren (right) and Teriana (left).

Green Waste

Every spring and fall the borough offers leaf and garden waste collection for garden and landscaping waste (leaves, grass, weeds, and dead plants) and small branches (no more than 1 metre long and 5 cm in diameter). Collecting and composting green waste is good for the environment and easy to do.

Green Collection in NDG takes place on Wednesdays: September 14, 21, 28, and continues every Wednesday until November 16.

In an effort to slow down the progression of the Emerald Ash Borer (a tree parasite), residents are required to separate branches with a diameter of more than one inch (2.5 cm) from the normal green waste collection. The branches must be bundled together and put out separate from the green waste (branch collection starts after Oct. 15th when the ash borer becomes dormant).

- Nikki Schiebel



A recap of summer 2016

Every summer is busy at the Éco-quartier NDG, and this year was no exception! While the main focus of the summer was promoting the upcoming Loyola food waste collection, plenty of other activities happened in the neighborhood.

Every Thursday night from mid-June to mid-August the summer staff hosted kiosks in the parks. Topics ranged from ecological cleaning, composting and ecological moving tricks. The staff had the opportunity to encourage more than 60 residents to adopt a more ecological lifestyle, while answering any questions they had. Many residents left equipped with a sample eco-cleaner, a concrete example of how easy it is to make a change that is less harmful to the environment. Summer camp kept our animator very busy. Our animator, Itai, met with over 200 campers, offering those workshops ranging from urban agriculture, pollination, composting and so much more! The kids had lots of fun, and even learned some new things along the way!

The Éco-quartier also educates adults, not just youth. We continued our annual anti-ragweed campaign, going out with volunteers and pulling out ragweed on public property (please see Charlotte's article on page 3 for more information on that). Residents called to thank us for identifying ragweed on their lawn, so that they could then continue ripping it out.

Water education is a big theme every summer. For two weeks in May, our blue patroller Ahmed went door to door throughout NDG offering residents easy tricks to conserve water. Ideas include turning a gutter so that the water goes onto a porous surface, adopting a rain-barrel or extending the gutters. He also distributed some courtesy tickets to addresses where he saw sprinklers on during the day, residents watering lawns in the hot sun, and those watering the sidewalk. Courtesy tickets are not fines, they are simply a way to remind residents of local by-laws.



Having been inspired by a resident's grey water system, Ahmed also offered a workshop on different grey water systems (grey-water is used water generated in households or office buildings without fecal contamination). As it turns out, there are solutions that range from very easy, to a little bit more involved when it comes to setting up a grey-water system.

As mentioned earlier, our main focus was promoting the upcoming food waste collection in the Loyola district. We need to inform residents 8000 doors to see, and we've already spoken to residents at almost half the addresses (obviously one of the challenges is catching residents at home). Hilina, Siebren and Teriana were responsible for keeping track of all of that data! Our green patroller Vincent gave a biomethanization workshop in July, where he explained the new food waste process in greater detail than we can when we're informing residents door-to-door. If you missed the presentation, not to worry, we'll offer it again on September 13th at the Benny library (6400 Monkland).

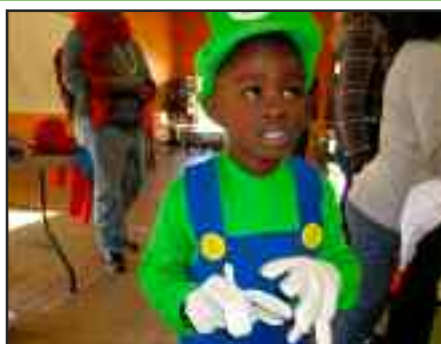
All in all, it was a great summer with a fantastic team. In addition to the regular Éco-quartier NDG team, I'd like to thank Ahmed, Vincent, Hilina, Itai, Charlotte, Siebren and Teriana for their enthusiasm and hard work this summer.

A big thanks to Service Canada (and Marc Garneau's office), and the YMCA Canada project for funding our summer students. Without that extra support, we would not have been able to realize half of the summer activities that happened. The students all agreed, spending the summer in NDG talking to residents about the environment was one of the best experiences of their young lives.

- Nikki Schiebel

Collecting used Halloween costumes

Does last year's Halloween costume no longer fit your child? Instead of throwing it out, why not pass it on to someone who doesn't have one?! The Eco-Quartier NDG is collecting used costumes in good condition for next year. They'll be distributed to kids who might not be able to afford one for Halloween 2016.



