

In this edition:

Éco-quartier
news

Christmas
Holiday safety

Jennifer
Interviews

Fielding-
Walkley
Christmas
supper

Staff highlights
of 2016

PRÉVENTION CDN-NDG
6767 CH. DE LA CÔTE-
DES-NEIGES #598,
MONTRÉAL, QC,
H3S 2T6
514.736.2732
FAX: 514.736.2734

5319 AVE. NOTRE-DAME-
DE-GRÂCE, MONTRÉAL,
QC
H4A 1L2
514.736.2732
FAX: 514.736.2734

E-MAIL:
info@preventioncdnndg.org
ecoquartier@gmail.com

VISIT US ON THE WEB:

Website:
www.preventioncdnndg.org
Facebook:
Prevention CDN/NDG
Twitter:
@preventioncdnndg

Terri's two cents

It's the last month of the year, and we pretty much made it through ... A few bumps and bruises but we made it mostly intact. A year ago, I probably wouldn't have thought as much.

I have written much on the subject, but there was a time where many of our programs were in a precarious situation with us at Prevention CDN-NDG, not precarious in its existence, mind you but precarious that they might not be sitting under our "umbrella" for 2017.

We are currently working on our funding application for our next Tandem contract. Centre City has decided that they lacked time in dealing with this dossier. They will perhaps relook at it in 2017. So as it stands right now, the Borough decided that it could continue on locally.

parency and evaluation. I believe that funders should sit down with us on an annual basis and ask tough questions, but we really need to relook at the way things are done. One day, longer term funding will be available, maybe not in my career/lifetime, but maybe in the next. One day funders will see that 5-10 year plans give us time and room to see positive change, as opposed to creating needs with a 1-3 year timeframe, than pull funding away and leave many of us scrambling.



Right now, we are in scrambling mode for our Hypersexualization prevention Projects. The Minister of Public Security is no longer funding "the prevention of street gang membership". We've been invited to apply elsewhere, and so far have made four applications to various provincial departments ... Four! One has been refused, one has been refused UNLESS they find more money and we wait for two others. So in this time when subjects like sexual exploitation, harassment, consent, bullying and cyberbullying are part of our dialogue, we are forced to wait, before moving forward to help meet the needs in our community. A sincere thank you to our community partners who have supported us in the past few months and have pledged their implication for the future.

These changes would not have been due to lack of demand. Requests from citizens, partners and the rest of the community continue to increase. Could we be available for this or that event? Could we join this table or that committee? Could we help out with this issue? Could we help apply for funding? If we were evaluated on our usefulness/helpfulness, we'd still score pretty high, even after 28 years of existence.

It is a shame however, that we spend so much time putting out funding fires, stopping and re-starting, hurrying up and waiting, so that we can fill out all the applications, ask for letters of support and re-explain what we do and why our work works. I'm all for trans-

Keep your fingers crossed for us, and we'll be sure to keep you updated!

- Terri Ste.Marie



Éco-quartier events

The Éco-quartier offices will be closed from Saturday December 24th to Monday January 9th.

The Éco-quartier staff wishes all our readers Happy and Green Holidays and hope to see you back in 2017!

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

Veggies in the city at the daycare

Started two years ago by the Éco-quartier NDG, our "Veggies in the city" program has become one of the favourite activities of the day care centres (besides the borough's annual flower give-away). Radishes, cucumbers, lettuce, broccoli and beautiful tomatoes are some vegetables that the children planted this year. The children are falling in love with gardening in the backyards of daycares. At the beginning of this project in 2014, there were only two daycare centers, the Montessori School and CPE Les Petites Fleurs, interested in participating in the creation of a vegetable garden, but today the list has more than tripled.

Les Petits Fleurs, NDG Daycare, Montclair Daycare, Montessori Daycare, BigSteps Daycare, Jardin d'enfants YMCA, and West End Daycare all participated in 2016. The children and their teachers put their hands together to create these magnificent vegetable gardens. By cultivating vegetables, the children learned different plant species, the relationship between what they themselves eat and the products of the vegetable garden.

These gardens also made it possible to sensitize the children to the importance of nature, the natural balance, and the seasonal cycles.

"It's already well known that children do not really like eating vegetables, but gardening makes them very happy. They enjoyed playing with soil, making holes, planting, watering and watching as the plants grew. After the planting, they went every day to see if

the plants were already big enough or to see if there were vegetables ready to be picked", said one of the educators of the Montclair Daycare.

The educators told us that the children were very involved in the project.

Every day, there were small groups of children accompanied by an educator who took care of watering, weed removal or setting up compost. The children had the opportunity to see the importance of using humus (compost) in their planting after participating in our workshops about composting and vermicomposting.

The project was put in place thanks to the generous donation of vegetable plants by two Laval nurseries - Serres Sylvain Cléroux and Serres Lavoie.

The objective of the Éco-quartier NDG is to enable children to observe, grow, play, act, create, make, touch, taste, communicate and help each other while thinking about the . The garden is then used as a tool, rich in innumerable educational potential, a perfect support to encourage discovery and experimentation, but at the same time to create unforgettable moments and teach them the respect for nature.

Next year, Éco-quartier NDG hopes to expand the list of day care centres interested in this magnificent project.

