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CDN-NDG  
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March 30,  
2017**

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## Terri's two cents

Last month, we asked you to keep your fingers crossed for two of our programs, and you did, and I am happy to report that we were able to continue into 2017 with both the Tandem Program and our Hypersexualization Prevention Program!

On the night of January 16, Borough Council unanimously granted the Tandem Program a two-year convention to continue working on urban security and crime prevention issues with our neighbourhood citizens! Montreal City Council had decided that the program needed a revamping in 2015. We worked with an outside consultant, and committee for a number of months and there were differences in opinions on how the project should be run, where and with whom. There was much information and mis-information, however the dossier never moved up City Centre's list. The Borough decided to extend our contract for another two years, while more work will be done of the Tandem dossier.

So Brigitte, Eero, Geneviève and Joe will be most happy to respond to any questions you may have on issues related to living safely in your community. We offer among other services information sessions to tenants, kiosks, home security evaluations, animations for youngsters, teens, seniors. For more information on all our Tandem services, please visit our website at [www.preventioncdnndg.org](http://www.preventioncdnndg.org). We will also tailor our services to meet your needs.

The other news is that the Hypersexualization Prevention Project(s) are able to continue until June of this year minimally. The Project has been a partnership with the Table de Concertation Jeunesse CDN for the past number of years. When funds from Provincial Government's Public Security Minister dried up, we at Prevention were able to keep Julie and Fanny on until the end of 2016. Five funding applications were also filled out and sent to various levels of government on different projects dealing with equality, sexual exploitation and giving a voice to young women.

Our stress levels went up when we

didn't hear back from the potential funders. Our partners at the Table sat down to discuss the matter and came to the conclusion that they can continue to fund the team until the end of June. So we now have a little bit of breathing space to get some answers on our projects while Julie continues to offer prevention workshops to local schools. These workshops cover a variety of themes (intimate photos, sexual exploitation, sexual violence). Fanny also continues to work at La Voie high school to rally and engage young girls to promote healthy alternatives by promoting local activities. For more information on these services, again please visit our website.

We would like to take the opportunity to thank our funders, our partners and our friends, who supported the above programs when we weren't sure we would be managing them anymore. So for keeping your fingers crossed, offering a kind word and offering alternative solutions, we are forever grateful.

**- Terri Ste-Marie**



*"In the name of my colleague Ministre des Affaires municipales et de l'Occupation du territoire et Ministre de la Sécurité publique, Martin Coiteux, I have had the pleasure of handing a cheque to Prévention CDN/NDG, in acknowledging their excellent community work with the youth in our borough. This financial support comes from Programme de financement issu du partage des produits de la criminalité. Congratulations to the Prévention CDN-NDG director, Terri Ste-Marie, as well as all her staff for their devotion towards our youth!"*

## Oxo-biodegradable VS compostable

With the new food waste collection in the Loyola district, residents are being asked to use compostable bags. The Éco-quartier NDG has received a lot of calls asking if it is possible to use oxo-biodegradable bags. The answer is no. The difference between oxo-biodegradable and compostable is really subtle. While compostable bags decompose completely, the oxo-biodegradable bags leave small particles behind as they decompose, and those particles can be problematic (often made



from petroleum products). It's not because we don't see something that it is not polluting. Composta-

ble bags don't leave any undesirable trace, and that's why they're accepted for the municipal food waste collection program.

For more information, please visit <http://organics.org/biodegradable-vs-oxo-biodegradable-vs-compostable/> and <http://organics.org/biodegradable-vs-oxo-biodegradable-vs-compostable/>

- By Emmanuelle (Intern at Eco-quartier NDG).

## National Sweater Day

On February 2nd, the World Wildlife Fund (WWF) and Loblaws are partnering for National Sweater Day, a reminder to lower your heat and wear a sweater, in an effort to conserve energy and take action against climate change.

For many of you, this idea will seem ridiculous! Of course we dress warmer when the weather is colder. Many of us grew up in families where our parents insisted that we put on a sweater rather than turn up the heat. Maybe they weren't thinking about the environment back then, but they were definitely thinking of their wallets.