Collecting Used HALLOWEEN COSTUMES: Bring your used costumes to the Éco-quartier NDG up until Saturday October 22nd.

Halloween costume making activity from recycled materials. **Saturday, October 22nd** at Walkley Center (6650 CSL). Free!

- Nikki Schiebel

Reusing old school supplies

The main purpose of the Éco-quartier NDG's new initiative "Collection and reuse of old school supplies" is to reduce waste by diverting old school supplies that would have otherwise been thrown away, and giving them to underprivileged families in NDG. It's an excellent opportunity to initiate the youth/students to the 3RV principle (source Reduction, Reuse, Recycling and Valorisation) and also to encourage them to help and support the community.



As mentioned in the "Old school supplies collection was beyond successful" article in the July issue of the Nexus (vo-

lume 9), collecting old school supplies started in early June, before the end of the school year, with the collaboration of several schools in the area. We never expected it to be such a huge success! Éco-quartier NDG staff collected thirty boxes full of gently-used school supplies for both elementary and high schools students (binders, notebooks, pens, crayons, scissors, etc.). We were amazed by the participation of the schools, as well as that of the parents in NDG who offered a lot of school items for NDG kids. Before starting the distribution of the supplies to the schools, our Prevention CDN-NDG team did an amazing job by cleaning, sorting and organising all of the different school materials. This step was necessary, since we want to give each student a clean, usable and in good condition school item. Thanks to everybody's help, organizing the materials in boxes for each school according to their supplies lists (the list given to parents before the new school year), was an easy task. However, there was a small fraction of the school supplies that was sent to the garbage or to recycling because

they were in bad shape. On August 24th, Éco-quartier NDG staff delivered the organized boxes to the schools that we identified as having the biggest need. We choose this date to help the teachers (who start working on August 24th) to give away the school supplies to the students as soon as they start the new school year (on August 29th). This way they have all the material in hand so they can give them to students from low-income families.



The school supplies were given away to five elementary schools: les Enfants du Monde, Judith-Jasmin, Anne-Hébert, Ste-Catherine-de-Sienne and the Muslim elementary school. Boxes filled with used school supplies were also brought to three high schools: Ecole St-Luc, Annexe St-Luc and the Muslim High School. All of them thanked the Éco-quartier NDG for this generous initiative and had shown interest in participating for next year's campaign.

Moreover, we were happy to answer the request of a family in need that had called the Éco-quartier NDG directly, asking for some school materials for their three children. Seeing the kids' smiles when they received their new/old school supplies is the best reward ever!



We would like to thank all the schools that participated in the

used school supplies collection including Loyola High School, Villa Maria High school, Kells Academy Elementary school, Lower Canada College, Greaves Adventist Academy, Les enfants du monde School and Ecole NDG. We would also like to thank the YMCA NDG for collecting supplies at their location, and also the NDG parents and residents who came by the Eco-Quartier NDG, offering us bags and boxes filled with reusable schools supplies.



Special thanks to Mr. Marius Serraro for his generosity in letting the Eco-quartier NDG use a storage space to pile up all the boxes filled with school supplies, as well as letting Prevention CDN-NDG use the space to host the cleaning and sorting activity.



Moreover we thank our volunteers: Anna for designing the event's poster (it was a key component in the promotion of the program), Lucy for help during the organization of the school supplies, and Adrian, for delivering all of the boxes to the eight schools. The "Collection and reuse old school supplies" new program is a community and environmental project that strengthens the support between the residents of NDG and maintaining a better environment for the community. Thus we hope that it will become an annual tradition.

- Nouha Dhahri

Reminders for a safe return to school!

School Bus Travel

Research conducted by Transport Canada shows that school bus travel is one of the safest methods of transportation. It is 16 times safer than travelling in a family car per passenger/kilometre of travel. Although school buses have an excellent safety record, mishaps can happen. These mishaps can include instances where children are injured while riding on the bus. It is more common however, for injuries to be sustained once outside the bus, including being hit by their own school bus or other vehicles.

Every driver must remember that when approaching a stopped school bus (on a non-divided road) that has its overhead red signal-lights flashing and side stop sign out, must stop before reaching the bus and must not proceed until the bus moves or the overhead red signal-lights have stopped flashing.