We are waiting for you in large numbers: children, educators and parents too , with only two things needed: The passion for gardening and ... the love of nature. Stay green my friends!

- Adina Badescu, Chargée de projets

Christmas crafting

Christmas is upon us and that means it's ... crafting time! There are many simple, yet fun craft projects that you can do with your children using recycled material!

Crafting has a lot of advantages for your small child: it contributes to developing bilateral coordination (using both hands at the same time), fine-motor coordination (dexterity), self regulation and patience.

Moreover, it a self-esteem booster, as your child will feel a sense of accomplishment when he or she sees the final result. Finally, it's the ultimate

bonding activity because it will allow you to spend time and create something with your little one! There are so many cheap, easy and fun activities

to try, such as a tissue box house ornament, coffee filter snowflakes, cork wreaths, yogurt bottle snowmen, toilet roll angel ornament and so many more!

For tutorials and ideas, go to <http://www.allfreechristmascrafts.com/Recycled-Christmas-Crafts/21-Christmas-Crafts-from-Recycled-Items>.

- By Yevgeniya (language student intern).



An eco-friendly guide to surviving the winter!

Winter has finally arrived. For a lot of people, it's the start to their own little hibernation. Their mood goes down, the motivation to go out disappears and the spirit of taking social responsibility rests until the snow melts. It can be hard to stay motivated and to keep up good summer habits and keep on behaving environmentally friendly. There are easy steps to stay energy efficient and friendly towards nature however. Prepare your home for winter as the environment does not rest either! Save money and remain cosy by acting now before the bitter cold arrives.

The following guideline reminds you what you can do for yourself and the environment to be prepared for the chilly conditions of winter.

1. Don't stop growing: You can still grow a lot of different plants inside. This is a great time of the year to clone some of your outside plants or grow them from seed indoors. Grow herbs on the windowsill! Tomatoes and other plants actually need to be started inside in mid-winter.

2. Attract birds to your backyard this winter: Provide a bird feeder in a calm location that keeps the seeds dry. In most areas, the best all-around attractant is black-oil sunflower seeds. Take the time to find out whether your feathered visitors prefer seeds or suet.

3. Run ceiling fans in reverse: Counter clockwise rotation produces cooling breezes, while switching to clockwise makes it warmer. Warm air pooled near the ceiling is circulated back into the living space – cutting your heating costs as much as 10 percent!

4. Reduce waste during the holidays and recycle your Christmas tree: Thousands of paper and plastic shopping bags end up in landfills every year. Tell store clerks you don't need a bag for small or oversized purchases. After the holidays, look for ways to recycle or reuse your tree instead of sending it to a landfill. The CDN-NDG borough has pick-up scheduled on

Wednesdays January 4th and 11th.

5. Save your ashes: If you have a wood-burning fireplace, save your ashes in a tin instead of throwing them away. Cold wood ashes can be mixed in your compost heap to create a valuable soil amendment that provides nutrients to your garden.

6. Consider using non-toxic de-icing substances: Chemical de-icers can be hazardous to your pets, your trees and shrubs, and the environment. Antifreeze that leaks from car engines and chemical snow melters on driveways, roads, and runways can pollute surface waters and groundwater through the soil. In addition, many animals are attracted to their salty smell and can be poisoned. Clean clay cat litter, sand, or fireplace/stove ash do not have hazardous chemicals in them.

7. Use electric snow removal



products rather than gasoline-powered ones: While electric products consume energy, they do not emit greenhouse gases (gas powered tools can pollute more than cars!) As alternatives, use snow shovels, ice crackers, and brooms to clear snow from your sidewalk, porch, or driveway.

8. Buy recycled: Many articles of clothing, such as jackets, scarves, gloves, and boots, are now made from recycled materials. Most fleece products are made from recycled plastic soda bottles, and certain clothing and shoe manufacturers use recycled cotton scraps and rubber tires to make their products. Buying these products helps encourage manufacturers to continue making these

products.

9. Draft proof: Check your house for possible cracks around windows and doors which lead cold air into your house. Seal the cracks up, save on your fuel bill and reduce your home's carbon footprint. You can seal them with caulk, expanding foam or other suitable materials. It is very easy to make your own draft stopper to lay before the bottom of the door.

10. Make your house energy efficient: Have a look at the Québec Éconologis Program for low-income residents. They offer a free visit from an advisor and technician, as well as a free specialist's visit to install your electronic thermostat to improve your comfort. Reducing home energy usage by just 15 percent saves the equivalent of 500 pounds of coal a year, reducing green house gases.

11. Keep unused rooms closed: Unused rooms can sap the heat of heavily used ones. Don't waste your energy on rooms you don't need to heat up. Simply close the door and lay down a draft stopper along the bottom.

12. Use rugs or slippers in your home: Floors can prickle your feet and make you feel cold faster which leads a lot of people to turn up their heat. Prevent this by keeping your feet protected in slippers.

Also, instead of turning up the heat, try to wear another sweater or an extra pair of socks.

13. Try Mother Nature's freezer: The next time you go to put your leftovers in the deep freeze, take a moment to consider the benefits of storing some things outside. Deep freezers eat up an average of 750 kilowatt hours of electricity per year. For 4-6 months of the year, it's usually colder outside, and the energy draw is zero. Try making use of cooler temperatures outdoors or in your garage to save energy. Just remember to seal the food well as animals may be attracted!

