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Terri's two cents

We at Prevention CDN-NDG held their Annual General Meeting last Thursday, March 30 at 6767 Côte-des-Neiges. I believe it is around our 25th or 26th AGM. Like Christmas, many hours went into the planning and preparation and then poof in two hours it was over for another year!

As most know, an Annual General meeting, is a mandatory yearly meeting that gathers stakeholders, members, and shareholders to discuss the previous years' finances, and activities, have a chance to learn more about the organization, give feedback and elect the members of the Board. It can be seen as a dull and tedious event, so our internal AGM committee began meetings in January to find creative ideas to "spice" up the day and add interest for our attendees. My gratitude goes out to Al, Nikki, Eero, Patrick, Marc, Jen and Miranda for their ideas, patience and hours of work, that had nothing to do with their every day role! It's important to note that all our work was done in-house, except for our accountant

Chaired by Gerry Lafferty, Director of New Hope the event drew 32 people, both citizens and partners from other community organizations. Gerry's dry sense of humour kept things on a lighter note.

Although there is no way that we can report on all the programs and projects with great detail, the programming report was done in the form of a talk show, The Joe Show, hosted by our own Joe Lambert. The six "departments" were invited up to speak on their highlights for the year.

Staff changes:

It is with regret that we announce the resignations of 2 of our employees:

Julie Robillard, the coordinator of the Hypersexualization Prevention Program has left Prevention CDN-NDG for new horizons. She had been with the team since 2012. We wish her much happiness and success in her new role as Assistant Director for the Coalition des Familles LGBT, an organization who lobbies for the legal and social recognition for families with members in the LGBT Community. Best of luck Julie!

The Annual report is a full time job on its own, by gathering everyone's reports, pictures, stats and then agreeing on the information that should go in there. Eero did an amazing job at formatting it all in 41 pages! And then another few days are needed to go over everything again PLUS getting the final go-over by our Proofreading Team Andrée and Reine! Thanks so much for your eyes!

After going over finances, statistics and challenges, elections were held. Helen Guy, long-time President, chose not to seek re-election to the Board, but will stay on as an Honorary Member. Bob Keovingkham also resigned during the year which left another seat open for the Board. Our two new Board members are Annick Munyana, a resident of CDN, who also works as a Community Organizer for the NDG Community Council, and Rapi Sota, newly appointed Director of the Centre Ressource Communautaire, (CRC) at 6767 Côte-des-Neiges. A hearty welcome to both of them! We all look forward to working with you!

With the AGM behind us, it's time to concentrate on our annual planning and look forward to the Spring Season. Thanks to everyone who attended, and please consult our website for our report and other info.

Special thanks go out to our merchant neighbours for their generous donations: Maxi Bedford & Cie, Fu Tai and Tim Horton's.

- Terri Ste.Marie



AND

Marc-Alain Félix, CDN Street Worker who was also responsible for the Park Animator Project. Marc worked for us for over a decade! His positive energy helped countless youth in the community and he will be working at Trajet, an organization dedicated to alternative justice practices for youth where he will continue to counsel young people. We also wish him continued success and happiness with his new challenges! Our loss is Trajet's gain!

CDN/NDG Annual Flower give-away

The Annual Flower give-away is taking place on **Saturday, May 27th 9 AM** in George St Pierre Park (Oxford & Upper Lachine) (this is a change from Park NDG as there will be work done on the park), William Bowie Park (Patricia & Fielding) & William Hurst Park (Terrebonne & Grand) in the park chalets.

The activity takes place as long as supplies last.
Compost available as well (30L

per address, please bring your own containers). Wood chips are also available from trees felled in NDG over the course of the year.

Proof of residence is required.



Blue Patroller

Once again this May, the Blue Patroller (Patrouille bleu) will be visiting homes offering residents water saving tips. The goal is to reduce the amount of rainwater that runs into the city drains when there is a storm. When there is too much rain for the sewer system to handle, rainwater goes directly back into the St Lawrence River without being treated or cleaned.

That doesn't seem like such a big deal, until you remember how dirty the streets of Montreal can be. There is petrol (with all of its various chemical compounds and pollutants), physical garbage like plastic bags, candy wrappers and cigarette butts as well as salt and other compounds. Ideally, all of those pollutants would be removed before the water was sent back to the river.

To reduce the amount of water available to the sewers, the Blue Patroller will encourage residents to:

1. Turn their drain-spouts so that water is directed onto a permeable surface (soil, plants, rocks,

etc);
2. Adopt a rain-barrel;
3. Install gutters. Many solutions are very low cost if not free, and yet they offer such a big water savings to the environment.



Summer is a stressful time for Montreal's water reserves. Residents consume 25% more water than the rest of the year with gardening needs, extra showers, swimming pools, sprinklers, water-refrigerants and so many other demands. While tons of water is taken out of the system, much of

it is returned, and that overwhelms the treatment plant.

