

In this edition:

**Éco-quartier
news**

**Tandem:
Fraud
prevention**

**Outreach:
A success story**

**Prevention
CDN-NDG
AGM
March 30,
2017**

Girls forum

**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 once again that time of the year when we are asking people to come and join us for our Annual General Meeting. You probably already received our invitation but if you did not then make sure to put this into your agenda: **Thursday, March 30th at 1:30 pm (Doors open at 1:00) at 6767 Côte des Neiges Rm 602.**

Needless to say, we are working hard to get our annual report ready and make the AGM as interesting as possible for our guests.

As a little teaser in preparation for our AGM, we would like you to participate in this quiz:

1. Who is the president of the Prevention CDN-NDG board?

- a. Steve R. Hreha
- b. Terri Ste-Marie
- c. Helen Guy
- d. Robert Brodrick

2. The Prevention CDN-NDG organization is divided in to how many different blocks (colours) of intervention?

- a. 6
- b. 2
- c. 25
- d. 5

3. Which Prevention CDN-NDG program / project is the oldest?

- a. Éco-quartier
- b. Cote-des-Neiges street worker
- c. Hip Hop You Don't Stop Urban Arts Festival
- d. Tandem

4. How much does it cost for a borough citizen to have a home security evaluation done in their home?

- a. 25\$/hour
- b. It's free of charge
- c. 25\$/evaluation
- d. It's free if you are a Prevention CDN-NDG member

5. One of the Éco-quartier projects is called 3RV. What does 3RV stand for?

- a. Rap, Rock and Roll
- b. Rip, Redesign and Remodel
- c. Reduce, Reuse and Recycle
- d. Room, Reserve and Restart

6. The Outreach team work mainly in what areas in order to reach out to their clients?

- a. Metro stations
- b. Schools
- c. Parks
- d. All of the above

7. The Urban Arts program consists of which two main themes?

- a. Graffiti and the Hip Hop You Don't Stop Urban Arts Festival
- b. Illegal painting and music
- c. Skateboarding and Rap
- d. Removing graffiti and organizing events

8. What is the mandate for the Hyper-sexualization project?

- a. To change the attitude of seniors
- b. To talk about sex
- c. To prevent sexual exploitation of youth
- d. To visit schools

9. What is the central point for the Fielding-Walkley Initiative?

- a. The Vendome metro station
- b. Gilbert-Layton park
- c. There is no central point
- d. The Walkley Center

10. What is the preferred office beverage of the Prevention CDN-NDG director Terri Ste-Marie?

- a. Tea
- b. A smoothie
- c. Water
- d. Coffee

Feel free to answer the above quiz and hand your answers to one of our staff at our upcoming AGM on March 30th and you will have a chance to win a nice prize.

- Terri Ste-Marie



World Water Day

Every year March 22nd marks International World Water Day. Let's all work together to ensure that we not only conserve water, but that we safeguard it from pollutants. These actions are simple and can make a difference if we do it together:

Eat less meat: The livestock industry is one of the biggest users of fresh water. Not only is water used for the animals to drink, but an even larger amount of fresh water is used to grow the feed that animals eat. Meat production requires a much higher amount of water than vegetables. It takes a lot less water to grow the grains, beans, legumes, fruits, and vegetables that make up a typical vegetarian diet.

For example:

- It takes between 5,000 and 20,000 litres of water to produce just 1 pound of meat;
- It takes only 500 to 4,000 litres of water to grow 1 kg of wheat;
- You can save more water by not eating a pound of meat than you can by not showering for six months!

<http://www.peta.org/videos/meat-wastes-water/>

<https://www.theguardian.com/ne>

<ws/datablog/2013/jan/10/how-much-water-food-production-waste>

Switch to eco-cleaners: I only use eco-cleaners to clean my home, as I don't want harsh chemicals going down the drain. While Montreal has a facility that treats our used water before it is released into the St Lawrence River, it is not a particularly effective system, and some pollutants are released into the water, thus affecting wildlife. Montreal is working on re-constructing the treatment plant to include ionization, a process that will greatly improve the quality of water returned to the river, but it will not be available until at least 2020.

The city has a wonderful guide for making your own eco-cleaners, available online: http://ville.montreal.qc.ca/pls/portal/docs/PAGE/ENVIRO_FR/MEDIA/DOCUMENTS/CLEAN_HOUSE_AND_GREEN_GARDEN.PDF

David Suzuki's website 'the Queen of Green' also has great eco-cleaning recipes:

<http://www.davidsuzuki.org/blogs/queen-of-green/>

Install a faucet aerator: easily purchased in a hardware store or through Hydro-Quebec, shower and faucet aerators are a great way to reduce the amount of water used without sacrificing water pressure. They couldn't be easier to install, I installed mine in 30 seconds!