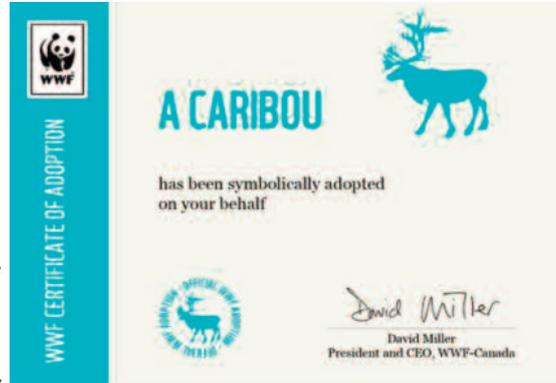
- By Yannick (intern at Eco-quartier NDG)

WWF symbolic adoption

One of the mandates of the Eco-quartier is to encourage residents to think about overconsumption. That can be hard during the holidays. Here's an idea that helps the planet, with very little material stuff associated with it: If you are planning to make a donation for Christmas this year, why not do it for the animal cause?

World Wildlife Fund (WWF) is the world's leading conservation organization and it has been helping animals for more than fifty years. You can symbolically adopt endangered species, such as pandas, belugas, African elephants, polar bears, etc. In exchange, you will receive an adorable stuffed animal of the

chosen species, as well as a species card, an adoption certificate, a photo and a gift bag.



The money you send will not be helping the specific animal you chose, but it will help protect the future of nature by protecting the wild animals and their habitats. It's

such a great way to show you holiday spirit and it can also be a great gift idea!

Go to <https://shop.wwf.ca/> to learn more about this program! Eco-quartier NDG coordinator, Nikki, received a polar bear adoption kit from her sister, and the adoption certificate hangs proudly at her desk.

Biodiversity is very important to maintain healthy ecosystems. The Eco-quartier NDG is developing a number of initiatives to teach residents about the importance of biodiversity. The

WWF's symbolic adoption program is a great way to support biodiversity locally or internationally.

- By Yevgeniya

Biking friendly NDG

The Notre-Dame-de-Grâce sector is green, beautiful and friendly. NDG is predestinated to become a pioneer in Montreal's development towards becoming a bike friendly city, and the borough supports the implementation of bike paths.

From a human geographical aspect, bike paths have the possibility to increase a neighbourhood's value.

Narrowing the streets helps to slow down traffic, making it safer for all. Protected bike paths encourage more people to use bikes instead of cars, reducing congestion and pollution. Obviously, that fits in perfectly with the Eco-quartier NDG's mandate to sensitize residents to the importance of a healthy environment.

A certain part of the safe infrastructure necessary is missing in NDG, however, as there are currently not enough bike paths. The ones that do exist are mostly unprotected (no physical barriers between the path and cars) and are sometimes far from where we need to go.

The NDG Cyclist and Pedestrian Association (Vélo NDG) is taking action and campaigning for a change of the current infrastruc-

ture towards a more bike friendly environment. They tackle many different issues inside the borough, focusing on the bike paths on commercial streets (Sherbrooke and Monkland) as well as bike paths that are separated from the



road (like on Grand Boulevard, for instance). Other challenges for Vélo NDG are a new bike path towards the Angrignon Park and the promotion of winter cycling. In order to winter cycle, bike paths need to be cleared regularly during winter months. They've already achieved the implementation of a separate bike path in the "danger zone" of Vendôme metro.

The monthly city council meet-

ings are the chance for citizens to raise their voices and show their support for bike friendly development. If you love biking, please take action, help our environment and make this borough even more livable than it already is!

And please remember, the Éco-quartier NDG hosts an annual bike path clean-up every year in the spring. Please contact us in the spring to find out when and where to meet!

For more information on cycling, check out Vélo NDG's Facebook page: <https://www.facebook.com/velo-ndg/>

- by Yannick Kiesel (intern at the Éco-Quartier NDG)

Buy Nothing Day

Friday, November 25th was Buy Nothing Day! For those who haven't heard of Buy Nothing Day (BND), it's a day that was created to counter the mass hysteria happening in shops all around the world. It is essentially the reaction to Black Friday. The big retailers cut their prices and that can negatively impact local independent businesses because they can't compete with such cuts. Today, people around the world are taking part in a 24-hour halt on consuming! It's as simple as it sounds: just don't spend!

On the morning of BND, Éco-quartier NDG had an event at Vendome station where staff and language interns gave out small flyers to passer-byers to spread the word about Buy Nothing Day. We started off with 450 flyers and within 40 minutes, they were all given out! The flyers had rubber bands stuck to them so that people could use them to keep their wallets closed.

