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## Terri's two cents

So this is the period of the year that the Christmas decorations start going up! Everyone is on their last Hallowe'en candy and we are between Thanksgivings. In between you ask?

Well Canadian's harvest festival was held a couple of weeks ago and our friends to the South celebrate on the fourth Thursday of November. If you've never had the chance to celebrate American Thanksgiving it is a festival of food family and football. A cornucopia of excess often, because the following day is Black Friday. Although there are a few theories on what the day is labelled "black" but one of the most agreed upon, is the day stores see profit, or are in the black.

There are many sad stories of over consumption in the US. People getting trampled, or fighting over the last article, stores forcing their staff in to open all night and so on. This has caused some push-back and citizens are creating new movements to counter this marketing ploy. There is also a parallel movement called Buy Nothing Day, "an international day of protest against such consumerism". It began in Canada in 1992 and is accompanied by zombie walks (to mimic the frenzy of shoppers) cutting up credit cards and so on. Our own Éco-quartier team will be outside both the Vendome and Villa-Maria stations on that very day to promote the idea of generating less waste and becoming mindful of consuming. (See page 2 for the article).

Other 'days' that have been created are: Cyber Monday, where deals are offered online, to promote e-commerce and Small Business Saturday, whereby local businesses are promoted and last but not least ... Giving Tuesday.

Giving Tuesday is also called "National Giving Day". Their tag line is "We have two days that are good for the economy (Saturday and Monday). Now we have a day that is good for the community too." Started in US in 2012, this day of giving kicks off the holiday season. By making a donation to your

favourite charity or by volunteering, you help the charities that you feel are making a difference for causes that are dear to you.

[www.GivingTuesday.ca](http://www.GivingTuesday.ca)



**November 29, 2016**

In the weeks leading up to the Giving Tuesday, we will be sharing our announcements, activities and much more information. Join the conversation at #givingtuesdayca. Check out our Facebook page at <https://www.facebook.com/Prevention-CDN-NDG> or Twitter at [https://twitter.com/PrevCDN\\_NDG](https://twitter.com/PrevCDN_NDG)

And of course to learn more about what Prévention CDN-NDG is doing on Giving Tuesday AND/OR make a donation, <http://givingtuesday.ca/partners/prevention-cdn-ndg>.

We look forward to being involved in this important endeavour!

*P.S. When I was doing my research, I googled to see what the other day themes were but instead got 33 million results on deals for Black Friday and Cyber Monday.*

**- Terri Ste.Marie**



## Éco-quartier events

### Buy Nothing Day

Friday November 25th. This Buy Nothing Day, take the personal challenge by buying nothing for 24 hours! The Éco-quartier NDG is planning an installation outside of the Villa Maria & Vendome metros to distribute information and offer rubber bands meant to 'close' your wallet. Facebook event: <http://bit.ly/econDGsansachats>

A friendly discussion about consumption habits (an alternative to Black Friday). Please join us on Thursday, November 24th from 6-8pm (location to be confirmed). The activity is free and the conversation will likely be bilingual. All are welcome! Facebook event: <http://bit.ly/econDGsansachatssoiree>

### 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](http://www.facebook.com/ecoquartier.ndg)

## Food waste pick-up survey

Now that food waste pick-up has been going on for a few weeks in the Loyola district, the Éco-quartier NDG decided to post an informal poll on our Facebook page to learn how residents were adapting to the new collection. Residents were asked if they were participating, if they put their bins out each week, how full their bins were, etc.

We asked the following:

1. Have you participated in the new food waste collection (and left the bin out for collection)?
2. Did you put out your bin every week?
3. Was your outdoor bin full or half-full?
4. Have you put out the food waste and your household waste since the collection started?
5. Have you experienced any difficulties with this new collection?
6. Have you considered sharing your bin with a neighbour?
7. Are there any food waste products

that you did not know if it was compostable?

Generally, respondents were happy with the new collection. Many felt that it was time that NDG participated, so that we reduce the amount of garbage sent to landfill. Some residents had trouble finding compostable bags in the neighborhood (most grocery stores, pharmacies and hardware stores sell them).

Based on our informal survey, 30% of the brown bins had been chewed through and needed replacing (17 responses with 5 damaged). It seems that the local raccoons have been interested in the new collection too! We suggest that residents apply either Vicks-Vap-o-Rub or hot sauce to the top of their bins to discourage the rodents from checking out what is inside the bins.

If you'd like to complete our informal poll, please visit <http://bit.ly/LoyolaRASondage>

## What to put in your garbage

Composting and recycling are taking over the garbage, but there are still some things that we need to throw in our garbage cans.