I have a friend who hates the cold. During the winter, if you visit his place, the heat is cranked up and you can walk around in shorts and a t-shirt! I know it makes him feel happy, but I think that he doesn't understand the impact that using that much heat / elec-

tricity has on the planet.

According to the WWF site 'Heating accounts for 80% of residential energy use in Canada and is a significant source of emissions. If all Canadians lowered their thermostats by just 2 degrees Celsius this winter, it would reduce greenhouse gas emissions by about 4 megatons – that's equivalent to shutting down a 600 mega watt coal-fired power station or taking nearly 700,000 cars off the road!' <http://www.sweaterday.ca/?lang=en>

Please do your part this winter by turning down the heat and putting on a sweater!

- Nikki Schiebel

## This Valentine's Day, celebrate with Mother Nature in mind

Valentine's Day is a nice opportunity to show those we love how important that they are to us. Chocolates, flowers and small gifts are all very nice, but unfortunately, overconsumption and waste can be part of the celebration if not planned well. You don't have to go without; you can still celebrate with a few tips in mind:

- For chocolate fans, show someone how much you care by giving them organic and/or fair trade chocolates;
- Encourage local jewelry designers, especially those who use recycled materials;
- Offer potted plants instead of flowers, they last longer and purify the air;
- Do not forget that roses are

compostable;

- Plant a tree as a symbol of your love;
- Make your own greeting cards from magazines or even from old cards;



- Decorate with 2nd hand items. While at the Salvation Army recently, I noticed that there were

many 2nd hand items available for Valentine's Day. The clever employees had even set up a display where all of the items were grouped together. Buying 2nd hand items is of course more ecological than new items as you are making good use of something that may otherwise have been thrown away and ended up in landfill.

The point of Valentine's Day is to celebrate our love, not to fill up the garbage can! No matter how you celebrate, Happy Valentine's Day from the Eco-quartier NDG staff!

- Nikki Schiebel



## Winter behaviour of animals in Canada

A part of our biodiversity theme, our intern Yannick has been working on a series of articles about the winter behaviour of wildlife in Canada. We'll publish them in the next few editions of the Nexus. In this edition, Yannick covers mammals. In upcoming editions, he'll write about birds, fish, reptiles, amphibians and insects.

In the animal world, winter is seen as the main driving force behind evolution! Declining sunlight intensity and diminishing thermal energy sources makes life a lot harder for all species. Wildlife can have problems finding an acceptable nutrition source and therefore need to balance their daily energy use. They have to adapt to seasonal changes and every species has its unique way of making it through the coldest and roughest time of the year. This includes sufficient shelter and food, especially in the presence of deep snow.

### Mammals (Part 1):

These are some of the species we see most often in Montreal:

- Eastern Grey Squirrel: 400 - 600 g. These squirrels are not actually grey in colour; they are actually a mixture of black, browns and whites. They are quite active animals, and work throughout the year without hibernating. They are even capable of feeding themselves at any season, be it snow storms, or the dry summer.
- Eastern Chipmunk: 130 g. During winter, chipmunks mostly stay in their burrows. They wake up every few days or weeks to snack from their stored food. That means they don't hibernate.
- Skunk: 0.5 - 8 kg. Skunks are not true hibernators in the winter, but do den up for extended periods of time. However, they remain generally inactive and feed rarely, going through a dormant stage. Over winter, multiple females (as many as 12) huddle together; males often den alone.

### And here are a few species that we probably won't find in Montreal!

- Beaver: up to 32 kg. By damming streams, beavers often raise the

water level to surround their lodge with a protective moat. That ensures the deep water needed for winter food storage (branches). Beavers do not hibernate; they are able to spend the winters within their lodges.

- Beluga Whale: 1,360 - 1,500 kg. Belugas live mostly in the Arctic. They migrate south as the ice pack builds up in the fall. During the summer, belugas spent time in the Mackenzie River, NWT, then, they migrate south to the Bering Sea area in the winter. Their fat deposits keep them warm in the icy waters.