It was my first time giving out flyers in a metro station. I have to admit that I was overwhelmed by the amount of people coming out of the train station! Luckily, my fellow language intern Emmanuelle arrived and gave me a helping hand. Her constant laughing seemed to make people notice

us and take some flyers. We were glad to see that a good amount of people were interested in BND and took at least a minute of their busy lives to stop and ask us questions about it. Quite a few of them seemed to really like the event and told us they were going to take part in it! We reminded them that there are many ways to use



the time you have now that you aren't wasting on a buying spree. You could read! Start a book or finish the one you currently are reading. Go out and play! Use this time to play with your friends or enjoy quality time with your family. Find your inner artist! If going outside isn't your cup of tea, try painting, sewing, crafting, etc. Who knows, maybe you'll find

yourself a new hobby. I have been an intern at the Éco-quartier in NDG for almost a month now. I learned about days I never knew existed! Buy Nothing Day is one of them. I feel like it's a funny way to fight of the urge of waking up early just to buy stuff you might not need. People seemed to think the same when I

handed them a flyer. They would look at it and chuckle as they realised how simple but great the idea was. Remember, Buy Nothing Day doesn't have to only happen once a year, you can choose to opt out of mass-consumerism whenever the urge strikes you!

- **Ayrton Romero, Intern at Éco-quartier NDG**

Erratum

In our last Nexus edition, a little bit of misinformation slipped by us! Sorry about that. The "Food Waste Pick-up Survey" and "What to Put in Your Garbage" articles should have read:

Here is a little list of things that belong in your garbage: wrappers, plastic that have a 6 inside the recycling triangle, diapers, old rubber boots, incandescent light bulbs, broken toys, photos, cigarettes butts, pet litter, charcoal, chewing-gum, hygiene products and candles.

In your compost bin, you can put: biodegradable products and food waste, as well as dirty tissues and paper towels. Even greasy pizza boxes which cannot be re-

cycled (because they are contaminated with grease), can be put in the brown bin. While traditional (outdoor) composting accepts leaves and yard waste, in NDG the food and yard waste is collected separately and on different days. Thus no yard waste is permitted in the brown bin. As for your recycling bin, here's a reminder of what is 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, and aluminium, from cans to containers. Finally, household hazardous waste like batteries, compact fluorescent light bulbs, paint and solvents must still be brought to the

écocentre for proper disposal. The Eco-quartier NDG staff will be going door to door in the Loyola district conducting short surveys to get a sense of how residents feel about the program. Please open your door to us as it will only take about 4 minutes of your time to complete the survey. And finally for this erratum, we had mentioned that raccoons had made holes in 30% of the bins. As it turns out, raccoons are not rodents! It is likely a combination of squirrels and racoons that are making the holes. In any case, we recommend adding Vicks-Vap-o-Rub or hot sauce to the top of the bins.

- **Nikki Schiebel (Coordinator)**

Celebrating a “Green” Holiday!

Food and Drink

- Buy in bulk!
 - Avoid goods with unnecessary packaging
 - Say “NO” to unwanted bags!
 - Bring your own reusable bags when shopping
- Avoid using paper cups, plates and napkins when throwing a party
 - Choose to buy locally grown food products
- Compost any left over food scraps rather than tossing them in the trash

Gift Ideas

- Avoid buying gifts which rely on disposable parts like batteries
 - Avoid gifts that are overly packaged
- Buy recycled! Look for gifts made from recycled materials
 - Think of giving home-made gifts –
a home-cooked dinner, art, woodwork, free night of babysitting
 - Treat your special someone to an “experience gift” –
tickets to a concert, sporting event or the theater

Wrapping and Decorating

- Make gift tags from old greeting cards
 - Sew your own reusable gift bags**
- Use brown paper bags or the comic section of your local newspaper for gift wrap
 - Buy recycled wrapping paper and insist on Christmas cards printed on recycled material - choose ones that support a charity
 - Old VHS or cassette tape makes for great ribbon
 - Choose LED lights instead of incandescent bulbs to decorate – they are more expensive but last longer and use 80-90% less energy
 - Choose decorations that can be reused
 - If buying a live tree, buy a native variety and one with its roots -
 - Replant it after the holidays! If not, make sure to recycle your tree through the city’s curbside pick-up program

HAPPY HOLIDAYS!

** Available for sale at the Eco-quartier: 6575 Somerled avenue (514)486-2727

This document was produced by Prevention NDG for the Eco-quartier program in the CDN/NDG borough.

Jennifer Interviews

To finish off the year, Jennifer Chapman has found another colleague, Marc-Alain Félix, to interview for the December edition of Nexus.

Jennifer: Marc-Alain, how long have you been working for Prevention CDN-NDG?

Marc-Alain: 10 years

Jennifer: What are you doing here?? I mean ... seriously, why Prev?

Marc-Alain: I enjoy coming to the aid of people in need. Equally, because Prev is an excellent organization offering services in both Cote-des-Neiges and Notre Dame-de-Grace. In addition, the people working there do so with very big hearts.

Jennifer: Tell me Marc, what is one of your favourite things about your job?

Marc-Alain: Helping others and watching them evolve.

Jennifer: What are some of the biggest challenges?

Marc-Alain: Not falling into a routine.

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

Marc-Alain: Young people in difficulty.

Jennifer: If you had three hours to show a tourist around NDG or CDN, where would you take them, and why?

Marc-Alain: St-Joseph's Oratory and Mont-Royal park (Beaver lake and the Belvédère).