Here is a little list of things that belong in your garbage: wrappers, plastic that have a small 6 inside the recycling triangle, diapers, rubber boots, electronic devices, light bulbs, toys, photos.(1)

As for your compost bins here are some things that don't go in it: ashes, cigarettes butts, pet litter, charcoal, chewing-gum, dust, hygiene pro-

ducts. In your compost bin you can put: biodegradable things and food waste, as well as dirty tissues and paper towels. While traditional composting accepts leaves and yard waste, in NDG the food waste and yard waste is collected separately and on different days.

And in your recycling bin, here's a reminder of what's accepted: paper, carton (with no fat residue), plastic (bottles, plastic identified with 1, 2, 3, 4, 5, 7, caps, lids, bottles and jars made of glass, aluminium from cans to containers).(2)

<http://pages.vassar.edu/ccs/recycling-composting/>

(1) [http://ville.montreal.qc.ca/portal/page?\\_pageid=7657,81893768&\\_ad=portal&\\_schema=PORTAL](http://ville.montreal.qc.ca/portal/page?_pageid=7657,81893768&_ad=portal&_schema=PORTAL)

(2) [http://ville.montreal.qc.ca/pls/portal/docs/page/arrond\\_cdn\\_fr/media/documents/charte\\_recyclage.pdf](http://ville.montreal.qc.ca/pls/portal/docs/page/arrond_cdn_fr/media/documents/charte_recyclage.pdf)

- by Yevgeniya Volkova (intern at Éco-quartier NDG).



# Glass recycling

Glass is an inert material that doesn't have any negative impact on the environment. This material can be reused 10 to 12 times before being recycled (1). At this time, in Quebec, the glass that is collected in the recycling bins cannot be used to produce new bottles because it is directly contaminated by other materials. Therefore, most of the glass sent to recycling ends up being buried in the landfill with the regular trash. In order to find a solution to this problem, Recyc-Quebec mandated Quantis Canada to produce an environmental analysis of the lifecycle of recycled mixed glass.

First of all, the study aimed to find out whether recycling of glass is a better alternative to its burial or use in engineered landfills. The analysis then gauged the significance of the environmental benefits. At last, the study had to evaluate if the glass transportation impacts were likely to cancel the environmental benefits of the commercialization projects.

Generally speaking, the results confirm that it is preferable to recycle glass, from an environmental point of view, than to send it to the landfills. The analysis done by Quantis Canada proves that glass recycling or its value offers a performance that is either superior or without major difference against burial or use in engineered landfills. Moreover, the more important the environmental impacts of substituted materials by recycled glass lifecycle are, the more the project of commercialization of recycled glass offers potential environmental benefits. Furthermore, the study shows that in order to reduce the emission of greenhouse gases, it is preferable to transport glass over long distances (up to 2 000 km) than to bury it or to use it locally in LETs (engineered landfills) (2).

As 80% (3) of the glass found in recycling bins comes from wine bottles, Quebec believes that it is important to implement a deposit system for the bottles from the So-

ciété des Alcools du Québec (SAQ (4)). SAQ, for its part, thinks that the priority is the development of a glass micronization system (reduction of particle sizes to a millionth of a metre): this method transforms glass into a fine powder so it can be incorporated into concrete. This technology allows, amongst other things, to reduce the emission of greenhouse gases and to improve the quality of concrete. Based on their study, Quatis says that the micronization of glass is the best choice for the environment (5).



Nevertheless, this procedure alone isn't going to meet the needs of the whole province. As a matter of fact, this technology, used under licences by the manufacture Tricentris, has a maximum target of producing 6 000 tons of glass per year. Yet, the province of Quebec generated 244 000 tons of glass in 2008 (6). This way, the factory, even at its full potential, would only be able to treat 2.5% of the glass generated by Quebecers per year.

*\*Please note that all of the websites used as references are in French as the text was translated from French to English.*

(1) Conseil Régional Environnement Montréal, Recyclage du verre : pas si simple, Québec, online, <http://www.cremtl.qc.ca/publication/entrevues/2015/recyclage-verre-pas-si-simple>, consulted on September 16th, 2016.

(2) Conseil Régional Environnement

Montréal, Une étude le confirme : le recyclage du verre est plus durable que son enfouissement, Québec, April 2015, online, <http://www.cremtl.qc.ca/actualites/2015/une-etude-confirme-recyclage-verre-est-plus-durable-que-son-enfouissement>, consulted on September 16th, 2016.