- Arctic Fox: 2.5 - 9 kg. The Arctic fox has a brown or grey coat with a lighter belly in the summer, and it turns into a thick, white one during the winter season. The white coat allows it to camouflage against the snow, making it less obvious to predators. Therefore, the Arctic fox can stay in his usual habitat (the circumpolar arctic) the whole year.

- Arctic Hare: 3 - 7 kg. In winter, the coat is bright white and in summer white with an ashen tinge. Despite seasonal changes, their tail is always white. Arctic hares live north of the tree line and prefer dry areas in the tundra and avoid marshes. They don't hibernate.

- Canada Lynx: 8 - 14 kg. The Canada Lynx can be found in boreal forests all across Canada - from Newfoundland to the Yukon. Their fur coat is usually thick, long and grey in the winter and short, thin and light brown in the summer. They stay out the whole winter and continue hunting.

- Caribou: 55 - 318 kg. Its winter coat provides insulation from the cold, and its muzzle and tail are short and covered in hair. They are active year-round, with a winter range on the mountainside

and a summer range on the tundra.

- Bighorn Sheep: 53 - 127 kg. In Canada, bighorn sheep live in the snowfields of the Rockies. Their summer and winter ranges are very different, but each averages around 17 square kilometres. They stay in their range all year long and do not hibernate.

- Bison: about 725 kg. Bisons grow a winter coat of woolly under-fur. They do not move south as the weather grows cold and inhospitable, though they may move to lower elevations where snow is not so deep.

- Cougar: 35 - 100 kg. During winter months, cougar follow the deer down to the lower elevations. They seem to prefer the rough, rocky, semi-open areas surrounding near the major deer winter ranges.

- Fisher: 2 - 6 kg. The fisher's fur changes with the season. In the early winter, the coats are dense and glossy. It hunts and continues its activities through the winter.



- Flying Squirrel: 110 - 230 g. They often share nests during winter months, forming aggregations. Nest sharing is important in maintaining body temperature (bio-thermal regulation), as northern flying squirrels do not hibernate.

- Grizzly Bear: 130 - 270 kg. Contrary to popular belief, the grizzly bear is not a true hibernator. In the winter, its body temperature may drop a few degrees and its respiration may slow slightly, but it can remain active all winter.

- Harp Seal: 130 kg. The spring migration can take the Harp Seal as far as 2,500 kilometres west to summer feeding grounds. The seals migrate to Labrador and Greenland for the winter and return through Lancaster Sound to western regions in the spring.

**By Yannick Kiesel (intern)**

## Black history month

To celebrate Black History Month, I wanted to share the story of one of my heroes.

Wangari Muta Maathai (1940 – 2011) was an internationally renowned Kenyan environmental political activist and Nobel laureate. She founded the Green Belt Movement, an NGO committed to environmental conservation and tree planting. I first heard about Wangari in 2007, after she was instrumental in having plastic bags banned in Kenya.

"The plastic bags we have in Kenya are so flimsy that millions of them only get used once before being thrown away, you see them in the trees, in the hedges and on the ground. And when they settle on the ground, they collect small pools of stagnant water, in which mosquitoes breed." Professor Wangari Maathai (<http://www.greenbeltmovement.org/node/772>).

She highlighted an area where an environmental problem became a health problem – plastic bags were increasing the mosquito po-



population. Malaria is spread through the bites of infected female Anopheles mosquitoes. Of course, mosquitoes breed in stagnant water, and as little as a few drops is enough for them to lay their eggs. Eggs hatch into larvae, and eventually emerge as adult mosquitoes.

Anyone who has ever seen a plastic bag outside in the rain can testify to the fact that many little pools can form on the bag, depending on how the bag is placed. In Africa, each one of those little pools is a potential mosquito breeding ground. According to the World Health Organization (WHO) 'malaria is preventable and curable, and increased efforts are dramatically reducing the malaria burden in many places' (<http://www.who.int/mediacentre/factsheets/fs094/en/>). I believe that Wangari's actions were some of those that helped to reduce the malaria burden, keeping Africans and their environment healthier.

I invite you to read more about Wangari Muta Maathai, please visit [https://en.wikipedia.org/wiki/Wangari\\_Maathai](https://en.wikipedia.org/wiki/Wangari_Maathai).