Here are some safety tips to share with children to ensure safe travel:

Getting to and on the school bus:

1. Arrive at the bus stop at least five minutes before the scheduled pick up time. Children should never run after the school bus to try to catch it. If you miss the bus, go back home or if you are at school, report to a teacher.
2. Stay on the sidewalk, well away from the roadway and stay back until the bus has come to a full stop and the door opens.
3. If your child needs to cross the street, teach them to look to the left, then to the right, and to the left once more before crossing the street.
4. Use the handrail when boarding or exiting the bus.

Riding on the school bus:

5. Take a seat as quickly as possible, put belongings under the seat and stay seated.
6. Never stick anything out of the window, including arms or heads.
7. Save food for snack time at school or until you get home.
8. Wait until the school bus comes to a complete stop before getting off.

After riding on the school bus:

9. When getting off the bus: take two large steps away from bus. If you must walk in front of the bus, walk ahead at least three metres (10 giant steps).
10. The driver must be able to see you and will give a signal when it is safe to cross. Cross in a single file.
11. If a child drops something near or under the school bus, they should never attempt to retrieve it without the driver's permission.



Travel by Car

Parents and guardians must respect their child's school safety measures for dropping off and picking up their children at school. Every effort must be made to avoid collision and injury by refraining to create hazardous situations of traffic congestion and unsafe driving practices within the school zone. Respect posted speed limits, and designated drop-off and pick-up areas.

Travel by Bicycle

To ride a bicycle to and from school, children must be mature enough (minimum 9 – 12 years old), and must have enough experience. The rider should be able to scan ahead and check behind without swerving.

To ensure safe cycling, young cyclists must:

- Wear a properly-fitted helmet, and have clothes that are suited for cycling (e.g. their pants tucked in).
- Have their bikes fitted properly and in good working order. The bike should have a regular maintenance check-up and should have a bell. It is also a good idea

to have a safety flag.

- Know and obey all traffic rules, signs and signals. They must signal turns and stops. Ride in a straight line in the same direction as traffic and stop at every stop sign.
- Be predictable to other road users by riding with the traffic usually on the right hand side of the roadway.
- Never ride in the dark. If an older child must ride in the dark, make sure that reflective clothing and night-accessories (e.g. reflectors and lights) are used.

Walking to school

Many children use roadways to make their way to and from school. Parents and guardians must review road safety rules with their children and the importance of not accepting rides or any invitations from strangers. It is best to walk with a buddy and keep focused on getting straight home.

To keep safe on roads, children pedestrians must:

- Find a safe and direct route to school with the help of their parents. Hazards should be identified (train tracks, busy intersections, etc.) and a designated route with safety rules should be established.
- Stay on sidewalks whenever possible. If there is no sidewalk, use the left side of the road facing traffic.
- Cross streets only at crosswalks and learn to look to the left, the right and then left again before proceeding, even at intersections with pedestrian walk signs.
- Wait until traffic comes to a stop before crossing. Make sure drivers see you before you cross.

Prevention is the key to safety. With education and awareness, all children should be able to get safely to school and home again. Take the time to share these valuable rules and tips with your children.

These safety tips were prepared by Public Safety Canada in collaboration with the Canada Safety Council. You can also contact Tandem CDN/NDG for more info.

Introducing a resident: Bert Feig

This month, I want to introduce you to a resident with whom I've been working since last November: Bert Feig, 90 years old. I met Bert at Tim Horton's while he was doing his crosswords. We started talking and I learned that he was getting a hip operation the following week. I went to visit him twice during his stay at the hospital and we spoke on the phone a few times. When Bert returned from the hospital after 2 months, we started meeting again from time to time to have a coffee and a nice chat at Tim Horton's. I connected him to La Grande Vadrouille, a cleaning company which now goes to clean his place once a month. Despite his condition, Bert goes out every morning – I mean EVERY morning! Whether it's raining or there's a snow storm, I know I will always find him at Tim's doing his crosswords with his toast and coffee. Bert does crosswords every day, mainly to learn to focus. He gives himself the goal to do a crossword puzzle in 20 to 30 minutes. While doing puzzles, the eyes and brain learn to work together, and this is exactly what he needs. It also helps him to focus so he doesn't think of the pain.