Jennifer: Marc-Alain, I want you to close your eyes and take a deep cleansing breath in. Then release. Then do it again. In. Out. Good. Now imagine yourself on a beach. Then imagine you're not



on a beach at all because your vacation is over and your first day back is at a monthly meeting or work retreat. Think about all of your colleagues together there. Visualize them interacting. Listen to their voices. Are you there? Are you feeling it? Okay, now quickly - answer this question:

If Prev was a brand, what would

its tag line be?

Marc-Alain: Let's all work together.

Jennifer: What are the three most played songs on your personal playlist?

Marc-Alain: The best of Vivaldi, the best of Chopin, Joseph Boulogne Chevalier de St-Georges.

Jennifer: Marc, tell me honestly, without over thinking it, without worrying about what people are going to think about you. Without looking in the mirror or fixing your hair before answering. Just flat out yes or no: Have you ever been on a boat?

Marc-Alain: Yes, a small boat and a big cruise ship on the St-Laurent river.

Jennifer: Do you want to tell us about it?

Marc-Alain: I was afraid of drowning, it's my phobia.

Jennifer: What's the best piece of advice anyone has ever given you?

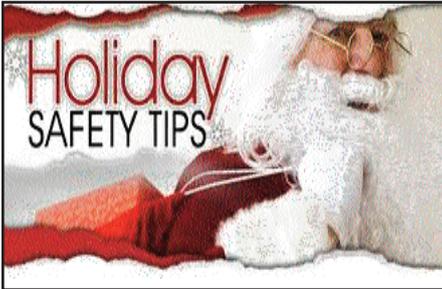
Marc-Alain: Do not try to work miracles like Jesus because you cannot save everyone at the same time.

- Jennifer Chapman

Les résidents de Fielding-Walkley et des quartiers avoisinants vous invitent à leur
Souper Communautaire des Fêtes
The Residents of Fielding-Walkley, and surrounding areas, present and invite you to their
Community Holiday Supper
Activities for the whole family! Activités pour toute la famille!
Micro ouvert! Open mic!
- Samedi - Saturday
le 12 Décembre 12th 2016
12h-2h / 5pm-9pm
Centre Walkley
6650 Chemin de la Côte-Saint-Luc
Le Projet de mobilisation Fielding Walkley
PRÉVENTION
CDN-NDG
Gratuit! Free!

Celebrate your Holidays in a safe manner

'Tis the season to deck the halls ... falalalala lala la la! Yes ... it is already that time of year again! Holiday festivities (and chaos!) are just around the corner and there is no better time to ensure that you and your family are safe.



Around the house ...

- Remove snow and ice, and put sand or salt on walkways and driveways. Arrange to have this done even when you are away and for a neighbour to pick-up your mail.
- Discard packaging from big-ticket items carefully, bundling cardboard boxes to conceal the nature of their contents.
- Keep a record of your valuables. Identify property by engraving an identifying mark.

Christmas Tree:

- Buy a bright green and fragrant freshly cut tree. The high moisture content makes it less of a fire hazard; just make sure you always keep the trunk immersed in water.
- Use a tree stand with wide legs for stability.
- Keep the tree away from heat sources (fireplaces, radiators, TV's, heating ducts, etc.) and ensure it does not block any windows or doors.
- Remove the tree in 10 to 14 days.



Decorations:

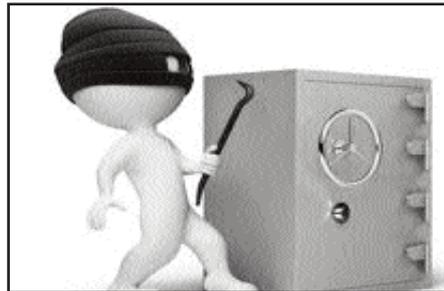
- Choose ones that are flame retardant, non-combustible, and non-conductive.
- Avoid the highly combustible

combination of angel hair (glass wool) and spray snow.

- Use Canadian Standards Association (CSA) certified lights and string sets and make sure they are the proper lights for the environment. Outside lights may burn too hot for indoor use and indoor lights are not weatherproof.
- Be careful not to overload electrical outlets.
- Cut candle wicks short to prevent high flame.

Fireplace:

- Don't burn gift wrappings, boxes, carton, or other types of packaging.
- Don't use gasoline or any other flammable liquids to start a fire.
- Always use a screen.
- Remove stocking from mantel when the fireplace is in use.



Do NOT enter your home if you suspect you have been broken into.

- Use your cell or a neighbour's phone to call the police.
- Do NOT touch anything or clean up until the police have inspected for evidence, if possible.
- Note the licence plate number of any suspicious vehicles.
- Note the description of any suspicious person(s).

Avoid charity scams!

Fraudsters can take advantage of the holiday season by creating bogus fundraising operations. Ensure your donations are going to legitimate charities by logging onto the Better Business Bureau (www.bbb.org). The web site has information on charities and businesses.

Secure your mail!

Put a temporary halt to your mail and paper delivery if you are travelling this holiday season. Always pick deliveries up promptly. Unattended mail is a treasure trove of personal information for potential

thieves.

Having a party ...