**Nikki Schiebel**

## Should we make Repair part of the 3RV's?

There have always been people interested in repairing and refurbishing old items back to working order and we wanted to highlight it this month.

Recently, I repaired my relatively fine winter boots, after they sprung a leak at the seams, using shoe repair urethane\* and all for under \$10. That saved me from buying new boots and took only 10 minutes of my time. The boots are good as new and I still have the whole tube of repair compound left. The repair was also made possible by all the great repair tools, supplies and especially the online community on Youtube and across the internet that guide you. And it's a fun project to take on, even if don't consider yourself a do it yourself-er!

Apparently repairing things is coming back as a popular phenomenon. According to the New

York Times, the concept of Repair cafes started in Amsterdam in 2009 and has gone worldwide in recent years and now with more than 1,100 sites in almost 30 countries.



If you would like to join the movement and would support repair cafes in CDN-NDG let us know. And if there is enough interest for

a one-off "repair café" night, Ecoquartier NDG would happily consider hosting one. And if you are DIY-er, please consider helping us in anyway whether by volunteering at a repair night or by donating tools and supplies necessary for an evening of fun and repairs!

\*Gear Aid Freesole Shoe Repair can be found at Mountain Equipment Co-op stores for \$7.75 (with an additional \$5 for a lifetime membership).

The New York Times article on repair cafes: At Repair Cafes, 'Beloved but Broken' Possessions Find New Life : [www.nyti.ms/2k0EZDB](http://www.nyti.ms/2k0EZDB)

More information about this worldwide phenomenon can be found on the website of The Repair Café Int'l Foundation: <http://repaircafe.org/>

**by Nazmus Syed**



## Facebook privacy tips: How to share without oversharing

Behind the fun of social media, every network offers some privacy management options that you, as a participant, should check out and adjust to meet your expectations. At a minimum, we recommend reviewing your privacy settings whenever a site or app is updated, as default settings may change and new privacy options can be introduced when a new version is released.

We've put together some recommendations for Facebook. Our recommendations will skew toward greater privacy, but feel free to make selections to suit your personal preferences. On Facebook you'll find an assortment of settings at your fingertips that relate to your visibility, third party connections and advertising messages. Login to your account on a computer to get started.

### Check your general account settings:

1. Do you feel good about your Password or is it time for an update?
2. Click the link at the bottom of your Account page to Download a copy of your Facebook data, which gives you a full archive of everything you've ever posted, ads you've clicked, messages you've sent, events you've attended and much more that you've done in the history of your time on Facebook. Keep in mind, this record exists for everyone, so that time when you were talking trash or confessing a secret crush over Facebook Messenger, those messages still exist in the recipient's archive as well as your own.

### Check your privacy settings:

1. Who can see my stuff? Friends? You can also set visibility for each post as you make it. By using Friend Lists, you can fine-tune and customize the audience that sees your posts.
2. Review all your posts and things you're tagged in allows you to remove tags others have added about you.
3. Limit the audience for posts you've shared with friends of friends or Public? This setting lets you quickly change any old public posts to be more private. It's going to take three clicks to make it so: 1) Click the Limit Past Posts. 2) Then click the Limit Old Posts button. 3) Click Confirm.
4. Who can look me up? Friends.

5. Do you want search engines outside of Facebook to link to your profile? No.

### Check your timeline and tagging settings:

1. Who can post on your Timeline? Only me is a more conservative setting that prevents others from posting anything to your wall.
2. Review posts friends tag you in before they appear on your Timeline? On.
3. If you've ever had someone tag you in a photo or post that you wish didn't include you, here's how to prevent it from happening again. Turn this setting on so you're in control of the tagging.
4. Who can see posts you've been tagged in on your Timeline? Friends.
5. Who can see what others post on your Timeline? Only me or Friends.
6. Review tags people add to your own posts? On.
7. When you're tagged in a post, who do you want to add to the audience if they aren't already in it? Only me means people outside of your mutual friends won't see the tagged content.
8. Who sees tag suggestions when photos that look like you are uploaded? No One. Facebook says it "helps save time." I say it's creepy. No thanks.