Bert meets a lot of people at Tim Horton's. To him, it is very important to meet people. "When people open up and talk, they feel better", he says. Bert also goes to the library very often. Nowadays, he is learning French.

Bert Feig was born in Hungary and he arrived in Canada at the age of 19. When he was 12 years old,

he was taken from his home and brought to concentration camps during the war. Because of all the horrors he has seen and lived, Bert doesn't remember much of the war or of anything that happened before. His friends told him a lot of what happened and also that he was always there to help the people around him. In his life, Bert has lived and travelled in an impressive number of countries, including Austria, Czechoslovakia, Romania, Germany, Italy, Poland, Bahamas, Israel, Egypt and many more.



Bert has been living in the neighbourhood for over 20 years. He says he likes everything about it, especially the people. Bert often hitchhikes to come to Tim Horton's in the morning, it always works and he gets to meet nice people. When I asked him what he would change in the neighbourhood if he could, he talked about his pain. After his operation, Bert had the services of a physiotherapist for a few months but the services stopped and he is still in a lot of pain. Mainly because of his age, he has nowhere to turn to get rid

of the pain. He thinks there should be more services outside the hospitals and also that doctors should teach people certain parts of medicine so people can be more independent and treat themselves. Bert also believes there should be more support groups. Bert's son is directing a chronic pain support group, which get together twice a month in a church in Westmount. This group is for people who live with chronic pain and have been through the medical process and for whom doctors can't do anything more. They share their experience with others so that everyone can learn for each other.

For the purpose of this interview, I asked Bert to tell you about me. Here is what he said:

"When we meet, I mostly do the talking. I can talk about anything, Annie listens. Most of what I talk about comes from my past. I went through many things. When Annie asks me a question, it often triggers to a story and I explain the meaning of the story.

Annie has a lot of empathy, it's rare to find this much empathy in someone, even people whose job is to help others. I can feel that she likes people, she has a feeling inside that she wants to help. Few people can open up to the others the way Annie does."

Thank you Bert for these kind words! It's always a real pleasure to share some time with Bert and hear his stories!

- Annie Thifault

Marc-Alain Félix, 10 years at Prev

A special congratulations goes to Marc-Alain Félix who recently celebrated his tenth anniversary at Prévention CDN-NDG.

Marc-Alain has been the street worker for youth in CDN since 2006.

He is also responsible for both the Park Animator Project as well as the Parkour project!

If you are interested in any of these projects please contact Marc-Alain at maprevndg@gmail.com



Les Initiées : Are you in?

The Table de concertation jeunesse Côte-des-Neiges and the committee Côte-des-Neiges Actif et en Santé, funded by Québec en Forme, have created a new project : Les Initiées (it is a francophone campaign). This project aims at promoting physical activities and sports for teenage girls between 13 to 17 years old. Becoming teenagers, girls tend to do less sports and physical activities, notably because they are more concerned with their body image and more affected by comments about their body, abilities, weight, etc. Girls may be more self-conscious about doing sports in public, feel they are not good enough to join sports teams, or feel ashamed of how their body may look in sports clothes. To promote a healthy body image is very important during teenage years, as I wrote in my article in the last edition of the Nexus, and Les Initiées is doing just that! Beauty standards in our society tend to focus only on being thin and this may cause teenage girls to drop out of sports because they feel they don't lose enough weight or start dangerous diets. Les initiées, on the contrary, wishes to change the focus from beauty to fun, from focus on being thin to a healthy and active lifestyle!

This project combines many aspects such as three running activities in parks to run with your friends! There is one in Van Horne park (688m), in Jean-Brillant park

(480m) and in Kent park (1188m). You can recognize the circuit by finding the posters in the parks with encouraging words on it! To launch the circuits, there was an event in each park this summer. Teenage girls from camps and community organizations from the neighbourhood gathered in the parks to open the circuits, practice sports and have fun! At the end of each event, there was a workshop to learn a few moves of Kung Fu, which was fun because it was a new activity for most of the girls! The three events were very successful and we had a ton of fun doing sports together. The circuits will stay up in the park until the end of October. Go try it!