(3) Radio-Canada, La consigne du verre au Québec, Québec, April 2015, online, <http://ici.radio-canada.ca/nouvelles/societe/2015/04/29/001-consigne-bouteilles-verre-vin-saq.shtml>, consulted on September 16th, 2016.

(4) La Presse, Feu vert à la consigne des bouteilles de vin, Québec, May 2015, online, <http://www.lapresse.ca/environnement/politique-verte/201505/15/01-4869874-feu-vert-a-la-consigne-des-bouteilles-de-vin.php>, consulted on September 16th, 2016.

(5) La Presse, Recyclage du verre : l'enfouissement est « la pire solution », Québec, March 2015, online, <http://www.lapresse.ca/environnement/politique-verte/201503/24/01-4855247-recyclage-du-verre-lenfouissement-est-la-pire-solution.php>, consulted on September 16th, 2016.

(6) Front Commun Québécois Pour Une Gestion Écologique Des Déchets, Réponses aux arguments de la SAQ concernant la « valorisation du verre », Québec, March 2014, online, [http://www.fcqged.org/pdf/Analyse\\_des\\_arguments\\_de\\_la\\_SAQ.pdf](http://www.fcqged.org/pdf/Analyse_des_arguments_de_la_SAQ.pdf), consulted on September 16th, 2016.

For further reading, visit: <http://www.cbc.ca/news/canada/montreal/quebec-glass-recycling-plants-to-get-40m-upgrade-from-business-group-1.3102026>

<http://montrealgazette.com/news/local-news/city-supports-idea-of-deposit-fees-on-wine-bottles>



## Intern report

Hello! As a new intern, I would like to introduce myself. My name is Yannick Kiesel and I will be volunteering for the Éco-quartier NDG for the next few months. I'm from a little town in Germany, and I just finished my bachelor's degree in Human Geography in Frankfurt.



With this background, I am really interested in the influence of human beings and societies on our environment. Through the Éco-quartier NDG, I will have the chance of getting in contact with local people and learn about their needs in this community. I am interested in the development

of Notre-Dame-de-Grâce on environmental, social and urban aspects, including new constructions in NDG. I hope to have the opportunity to meet you in the office for a talk about eventual changes in the community as well as new topics or current problems.

To learn more about this great community, I am planning to organize an 'alternative' "Jane's Walk" on a (hopefully beautiful) Saturday afternoon on November 19th. Most of you already know about the traditional "Jane's Walk" events that happen every May.

The activity brings people together by sharing their knowledge and stories about their community during a walk through the wonderful sites of the borough. The focus of the 'alternative' walk we are proposing shall honor the idea of Jane Jacobs - that every daily walk of a citizen contributes something to an active community life, every step a citizen makes is important to maintain the social interaction. Therefore, this walk won't have a planned route. Every citizen is invited to share parts of their daily walks with the



group, and thus the walk will develop itself. I will be the group leader, and I will ask you to tell me about NDG, since I have just a little knowledge about the area and the community of NDG.

Every NDG resident who has something to tell is invited. While I am in Montreal, I want to help borough residents with questions and requests. I would be very pleased to have a conversation with you!

**- By Yannick Kiesel, intern volunteer at Eco-quartier NDG**

## End of summer volunteering season

The delivery of the last food waste bin for the Loyola district marked the end of summer volunteering season at Eco-quartier NDG. This year, our focus was mostly on the food waste collection and promoting its launch by speaking to as many residents as possible. Volunteering started all the way in May when we first put the callout for a design volunteer to create our posters and flyers for the program.

We were very fortunate to find our graphic design volunteer Jody Soh, who designed everything we used throughout the summer. Her great designs gave the program a very cheerful and colourful look that hopefully enticed residents read up about the program. Everything from our flyer, poster, social media pages and websites had this design and we could not have been more fortunate to have Jody work with us on this.

Thank you so much for your great help throughout the summer on this!

In addition to our graphic design volunteers, we had the great opportunity to work with many volunteers who helped us with the door-to-door promotion campaign, which ran from June all the way to September. Our goal had been to speak to as many residents as possible and inform them about the collection. Without their help, we could not have reached all 8100 doors in the Loyola district. Thank you everyone that participated!

In the background, our data entry volunteers in the office helped enter much of the data we gathered from the door-to-door campaign and made sure we kept good track of our stats. In addition, Gilbert, one of our data entry volunteers helped get us a head start on the upcoming cam-

paign for the NDG district by writing an automation scripts for Excel, which will make our lives much easier.