Adopt a rain-barrel: Captured rainwater can be used to spray gardens and flowerbeds, thus reducing the strain on the drinking water supply. It's also great alternative to tap water, which is chlorinated (and thus less natural for plants). Furthermore, less water run-off will find its way to the sewer-system where it will need to be treated.

There are many ways to save water and these are just a few examples. This spring our blue patrollers will be out in the neighborhood to offer you more ways to conserve water, our precious resource!

Happy World Water day!

- Nikki Schiebel

New Hampshire students are coming to volunteer in NDG!

For the fifth year in a row, the Éco-quartier NDG will have the pleasure of hosting a group of students from the White Mountain School in New Hampshire. The school aims to sensitize its students to environmental issues, which makes it such a great partnership with the Éco-quartier NDG. Last year the youth collected worms from a vermicomposter to start a new one for a resident. They helped to clean up the neighbor-

hood by taking down illegal posters on poles & bus stops. All in all, they spent the week giving their time to the NDG community, learning quite a few new ways that they can care for the environment, and all the while enjoying Montreal. Both the Éco-quartier staff and the New Hampshire students enjoyed the week.

A new group of students will arrive in NDG on March 6th and will stay

for the week volunteering in the community. They will help us with a variety of ecological activities, including promoting the upcoming food waste program in the NDG district. We hope that they'll enjoy the experience as much as the group did last year. The Éco-quartier NDG team is really looking forward to their visit, to share our environmental knowledge and to also learn from them.

- Nikki Schiebel

Compost bags

During our door-to-door surveys of the food waste program in the Loyola district, more than one resident mentioned to us that they were having trouble finding the compostable bags used in the food waste collection.

The Éco-quartier NDG staff are always surprised to hear that – as in October we had checked that all of the neighborhood stores carry

compostable bags. Since that time, we've revisited many stores and have been reassured to see that they stock the bags.

Of course, we always want to remind residents that one doesn't need to use bags if they choose not to. You can either put food waste directly into your bin (with no bags), you can layer your food with newspaper, or you can cre-

ate paper bowls through origami: <https://www.youtube.com/watch?v=BfEX85V9n8w>

Please contact us if you have any questions about the food waste program.

Reminder : the food waste program will be implemented in the NDG & Snowdon electoral districts in May 2017.

Winter behaviour of animals in Canada

Welcome back to our series 'Winter behaviour of domestic animals in Canada'! Last month you read about some of the mammals. This second part continues to list interesting facts about the surviving strategies of our wildlife. Enjoy!

Mammals (Part 2):

Kermode Bear: 75 – 135 kg. Much like their relatives, they snuggle down for winter. They lounge in a den, under a tree or among fallen tree roots.

Killer Whale: 7,000 - 10,000 kg. In the winter, they expand their distribution to the Pacific coast, travelling as far south as California and spend increasing amounts of their time in the outer coastal waters following food sources.



Moose: 350 – 400 kg. Moose tolerate cold well. In the wintertime, they occupy forests that have reduced snow levels. Moose are also moving into areas where they were not previously found, like north-central Ontario and the southern part of British Columbia.

Polar Bear: 150 – 600 kg. The bear's layer of fat allows it to stay

warm in the frigid Arctic waters and also helps it remain afloat. The polar bear won't travel far and its territory can be very small. **Porcupine:** 4,5 – 5,5 kg. Porcupines choose to stay active throughout the winter, if moving slowly, staying in trees and sleeping a lot can be considered "active." Porcupines average around 60 percent body fat at the start of winter.



Pronghorn: 35 – 70 kg. Pronghorns usually prefer to live alone, many stay in small groups in the summer and form large herds during winter.

Raccoon: 5 – 26 kg. Their extremely adaptable behaviour makes them well suited to challenging climates. Raccoons combat starvation in the winter by building up fat stores in summer. The fat builds mostly in the tail, which may help the raccoon stay warm by wrapping it around himself in the cold.

Red Fox: 3 – 7 kg. The Red Fox grows a dense, soft, silky and relatively long winter fur. The Foxes primarily form monogamous pairs each winter to reproduce.

Sea Otter: 32 – 41 kg. Sea Otters become more diurnal during

winter. They may migrate as a result of food shortages or environmental conditions, but they do not migrate annually.