Les Initiées also offers a set of cards which give tips on how to warm-up before sports and give info on some activities such as riding a bike, swimming, team sports, running, etc. These cards are available on the website of the project (cdnactif.org/initiees) and at my office at La Voie (office 090) or at Margaux's office, the assistant coordinator of the

Table Jeunesse CDN (adjoint.coordination@tablejeunessecdn.com) / (514) 872-5946). It is free, so come and get your set of cards! Finally, Les Initiées is intended to



be a platform for teenage girls to communicate and gather together when they want to do sports and physical activities. If you wish to join the community, you can like the Facebook page Les Initiées to get all the info on the upcoming activities and to see pictures from past activities. Also, please visit the website to find useful content on how to have fun while doing sports! You'll find warm-up, abs and bottom exercises and many more tips. Be on the lookout on social media for our next girls only self-defence workshop in parks.

In short, join the movement and become one of Les Initiées! When you're doing sports and physical activities, take a picture and share it with us on Facebook with the hashtag #lesinitiees!

- Fanny Lavigne

Woof!

Hi! I'm Shana, Fanny's (the outreach worker's) dog. This summer, I had the great pleasure of working with Fanny! I worked outside with the youth or inside at 6767 Côte-des-Neiges and I got to learn more about the neighbourhood! Being a dog is not easy : I took naps under Fanny's desk, I took lots of pictures with everyone who thought I was adorable, I followed every step Fanny took, did Kung Fu with Les Initiées, tried to look so cute so my coworkers would share their lunch with me, etc! Wow, there is so



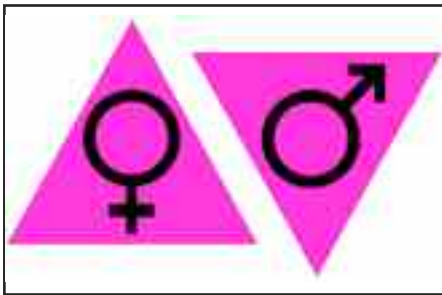
much stuff to do at work! As a 16 year old grandma-dog, I was overwhelmed with love and treats from all the staff at Prévention CDN-NDG (especially thanks to Brigitte, one of the other animal-lovers of the office!). Therefore it is my great pleasure to accept the nomination to be Prévention CDN-NDG's mascot! I will now be the emblem of the Shanoonis (team meeting with all the employees)!

Hugs, Shana'noonie!

Switzerland and Quebec against bullying

On August 17 th 2016, youth from CDN-NDG along with park animators from Prevention CDN-NDG took part in a self defence course at Beaver Lake on Mount Royal. The course was given by Barbara Giason.

Barbara was born in Quebec. She has been teaching self defence for several years at schools in Switzerland, more specifically, projects for youth to stand up against bullying.



In Switzerland, as in Canada, the phenomenon of bullying is a current problem. The course Barbara gives is geared for girls and boys so that each can better under-

stand the reality of the other. Schools usually contact her to intervene in an urgent situation where the problem has gone too far. To follow up, when the crisis is under control, her courses can be given as a preventative tool. In the course, the goal is to demystify genders (men/women) by using role playing to confront taboo subjects etc.



I had the chance to be part of an animation that Barbara presented with about 15 youth at Beaver Lake on Mount Royal. The course

began by each youth presenting themselves. This was very useful and a great way to break the ice! The youth learned how to present themselves in a way that brought out their personalities as well as show self confidence. Next was learning several physical self defence techniques. The group also participated in a game made to express and practice gender equality.

Because a picture is worth a thousand words, the program concluded with an activity where each youth drew on a balloon that they would later pop. This activity was a symbolic gesture to show that everyone is worth something in this society, and it is time to stand up and say no to intimidation.

For more information, you can visit <http://www.selbstverteidigung-in-schulen.ch/>

- Geneviève Bergevin

Paypal and Fundraising

Did you know that Prevention CDN-NDG is a registered Charity? Some might confuse us with city employees as we administer a number of city contracts (Éco-quartier and Tandem for instance). Being a charity has its advantages (we can offer charitable tax receipts for example).



Prevention CDN-NDG is always looking to offer better and better services in the neighbourhood, fundraising gives us the opportunity to offer even more programming to the community. Cuts to programs make it so that we can-

not always offer all of the services we know are needed. Fundraising is one way to ensure we can continue to support a strong community.