With holiday parties about to swing into full gear, are you prepared to be a responsible host? Follow these tips to ensure your party is a hit and your guests make it home safe:

- Never serve alcohol to minors.
- Post a standard drinks guide on the fridge or near the food and drink areas so guests are aware.
- Have a plan to prevent drinking and driving.
- Encourage guests to name designated drivers or leave vehicles at home and take taxis, public transit or walk.
- Either don't drink or limit your own drinking of alcohol so you can be aware of how much your guests are drinking.
- Know your guests. It makes it much easier to monitor changes in behaviour.
- Monitor and supervise the serving of alcohol or designate a responsible adult "bartender".
- Stop serving alcohol at least one hour before the party ends.
- See guests in and out. Greeting everyone gives you the opportunity to assess their condition.
- Keep cash and numbers of cab companies handy.
- Keep the focus off alcohol.
- Serve food with protein and fat. Salt makes people drink more and sugar does not mix well with alcohol.
- Have lots of non-alcoholic choices.



What to do if a guest is drunk:

- Encourage them to give you their car keys. Teaming up with a buddy can help.
- Inform them a cab has been called. Asking them if you can call them a cab gives them the opportunity to refuse.
- If they are very drunk keep them with you until they have sobered up or can be left with another sober, responsible adult.

Continued on page 6

from page 5

- Remember that only time, and not food or drink, sobers someone. Be prepared to offer a spare bed.
- If the person insists on driving, call the police. This could be the difference between an upset friend and far more tragic consequences.



Out Having Fun ...

Remember, drinking and driving kills. The choice to drive or not to drive is yours. Please be a responsible adult and make the right choice. You could be saving a life and it might be yours. Get a free ride from Operation Red Nose:

Operation Red Nose is a nationwide volunteer driving service and awareness campaign, dedicated to preventing drinking and driving. Three person teams can be called to drive you and your vehicle home safely between the hours of 9 pm and 3 am, with donations being redistributed to local youth organizations.

Avoid making a mistake that could harm yourself and others, and instead give to those in need. Talk about getting into the holiday spirit!

Local phone numbers for Operation Red Nose can be found on their website at: www.operationnezrouge.com/en

When doing your shopping ...

At a store:

- Keep an eye on anyone who handles your debit or credit card.
- Be sure a cashier only swipes your card once - identify criminals sometimes use small devices that look like store equipment to copy your card information and then use it fraudulently.
- Get your card back promptly and shred all credit card receipts.
- Don't leave valuables unattended in your vehicle while shopping.

Shopping on the internet!

Before providing credit card information on line verify the validity of the site and make sure it is secure. Go to the company web site directly and be cautious of unsolicited e-mail links. Read the company's privacy and security policies. Log onto phonebusters.com to learn more about internet crime.



Enjoying the Outdoors ...

A winter wonderland can pose many hazards for pedestrians and vehicles alike. Consider the following safety tips this winter before leaving the house.

Winter walking - not only is walking a great way to stay fit, there is no better time to do it than when the air is crisp, the ground is covered in snow, and you can really enjoy the beauty of the season.

- Remove snow and ice, and put sand or salt on walkways. Report sidewalk or pathway hazards to your landlord or city.



- Wear appropriate footwear. Invest in a good pair of waterproof winter boots with a thick, non-slip sole and low wide heel.
- Ice grippers can be helpful on packed snow and ice.
- Use caution! Remember that bad falls on ice can have long-term consequences such as chronic pain, disabling injury, and fear of another fall.

Going on a road trip?

- Wear your seatbelt correctly. Lap belts should be low and snug

over the hips, while shoulder belts should be worn across the chest.

- Use a restraint system that is appropriate for your child's height and weight. Remember, the safest place for children 12 and under is in the rear side of your vehicle.
- Install four identical snow tires.
- Clear all snow and ice from all windows, hood, roof, and lights before driving.
- Make sure you have lots of windshield fluid.
- Keep an emergency kit and warm blankets in the trunk.
- Let someone know your travel plans before you leave and be aware of travel and road conditions.



Safeguard your vehicle!

Thousands of dollars of merchandise is stolen from vehicles each year, not including damage to vehicles, insurance costs, or the personal costs to victims.

- Always close all windows, lock all doors, and park somewhere well lit.
- Don't leave valuables, including wallets, purses, cell phones, and shopping bags in cars.
- Ensure nothing of value is visible from the windows. Lock valuables in the trunk.
- Know the make, model and serial numbers of all stereo and technical equipment in your car so that it can be provided to police in the event of a theft.

These safety tips were taken from the RCMP website: www.rcmp-grc.gc.ca/



Looking back at 2016 and towards 2017

My highlights for 2016 were:
The addition of Miranda to the team!
Welcome again Miranda!
Nouha got her work permit after much red tape and lost dossiers! Yay!
The Tandem program is still under our "jurisdiction".
We had no babies or weddings in 2016 ... maybe 2017?

My wish is for our clients, staff, and partners to have a healthy, restful and safe holiday season. May 2017 bring everything you hope it does.

- Terri Ste.Marie

One of my highlights for 2016 was organizing a community meeting focused on the youth of the Fielding Walkley sector of NDG. We had many community organizations and outreach workers show up, to connect with the youth and answer their questions about available resources and relevant projects. In the weeks following the event, we received great feedback from the participants, and I look forward to see what comes of it next year!