And finally, our bin delivery volunteers! They helped tremendously in the final part of the project almost every day, out on the road delivering the bins and in the office putting together the kits - full of flyers and sample bags. Again, without their dedication we would not have finished on time!

If you're interested in helping with the food waste project for the next district (NDG), please get in contact with us. It all starts in February 2017. We can host groups and individuals and are very flexible with shifts. It's a great way to learn more about the neighbourhood and speak to fellow neighbours about going green.

**- By Nazmus Syed**

## Food waste trucks

The Loyola district's food waste collection is in full swing. Residents have been putting out their food waste to be collected on Thursdays, and more and more families are participating each week. Some residents have been looking to spot the new food waste

tucks, and were surprised when a regular garbage truck collected their waste. We checked with the borough, and it seems that this is standard throughout Montreal. The trucks are thoroughly washed between garbage collections, and thus there is no risk of conta-

mination.

So please rest assured, if you see what looks like a garbage truck collecting your food waste in the Loyola district, it will composted as planned.

**By Nikki Schiebel**

## 3R Halloween costume making

On October 22nd, the Éco-quartier NDG and the Walkley Center partnered for the 5th annual 3R Halloween costume making activity for the little ones. Almost all of the materials came from the recycling bin, as the Eco-quartier NDG saves interesting recycled materials all year for the event.

The idea is to promote the 3Rs – reduce, reuse, recycle. It's important to teach kids that it's not always necessary to buy things and spend money, that you can recycle stuff and give it a second life.

children enjoy the opportunity to let their creativity shine!

Everyone was so busy cutting down clothes, twisting them, and trying them on. Some children also made masks, giving life to them with some paint. It was beautiful to see their small hands flowing, without any hesitation. They were so focused, needing help

only to cut things that were harder or to use the hot glue. It was a great way to spend the afternoon, as the children's creativity inspired the adults too.

A big thank you to the Walkley staff and the Eco-quartier NDG volunteers Emmanuelle and Dana!



The 35 children present had a great time, and we know that

**By Emmanuelle (intern) & Nikki Schiebel (coordinator)**



## Language students benefit the NDG environment

Did you know that the Éco-quartier NDG has a wide variety of volunteer tasks?

We are always looking for volunteers to help us with a myriad of activities, including bin distribution, door to door sensitization, help with workshops, data entry, clean ups and so much more! In addition to welcoming traditional volunteers, the Éco-quartier NDG is also lucky enough to partner with 3 local language schools:

CEGEP André Laurendeau, the International Language School of Canada, and Culture, Languages and Connections (CLC).

During the 2016 fall semester, the Éco-quartier NDG is hosting three students from CEGEP André Laurendeau: Emmanuelle, Yevgeniya and Ayrton. The three of them were assigned to the Éco-quartier NDG to practice their English in a working environment. All three ar-

rived with a very high level of English, and thus it has been so easy to host them! They have been helping us to deliver food waste bins, to close up the Incredible Edible gardens for the winter, translating documents and writing articles (please look for their articles in this and upcoming Nexus editions). All three students are enthusiastic and are greatly contributing to the greening of NDG!



# Guide on latest scams

## Fraud types

Below is a description of common scams and frauds, organized by the medium used to reach the potential victim. (Since identity theft crosses all mediums, it gets its own section.) Even though parts of the scam may change and new scams are invented almost daily, the best way to protect yourself is to be informed. If it seems too good to be true, it usually is.

### Telemarketing scams

Fraudsters develop elaborate stories and scenarios to make you believe they are legitimate. Below are just some of the on-going scams being used by fraudsters to trick potential victims out of their personal information and/or money. Read on to learn the many warning signs and ways to protect yourself.

### Tax scams

Any phone call or email from someone claiming to work with the Canada Revenue Agency

### Emergency scams

Any phone call or email from someone claiming to be a friend or family member who is in some kind of trouble

### Extortion scams

Any person who unlawfully obtains money, property or services from a person, entity, or institution, through coercion

### Prize scams

Any false, deceptive, misleading or fraudulent solicitation advising victims they have won – or have a chance to win – a prize

### Investment scams

Any false, deceptive, misleading or fraudulent investment opportunity, often offering higher than normal return

### Vacation scams

Any false, deceptive, misleading or fraudulent solicitation in which an advance fee is required to se-

cure or hold a vacation

### Service scams

Any false, deceptive, misleading or fraudulent promotion or solicitation for services

### Immigration scams

Any phone call or email from someone claiming to work with Immigration, Refugees and Citizenship Canada (IRCC)



### Timeshare scams

Timeshare scams range from hidden booking or maintenance fees to more extreme cases

### Call ID spoofing

Caller ID spoofing disguises telephone numbers appearing on a caller ID display

### Online scams

Below are common scams being used by fraudsters who target victims via the Internet.