This year, the Prevention CDN-NDG team is stepping up its fundraising efforts. For starters, we're going to be selling painted panels at the Hip Hop You Don't Stop event during the weekend of September 24th-25th. These panels were created by local artists at one of the previous Urban Arts Festivals. They would make a great addition to any community

center, a teen bedroom or any place in between! Prevention CDN-NDG will be brainstorming other fundraising initiatives in the coming months, but in the meantime, one can always donate to the Prevention CDN-NDG Paypal Account that is found on the top right of our website <http://preventioncdnndg.org/>.



Any money raised through our fundraising efforts will be invested right here in the community!

- Nikki Schiebel

Hip Hop You Don't Stop #11

This month – from September 21st to 25th – is the 11th edition of our urban arts festival, Hip Hop You Don't Stop, a crime prevention program through the arts co-presented with Elementality. Yes, you read it right, we present this year 5 DAYS of FREE activities : a photo exhibition, a conference evening around the theme of "Radio and Hip Hop", an indoor show bringing forward the collaboration between men and women, a great Graffiti Jam and Elementakiza : the main outdoor event.

The man who is taking care of bringing all this together is Emilio Orellana-Côté (Elementality), who has already been working on organising the festival for a couple of years now and will be coordinating it almost all alone for the first time this year. We had the pleasure to meet and ask him a couple of questions related to his vision on this amazing community project.

Prevention CDN-NDG :

HHYDS 2016: an 11th edition. The 1st one as the chief coordinator. What has been your experience?!

Emilio :

It's a really enriching and self discovering experience. I have met many different people, from different backgrounds, different work areas, but we're able to gather them when it comes to creativity, youth and culture. It is fascinating to see the process and the result when bridges are being built.

This year, we have focused in structuring the team behind the festival and that brings it to another level. Much more time and space for debate, exchange, sharing ideas and potential content. This also involves a lot of compromise and responsibility towards the project. The feeling of working in a team is incomparable, mostly when you enter the last months of organization.

Prevention CDN-NDG :

Can you talk a bit about your new collaborator, Felipe?

Emilio :

Felipe is like a big brother. He has

inspired me for a long while now with his implication with the youth in Côte-des-Neiges, and other places too, like Havre-Saint-Pierre, in the North. He lives for that hype of Hip Hop culture, that need to gather, to share, to listen, and to build. He has a long experience in the street dance scene (B-Boying) and has learned from the mentor of mentors, DKC Freeze, pioneer bboy that has been active in the break dance scene in Quebec since the 80's.

Felipe brings a new element to Hip Hop You Don't Stop. He manages the street dance programming and made sure to be innovative while respecting the roots, the essence, and respect to the people who paved the road before us.

He is also supporting and taking charge of many internal aspects of the Festival, such as, community partnerships, grant applications, sponsor campaigns and much more.

Prevention CDN-NDG :

What are some new things you wanted to propose for 2016?

Emilio :

For 2016, we wanted to include more youth, and residents of the borough in the process of production and organisation. The harmony between the community network and the culture network is not always obvious. We want to put up a festival that will interest and inspire youth from Côte-des-Neiges/NDG, but also culture lovers, Hip Hop fans and citizens from Montreal who believe change is possible through art, through culture, and through collaboration.

This year, our programming extends to five days in order to show a glimpse of the work of those who live for broadcasting, promoting, documenting and sharing what local artists have to express. Also, we are focusing a lot more on developing workshops and interaction between the public and the artists.

Prevention CDN-NDG :

Why is this festival is so important for you? And for the neighbor-

hood?

Emilio :

It is important for me because Hip Hop culture is now omnipresent through rap music mostly, trap and other sub genres, and expresses values that go against what Hip Hop culture was originally created for. I feel the need to remind the general public, because Hip Hop heads know, that Hip Hop culture emerged looking for a sense of community, of collaborative creation, of struggle, of respect, and of resistance in an era that human rights were being discussed.

We realize that the same inequities, abuse of authority and discrimination, happen still today, and I believe Hip Hop culture, as a root cultural movement, provides essential elements to stand and fight it. That same culture has grown, developed, matured, and now involves a lot more than just rappers, graffiti writers, DJs and break dancers. We now see beat makers, designers, cooks, radio hosts, journalists, athletes, musicians, social workers, and more, can feel part of that culture when they gather and recognize and valorize the crossroads.