I look forward to continue working towards a bigger and stronger Fielding Walkley resident planning group in 2017, so if you live in the area and are looking for ways to get more involved in your community, we welcome you with open arms!

- Jennifer Chapman

2016 has been a big year, lots of work with youth as always, seeing them grow into leaders in our community, working with centers and daycamps. Makes me very proud.

I hope 2017 finds us all healthy and happy, I look forward to working with some new schools, more closely with our centers and families.

- Joey Lambert

I can't really say I have a highlight for this past year. What I do like to highlight though is that after 12 years, almost 13 soon, with the Prev family that it is always a pleasure to work with colleagues that bring many different experiences and that are so open minded, professional, dynamic and pleasant.

What I hope for 2017 is that the Tandem program will continue despite being in uncertainty all year long. And of course I also hope that all the other programs and all the other colleagues at Prev will stay as well and that hopefully we can still keep on growing!!!

- Brigitte Chretien

For me the highlight of 2016 is with - out competition, to pass the torch of

the coordination of the Hip Hop You Don't Stop festival, a community and cultural project that is very dear to me and that I saw growing, to Emilio Orellana-Côté that has done some remarkable work to coordinate the 11th edition with five consecutive days of events. It's the first time that I participated in the organisation of Hip Hop You Don't Stop as a communications coordinator.

For 2017, I will have the opportunity to concentrate totally on communications, both internal as well as external, when it comes to Prevention CDN-NDG.

Several interesting challenges are awaiting in promoting and making our programs and activities more visible, both on our website and via social media as well as on the ground by communicating with the citizens of the borough.

- Marc Pagliarulo-Beauchemin

My highlight of 2016 are all the activities that we organized with the CDN-NDG youth. All the sessions with the community groups and schools on different subjects (body image, sexual cyberintimidation, sexuality, romantic relationships etc.) as well as the activities and visits (self defence, zine creation, arts on clothing, safety walks, etc.) were great moments for me to learn more about you and evolve. Thank you for participating with all this enthusiasm in our activities!

What I await for 2017 is FUNDING!!! I hope we will have a positive answer when it comes to funding the Hypersexualisation project that officially ended in the spring this year. The project responds to crucial needs amongst the youth in CDN-NDG. I wish from the bottom of my heart that our essential efforts can continue to have an effect in the borough, not only in 2017, but for several years to come!

- Julie Robillard

2016 was a year of adaptation. This year I got to focus on community group projects. I am grateful that Sport Hasard is a success. Also grateful that I have about 20 and more kids participating in the Jeunes leaders program.

I wish for the upcoming year that my colleagues will be able to find funds to keep their programs running.

- Karl Thomas

The Highlight of 2016 for me was the public composter distribution in western NDG. Not only did I think it was improbable, it went a lot smoother than anyone could have ever wished for. Special thanks to a well organized Prevention CDN/NDG team and Our

Éco team we delivered over 8,200 bins in 3 weeks!
My wishes for 2017 apart from world peace and everyone having enough to eat everyday is a Safe and Happy Year to all and please count Your Blessings!

- William Roy

My highlight of 2016 is without a doubt the Cycliste Averti training that Tandem participated in last April. I have not been on a bicycle for 15 years so it was a real challenge for me to bike on the streets of Montreal. You better believe me!
The experience continued with the mechanical training ... and once again, I went out of my comfort zone! These trainings have given us the opportunity to complete the Cycliste Averti project and educate the students from Notre-Dame-des-Neiges School on how to bicycle in a safe manner.

I await impatiently for 2017 to find out if the Trotibus project will be put in place at Marc-Favreau school. This project exists already in several other boroughs but for the moment none has been implanted in CDN-NDG, which would be a first!

- Geneviève Bergevin

The highlight of 2016 was starting the food waste program in Loyola. The team spent months on the project, informing residents door to door, updating our social media pages and delivering the bins with the Prevention CDN-NDG team. It was a great way to be out in the neighbourhood while launching a program that will greatly reduce greenhouse gases.

For 2017, I look forward to the implementation of the food waste collection in the NDG district. Residents have been asking for it for years, and it will finally be offered to them in May 2017. We're already planning for the 11,000+ doors!

- Nikki Schiebel

My 2016 highlight was the World Elder Abuse Awareness Day, which took place on June 15. About 40 seniors participated in the animated activity, which allowed them to be more prepared to recognize the different forms of abuse and to know how to behave towards a victim of abuse.

For 2017, I am impatiently waiting for the answers to our grant applications that we sent a few months ago, especially the QADA grant, which would allow a 3 year funding, which would be a first for Prev for our work with the seniors! Wish us luck!!

- Annie Thifault

from page 10

2016 has not been an easy year for the Hypersexualization program, as we are facing some financial difficulties. My highlight for the year consist of all the gigantic work made by Julie, Alain, Terri and Joël (from the Table Jeunesse CDN) in trying to save the program. Every one of them has put so many hours to write all those funding applications (5!! We applied for 5 subventions in 2016! We hoped to have good news in the next few weeks.) Moreover, as we were trying to save the Hypersex' program, Julie and I continued to try to offer services to the youth. Together, we gave workshops, distributed zines and did outreach work with teenagers! I am very lucky to count on such an amazing colleague! Thanks Julie! In brief, my highlight is the combination of both works: Saving Hypersex' (picking non stop our brain to find a durable solution and writing non stop funding applications) and working for the Hypersexualization program (workshops and outreach work)!