Striped Skunk: 3 – 4 kg. Over the summer the skunk eats so much that by the fall, they're insulated with a warm layer of fat. By November or December these little animals select a deep den to sleep the winter away. In some parts of Canada skunks will awaken as early as late February to begin breeding.

Walrus: 900 – 1400 kg. During the winter months, the walrus lives on ice floes and in the summer, they spend their time on rocky beaches.

White-tailed Deer: 40 – 140 kg. For most of the year, bucks stay in separate groups, but during the winter, larger groups of deer gather together. This helps to keep winter trails cleared and offers protection from predators.

Wolf: 20 – 75 kg. Wolves depend on their thick coats in winter. Nevertheless, the real hunting season starts for them in winter when other mammals are more vulnerable through the upcoming cold.

Wolverine: 8 – 18 kg. Wolverines do not hibernate and are well-adapted for winter existence with extremely dense fur, crampon-like claws and large snowshoe-like paws that allow them to stay on top of deep snow. Female wolverines give birth in winter in dens to provide security from the cold.

By Yannick Kielsel (intern)

Earth Hour

On March 25th, from 8:30 p.m. to 9:30 p.m. join millions of people across the world in switching off your lights for an hour to raise awareness about climate change.

Earth Hour began in 2007 in Australia and has since gone global, with hundreds of millions of people participating each year.



The event is a global call to action for all individuals, businesses and communities. Celebrate Earth Hour and help us promote environmental awareness.

To learn more about Earth Hour, click on <http://www.earthhour.org/>.

Victim of a fraud or a scam?

How can I recognize a fraud or a scam?

1. It sounds too good to be true.

You've won a big prize in a contest you don't recall entering. You're offered a once-in-a-lifetime investment that offers a huge return. You're told that you can buy into a lottery ticket pool that cannot lose.

2. You must pay or you can't play.

"You're a winner!" but you must agree to send money to the caller in order to pay for delivery, processing, taxes, duties or some other fee in order to receive your prize. Sometimes the caller will even send a courier to pick up your money.

3. You must give them your private financial information.

The caller asks for all your confidential banking and/or credit card information. Honest businesses do not require these details unless you are using that specific method of payment.

4. Will that be cash... or cash?

Often criminal telemarketers ask you to send cash or a money order, rather than a cheque or credit card. Cash is untraceable and can't be cancelled. Crooks also have difficulty in establishing themselves as merchants with legitimate credit card companies.

5. The caller is more excited than you are.

The crooks want to get you excited about this "opportunity" so that you won't be able to think clearly.

6. The manager is calling.

The person calling claims to be a government official, tax officer, banking official, lawyer or some other person in authority. The person calls you by your first name and asks you a lot of personal or lifestyle questions (like how often do your grown children visit you).

7. The stranger calling wants to become your best friend.

Criminals love finding out if you're lonely and willing to talk. Once

they know that, they'll try to convince you that they are your friend – after all, we don't normally suspect our friends of being crooks.



8. It's a limited opportunity and you're going to miss out.

If you are pressured to make a big purchase decision immediately, it's probably not a legitimate deal. Real businesses or charities will give you a chance to check them out or think about it.

What can I do to protect myself?

Remember, legitimate telemarketers have nothing to hide. Criminals will say anything to part you from your hard-earned money.

Be cautious. You have the right to check out any caller by requesting written information, a call back number, references and time to think over the offer.

Legitimate business people will be happy to provide you with that information. After all, they want the "bad guys" out of business too. Always be careful about providing confidential personal information, especially banking or credit card details, unless you are certain the company is legitimate. And, if you have doubts about a caller, your best defence is to simply hang up. It's not rude – it's smart.

If you're in doubt, it's wise to ask the advice of a close friend or relative, or even your banker. Rely on people you can trust. Remember, you can Stop Phone Fraud -

Just Hang Up!

I suspect that a relative or friend is being targeted by unscrupulous telemarketers. What can I do?

Watch for any of these warning signs

- A marked increase in the amount of mail with too-good-to-be-true offers.
- Frequent calls offering get-rich-quick schemes or valuable awards, or numerous calls for donations to unfamiliar charities.
- A sudden inability to pay normal bills.
- Requests for loans or cash.
- Banking records that show cheques or withdrawals made to unfamiliar companies.
- Secretive behaviour regarding phone calls.