I think the neighbourhood benefits from this Festival because people that are neighbors, see each other in the streets, actually get to work together and build something for their local environment. The sense of empowerment is clear and provides amazing results. People also realize that listening before judging can bring you to discover amazingly talented young artists. Those are all elements we believe are part of a constant process. Every year, we will work to make them transcend the festival.

Prevention CDN-NDG :

What are the parts of the program you're more excited about?

Emilio :

Everything. Everyday of the festival is a unique experience. All have elements to be excited about.

Continued on page 11



From page 10

As a radio host myself and a lover of bridge building, the discussion panel presented on Thursday the 22nd at the Dollar Cinema is something I'm really expecting to be great. We are gathering more than 12 radio hosts and DJs, French and English, from various stations in Montreal, to discuss their role in the urban culture and Hip Hop culture scene, in an era of media revolution, amongst

other topics of discussion.

Elementakiza is always an event I look forward to, for the synergy it creates between so many people.

Prevention CDN-NDG :

Anything else to say about that 11th edition?

Emilio :

Hip Hop can be healthy, positive and a solid base for social improvements. Let's prove it!

For more information about the festival :
<http://preventioncdnndg.org/arts-urbains/hhyds/>

Follow us :
<https://www.facebook.com/hiphopyoudontstopmtl/>
#HHYDS2016

- Marc Pagliarulo-Beauchemin

News from SARPAD Volunteer Centre's caregivers program

Public Awareness Campaign:

The workshop conference How to help an elderly person while taking care of yourself is offered free of charge to organizations and groups in contact with people aged 55 or more. It seeks to raise awareness about issues pertaining to the role of caregivers, to provide information about the challenges that they face in their caregiver relationship, and to provide them with tools allowing for better care without prejudice to their own wellbeing.

people and their loved ones living in Côte-des-Neiges and Outremont. Near 60 caregivers were met and accompanied by our project manager in order to help and support them.

health and emotional shape. Caregivers are then better prepared to face challenges in their accompaniment of a loved one.

Help us to identify and refer a caregiver. Do you know a caregiver who regularly takes care of a person aged 55 or more? Or do you care for an elder? Do you wish to get help and information about existing resources based on your needs? Contact SARPAD Volunteer Centre.



Personalized accompaniment service:

The last nine months were the occasion for SARPAD to sensitize, to inform and to mobilize elderly

Furthermore, a practical guide is made available to caregivers to support them in their role. This guide offers many tips to empower caregivers and to help them provide the best care possible while remaining in good

For information
Linda Couture, project manager
514 737-2454
e-mail :
aidantsarpad@sarpad.com

- Annie Thifault



The poster features a colorful, festive design. At the top, the title 'Fête de Quartier' is written in a large, purple, cursive font, with 'de' in a smaller green font. Below it, 'Neighbourhood Festival' is written in a smaller, purple, cursive font. The location 'Fielding Walkley' is written in a green, sans-serif font. The date and time are given as 'de 13h à 17h' and 'Samedi le 10 Septembre 2016' in green, and 'saturday September 10, 2016 1pm - 5pm' in purple. The central illustration shows a group of diverse people holding hands in a circle on a grassy hill. In the background, there are colorful buildings, trees, and a church. A red bicycle is parked on the grass. The location 'Parc Loyola Park' is written in red. On the right side, there are four translations of the event name: 'Вечеринка района' (Russian), 'جشن محله' (Persian), 'مهرجان عائلي' (Arabic), '社区节日' (Chinese), and 'Fiesta del Barrio' (Spanish).

Fête de Quartier
Neighbourhood Festival
Fielding Walkley
de 13h à 17h
Samedi le 10 Septembre 2016
saturday September 10, 2016 1pm - 5pm

Parc Loyola Park

Вечеринка района
جشن محله
مهرجان عائلي
社区节日
Fiesta del Barrio

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

ACTIVITÉS GRATUITES

musique, BBQ, activités pour enfants
et la famille, danse, ateliers, etc...

Enregistrement et burinage de vélo gratuit

FREE ACTIVITIES

Music, BBQ, Children and family activities,
Dancing, workshops etc...

Free bike registration and engraving

En cas de pluie l'événement se tiendra
au Centre Loyola
4850 Av. Coronation

Pour plus d'information, SVP contactez nous au :
514-736-2732 ext 28

If it rains, the event will be held
at the Loyola Centre
4850 Coronation Ave

For more information contact:
514-736-2732 ext 28