As you may have guessed, I'm looking forward for 2017 to see what will happen to our program. We are conscious that the Hypersexualization program might change in what it is doing, but with all our hearts we wish to be able to work in the field, with the youth and the partners. Also, I am looking forward to know if I can continue to work with teens from La Voie's school, as they are awesome and I still have so much to learn from them!

- **Fanny Lavigne**

My highlights for 2016 were of course joining the Prevention and Eco-quarter team but also being part of the food waste roll out for the Loyola district. It was fun going door-to-door informing people of the program and getting volunteers involved in every which way was fun as well.

Wishes for 2016: Getting more volunteers! Hoping for a successful roll out of compost bins to the NDG district. More events in the community and more engagement.

- **Nazmus Syed**

The year 2016 is my first adventure with Prevention CDN-NDG. I'm still amazed with this amazing big family. During this year, I noticed that Prevention CDN-NDG represents a big family with talented, enthusiastic, generous with the community, thoughtful and cordial people. Being part of this family was an opportunity for me to witness the success of several projects and community events within the Eco-quartier NDG program or the other Prevention CDN-NDG programs. For me, 2016 is the year of the huge success of our new program: «Old school supplies collection». This success is thanks to the generous contri-

bution of the schools, YMCA and the community in NDG. Moreover, the help and the support of my colleagues was an enormous part of this project success.

Mostly, 2016 is a flourishing year, but I still have many wishes for the year 2017.

My wishes for 2017 are to be another successful year for the different projects and events of Prevention CDN-NDG. I wish that all the challenges and the issues that my colleagues and I faced in 2016 will be solved during this New Year. I hope 2017 to be another successful year for the "Old school supplies collections". Moreover, my greatest expectation of 2017 is that the project of "Green alley" will pass through the dead ends and the difficulties encountered during the year 2016.

- **Nouha Dhahri**

My highlight for 2016 is being hired at Prevention CDN-NDG. I am grateful for the warm reception and support that I have received from colleagues, partners and associations, as well as clients. I am also grateful to be in a position whereby I can support and help those in need and be involved in making my community a more inclusive and safe environment for members, especially the senior population.

In 2017, I hope to fulfill my mandate of reducing isolation and elder abuse within NDG's senior population, as well as reduce fear of the aging process. I hope to fulfill this through many different creative and innovative avenues which will lead to positive end results. I would like to build bridges between NDG's youth and seniors in order for these two populations to gain mutual respect, appreciation, and knowledge from each other. I also hope to document the lives of seniors in the NDG community so that their history, experience, and contributions to society are remembered and can be used to teach younger generations. I look forward to my continued work at Prevention in 2017 and all the wonderful experiences, learning, and challenges it will bring. Happy holidays everyone!!

- **Miranda Potts**

With so many budget cuts or great community programs losing their funding, or hearing about tragic events in our community, it's been really difficult finding highlights for 2016. But the one thing that does stand out most for me, during these difficult times, is the love, support, and empathy we have for one another. My father often told me while growing up, know who your friends are really made of especially during hard times, those are the ones you need to stick with. Not those who only stick around when things are smooth sailing...and

so I got to say, working with so many amazing colleague-friends like those in the CDN-NDG borough and especially those at Prevention CDN-NDG is pretty darn tough to beat!

As this year comes to a close, I am forever grateful for working everyday with the best colleagues in the world, for our boss Terri who cares a great deal for our wellbeing, for the happy and healthy smiles my daughters show me every day, and for Melissa, my wife, who makes me a better person and who puts up with me and who will still laugh at my jokes that aren't funny at all. My greatest wish is that we all live happy, healthy lives in 2017 and that we keep spreading love, and smile a little more, laugh a little more, sing a little more, hug a little more, dance a little more and live in peace a little more in the new year. Merry Christmas and Happy New Year to you and your families.

- **Al Mankarios**

2016 was one of the best so far. I am happy because Veggies in the city, the project began two years ago I managed to hold and become one of the favorites one of the daycares. This year, more than ever, we've got not less than 7 daycares have registered and participated in the realization of small vegetable gardens. I would like to thank to our sponsors Les Pepinieres Sylvain Cleroux and Locas in Laval who generously donated plants and their help led to this wonderful project. I would also like to thank my colleagues who supported me in this project and wish them all a new year full of accomplishments.

- **Adina Badescu**

My most interesting events for 2016 were related to bicycles; we had a chance to complete a training with Vélo Quebec (Cycliste Averti) that took us on the streets of Montreal, educated local school kids on how to cycle in the city and we also ended up with getting a bike mechanics training. Tandem's cooperation in the Projet Vélo with the local police stations continued for another successful year.

As you might know, our past year has been full of ups and downs, but for 2017 I'm hoping that our Tandem program will continue and that we can continue to service the citizens of this borough with all the experience and expertise that we have gained over the years!

- **Eero Piilokivi**

Happy and safe Holidays to all our readers and we hope to hear from you in 2017!

Please note that our offices will be closed from Saturday December 24th to Sunday January 8th.