### Protect yourself online

Identity theft refers to acquiring and collecting someone else's personal information for criminal purposes.

### Deceptive Marketing of Counterfeit Goods

Fraudsters trick consumers into buying counterfeit goods at discounted prices through spoofed websites

### Overpayment scams

A seller receives a cheque from the purchaser for an amount over what is owed, and is asked to wire the excess funds to a third party

### Sale of merchandise scams

Involves the non-delivery of goods purchased through classified ads

### Romance scams

Any individual with false romantic intentions

### Loan scams

Any false, deceptive, misleading or fraudulent solicitation involving the advertisement of a loan

### Extortion scams

Any person who unlawfully obtains money, property or services from a person, entity, or institution, through coercion

### Prize scams

Any false, deceptive, misleading or fraudulent solicitation advising victims they have won – or have a chance to win – a prize

### Investment scams

Any false, deceptive, misleading or fraudulent investment opportunity, often offering higher than normal return

### Vacation scams

Any false, deceptive, misleading or fraudulent solicitation in which an advance fee is required to secure or hold a vacation

### Service scams

Any false, deceptive, misleading or fraudulent promotion or solicitation for services

### Rental scam

Any false, deceptive, misleading or fraudulent solicitation in which an advance fee is required to secure or hold a rental property

### Email and text message scams

Emails provide an easy venue for fraudsters to reach you. Be wary

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of any email from an address you don't recognize.

#### **Extortion scams**

Any person who unlawfully obtains money, property or services from a person, entity, or institution, through coercion

#### **Job scams**

Any false, deceptive, misleading

or fraudulent solicitation offering employment and requesting an advance fee to secure the job

#### **Phishing**

Any false, deceptive, misleading or fraudulent solicitation advising victims they have won or have a chance to win a prize

#### **Investment scams**

Any false, deceptive, misleading or fraudulent investment opportunity, often offering higher than normal return

#### **Wire fraud**

Financial industry wire fraud occurs when Canadian financial institutions and investment brokers receive fraudulent email requests from who they believe to be an existing client

#### **Ransomware scam**

A form of malware that locks and denies access to victim computers, digital files and systems once

encrypted

#### **Identity theft**

Identity theft refers to acquiring and collecting someone else's personal information for criminal purposes.

#### **Card crimes**

Organized criminals have the technology which allows them to "skim" the data contained on magnetic strips, manufacture phony cards, and overcome such protective features as holograms



#### **Business scams**

Business scams include scams that mimic real businesses in order to deceive consumers as well as scams that target small businesses.

#### **Directory scams**

Any sale of specialized directories (hard copies, CD-ROM or internet)

to businesses and non-profit organizations using misleading representations and deceptive sales techniques

#### **Office supply scams**

Any false, deceptive, misleading or fraudulent solicitation for office supplies

#### **Wire fraud**

Financial industry wire fraud occurs when Canadian financial institutions and investment brokers receive fraudulent email requests from who they believe to be an existing client

#### **Mail scams**

Below are the most common scams associated with the postal or private mail carrier service.

#### **International mail scams**

Various international mail scams continue to target Canadian consumers through the inheritance, prize or psychic scams

For more specific info about these above scams go to Government of Canada website: <http://www.antifraudcentre-centreantifraude.ca/index-eng.htm>

You can also contact the Tandem staff if you have any questions about scams, suspect you have been a victim of a scam or don't know what to do if you were a victim. 514-736-2732.



**When we think Fall, We think time change! During the night of November 7<sup>th</sup> to 8<sup>th</sup>, we turned back the clocks one hour. One hour more to sleep! YEAH ! Make sure you have changed the batteries in your smoke detector to make your home a safer place !**



# Halloween at 6767

On Friday October 28, it was Halloween at 6767! This event for the neighbourhood's families and teens. Organized in partnership by Baobab familial and Prévention CDN-NDG, it was a real success!



For the bravest, there was also a visit to the zombie tooth fairy and the traditional haunted house, where they met many strange characters: a mysterious masked man, a zombie bride, and a bloody Dracula.

Many games for younger kids took place on the 6th floor and, definitely part of the most popular ones (even though they were all very popular!) was the face painting kiosk. Volunteers and employees worked non-stop during the whole activity to the delight of the kids!



All these creatures really appreciated your visit and they are already looking forward to seeing you next year at the Halloween at 6767... if you are brave enough... Mwahahaha!

- Julie Robillard