If you suspect that someone you know has fallen prey to a deceptive telemarketer, don't criticize them for being naïve. Encourage that person to share their concerns with you about unsolicited calls or any new business or charitable dealings. Assure them it is not rude to hang up on suspicious calls. Keep in mind that criminal telemarketers are relentless in hounding people – some victims report receiving 5 or more calls a day, wearing down their resistance. And, once a person has succumbed to this ruthless fraud, their name and number will likely go on a "sucker list," which is sold from one crook to another.

How To Report Fraud

It's not always easy to spot a scam, and new ones are invented every day.

If you suspect you may be a target of fraud, or if you have already sent funds, don't be embarrassed - you're not alone.

If you want to report a fraud, or if you need more information, contact The Canadian Anti-Fraud Centre, that is also the source of this article:

On-line: <https://www.antifraudcentre-centreantifraude.ca>
Toll Free: 1-888-495-8501
Toll Free Fax: 1-888-654-9426
Email: info@antifraudcentre.ca

A success story

"Treating a senior well is to love myself enough to only get what I deserve in my heart. My name is Louise(fictitious name) and I thank Annie from Prevention CDN-NDG to have helped me make my dream come true."*

I met Louise in March 2016. She had just moved to an apartment in Côte-des-Neiges a few months earlier, to realize that it was infested with bed bugs and mice. There also seemed to be suspicious activities going on in the building. The owner was not accommodating and refused to take care of Louise's complaints. Despite having an apartment and paying rent every month, Louise was practically never home because she didn't feel comfortable or safe. Louise has had a very charged past and has gone through many

bad experiences. Our first meeting went well, but Louise hesitated to see me again and to trust a community worker with her story because of her past experiences. Nonetheless, after a few weeks, we went for coffee and it was the beginning of an adventure. I listened to her and gave her support to help fulfill some of her needs.

After a certain time, Louise decided to get help from Legal Aid and start working with a lawyer to file a complaint at the Rental Board. I accompanied her and helped her with the difficulties she encountered. After a few weeks, she got a trial date at the Rental Board. Despite that, Louise remained conscious that, no matter what the result, she was not happy where she lived and she kept looking for a new apartment.

Her dream was to go back to the Laurentians, an area where she grew up and that she loves.

After months of research, she finally found a place in Sainte-Agathe. I spoke to the landlord and he decided to rent the apartment to her. So Louise was able to leave Côte-des-Neiges and move back to the Laurentians in October. Prevention CDN-NDG helped her move by providing a truck and a mover (thanks to Karl!), helping her realize her dream to leave Montreal and go live in the Laurentians. Louise and I have stayed in touch since she moved and she is already very involved in her new neighborhood. Congratulations Louise for making that big change, we wish you the best of luck for your new life in Sainte-Agathe!

- Annie Thifault

How do you help a loved one while taking care of yourself?



Marguerite Blais

SARPAD (Services d'Accompagnement et de Répit aux Personnes Âgées à Domicile) volunteer centre is organizing a public event featuring the participation of two prominent spokespersons Marguerite Blais and Jacques Boulerice.

To accompany a loved one, is a matter of the heart!

This conference presents two inspiring testimonials full of hope and human dignity, despite the life challenges that can arise when taking care of someone who is sick or has lost autonomy. The speakers will share their experiences and thoughts on the ways to help a loved one, while taking care of oneself.

When : Tuesday, March 28th, 2017 from 1-4pm

Location : Côte-des-Neiges community resource center, 6767 Côte-des-Neiges, main floor.

Come and find out about resources near you!

Seniors and caregivers, get informed! About 20 organizations will be on site to present their programs and services offered in Côte-des-Neiges and Outremont. Free admission - Door prizes - Snacks



Jacques Boulerice



For information and registration: (514) 737-2454 or aidantsarpad@sarpad.com

**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


PRÉVENTION
CDN • NDG

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/
info@preventioncdnndg.org
www.preventioncdnndg.org

Heure : 13h30
ouverture des portes 13h00
Café et collation seront offerts

Time : 1:30pm
Doors open at 1:00pm
Light refreshments will be served.



29.03

8h30-12h30



**FORUM
ÊTRE FILLE &
ACTIVE :
QUELS DÉFIS ?**

RÉFLEXION ET OUTILS
SUR LA PARTICIPATION DES FILLES

PANEL D'INVITÉ(E)S, ÉCHANGES SUR VOS CAS
PRATIQUES ET PISTES DE SOLUTION

INSCRIPTION OBLIGATOIRE : adj.tjcdn@gmail.com

6767 CH. DE LA CÔTE DES NEIGES-
GRANDE SALLE