### Check your app settings:

- If you've been on Facebook for a while, you might not realize how many apps you've connected to your account over the years. Make sure you click through all options on this screen, because this will be like a trip to the back of your closet — keep digging. You may be surprised by what's been collecting dust — and your data — back here.
- Apps, Websites and Plugins: Disable.
  - Apps Others Use: Deselect all.
  - Have you signed up for an app or game using Facebook?

### Check your Facebook ad settings:

1. Can you see online interest-based ads from Facebook? By selecting Yes, you agree to let advertisers tailor ads "based on your use of websites and apps that use Facebook's technologies." This is known as behavioural retargeting, which in this case basically means what you do off of

Facebook can be tracked and used as advertising opportunities on Facebook. On the plus side, you're getting relevant ads. On the negative side, you're being tracked all over the web. Yuck. What's more, Facebook says: "If you turn off online interest-based ads you'll still see the same number of ads, but they may be less relevant to you. You may also see ads based on things you do on Facebook."

2. Can your Facebook ad preferences be used to show you ads on apps and websites off of the Facebook Companies? When you click Yes, you're letting Facebook use the data it has gathered about you to target ads to you throughout its "Audience Network" elsewhere on the internet and in other apps. Clicking No won't eliminate the ads, it will just change the kinds of ads you see.
3. Who can see your social actions paired with ads? No one. If you select Friends here, advertisers will be able to target your friends with ads based on your likes and shares. And since you won't see the ads, you won't know that you're appearing to endorse advertisers unless your friends mention it.
4. Check your Facebook Ad Preferences. Here's where you'll see how your likes and clicks add up to the ad profile Facebook has created about you. Brace yourself, some of this might look strange. See something you'd like to remove? Simply X it out.

Facebook has also produced a Facebook guide to their ad system that you might find enlightening.

<https://www.facebook.com/ads/about/>  
So there you have it, a deep dive into your Facebook privacy settings.

A more complete version of these tips can be found at <https://blog.mozilla.org/internetcitizen/2017/01/25/facebook-privacy-tips/>

Please email the Tandem staff ([info@preventioncdnndg.org](mailto:info@preventioncdnndg.org)) or call us (514-736-2732) if you have any questions on Internet safety or any other questions on safety.



Photo credit: Stéphane Pilon

Mesay Girma, our longtime team member, who, in partnership with the Table de Concertation NDG as our Outreach Worker for youth has moved on to work at the Carrefour Jeunesse Emploi NDG is now an Intervenant for Jeunes en Action. He can now be reached at [mesay.girma@cje-ndg.com](mailto:mesay.girma@cje-ndg.com) or at 514.482.8185 Ext 217.

We here at Prev wish Mesay the very best in all his endeavours for the future!

## SOCCER

FEBRUARY 18 | STADE DE SOCCER DE MONTRÉAL

## BASKETBALL

FEBRUARY 25 | CÉGEP DU VIEUX MONTRÉAL

## COSOM HOCKEY

FEBRUARY 25 | CÉGEP DU VIEUX MONTRÉAL

## DANCE

BATTLE | DISTRICT GROOVE 5  
SHOWCASE

MARCH 25 | OXY-JEUNES

On-site registration  
Free participation

For further information:

 **LES JEUX DE LA RUE**







**C'est avec plaisir et fierté que Prévention CDN-NDG  
vous invite à assister à son assemblée générale annuelle 2016**

Prevention CDN-NDG is pleased to invite you to  
our 2016 annual general meeting

# AGA

**Assemblée Générale Annuelle**  
Annual General Meeting

**Jeudi le 30 mars 2017**

Thursday, March 30th 2017

6767 Chemin de la Côte-des-Neiges, (salle/room 602)  
Montréal, QC H3S 2T6

tél : (514) 736-2732

**suivez nous sur :**

 /PreventionCDNNDG/

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Heure : 13h30

ouverture des portes 13h00

Café et collation seront offerts

Time : 1:30pm

Doors open at 1:00pm

Light refreshments will be served.