Keeping rainwater out of the treatment plant during peak periods allows it to keep within its parameters without running out of water.

Each of us can also contribute to keeping Montreal's water supply safe by remembering simple things:

- 1.** The toilet is not a garbage (dispose of paint and such at the eco-centre, not the toilet);
- 2.** Never throw away objects like condoms, dental floss, hair and other items which can easily be put in the trash instead;
- 3.** Bring all expired medication to the pharmacy, do not flush it.

So this May when the Blue Patroller comes to your house to offer you free water savings tips, please say hi, and remember, he/she is there on behalf of the environment!

(Of course, another wonderful way to help retain water is to plant a tree. Please consider the A Tree For My Borough offer.)

Protecting migratory birds from window collisions

Every year in Canada, more than 25 million migratory birds die from window collisions. Their reflection tricks the birds that are not used to living in urban areas. In fact, you have probably been a witness yourself of a bird hitting a window at home or at work. Fortunately, you can help reducing the mortality rates from these collisions by using visual markers in your window.



The New Hampshire students who were visiting during March break were informed of the issue and have spent an afternoon making decorations to be hung on win-

dows. We have them in every color!

Here are the main instructions to follow to make your own:

1) Density: The visual markers should not be separated by more than 10 cm vertically and 5 cm



horizontally.

2) Contrast: The markers should stand out and be visible under varying weather conditions.

3) The dimension of a marker needs to respect a minimum of 1/2 centimetre, approximately.

4) They should be applied outside of the window.

What to do if you find a wounded

bird: Do not offer food or water, simply put in a box and put aside in a quiet area before calling your local wildlife resource.

Human activities are responsible for the death of hundreds of mil-

lions of migratory birds each year, such as habitat destruction, agriculture, urban expansion and... cat attacks. As you hang your visual markers outside, remember that kitty is best kept indoors and on a leash for the daily breath of fresh air!

- Lysiane Chagnon Fontaine

Presentation of NDG's new food waste pick-up

On May 5th 2017, the food waste pick-up will start in the NDG district (Beaconsfield to Claremont).

Learn how the new food waste pick-up in the NDG district will affect you. Find out how it will work, and learn about the biomethanization process. We'll answer any questions you may have about the new process.

May 2nd from 7-8:30pm at the St Raymond Center (5600 Upper La-chine).



Bilingual presentation. Free of charge, everyone welcome!



Community service hours?

Does your child have community service hours to do for school credit?

The Éco-quartier NDG accepts youth who would like to volunteer to help the environment. Tasks can include data entry, making posters, translation, flower distribution and a wide variety of other activities. Youth are always super-



vised by a staff member, and their safety is ensured.

Please contact our volunteer coordinator Lysiane if your child would like to complete his/her hours at the Éco-quartier NDG. We suggest that hours be done as soon as possible and not left until the end of the school year.

Safety in public spaces and when using public transportation

Spring is knocking and as the good weather settles in, we will soon be spending more time outdoors! In fact, during the long winter months, we have a tendency to stay in the warmth and comfort of our own homes. Therefore, here are a few tips to know (or to recall) when we use public spaces and public transportation:

When walking on the street:

- I rely on my instincts and intuition (fear, chills). If I feel uncomfortable in a given place, I simply leave. Better be safe than sorry!
- I use busy streets instead of shortcuts, and this to increase my possibilities of receiving help in case of an emergency.
- If I believe I'm being followed, I pick up my pace and cross the street. If the situation persists, I go into a store for help or call 911. It is false to believe that if I'm armed, I'm safe: This can actually turn against me.
- If I call 911 from a public phone, it's free, I can be located easily no matter where I am and the appropriate emergency relief will be sent.

What I bring with me in my purse and wallet:

- I don't bring my entire life in my bag: only what is needed for a day or two (money, prescriptions, credit card...). In addition, I leave all important documents, such as my social insurance card, my pas-

sport, my permanent residence card at home in a safe place. I bring them with me only when needed.

- I wait until I get home to review my papers (bank and credit card statements, etc). In order to prevent fraud and identity theft, it's better that I destroy all unneeded personal documents.
- When using the subway or bus, I pay attention to how I carry my bag. I never put valuable objects or money in my bag, as it could easily be targeted by experienced thieves, particularly when such places are noisy and crowded.



When I use the ATM:

- I am discreet when entering my PIN number. I never leave my PIN information in my bag or wallet: I memorize it!!
- As much as I can, I try to vary the times, days and places I use

the ATM, as a means to avoid people with bad intentions who might know my routine.

When I use public transportation:

- I look for the transparent emergency box (with a hand sign on it) on the wall of the subway platform: it could be useful in case of an emergency. The red phone allows me to contact a subway employee. The breaker switch allows me to cease the electrical current (in case of a fall) and the fire extinguisher allows me to put out a fire.
- Inside the subway wagon, I can find a phone to contact the subway driver and the emergency breaks in case of an extreme crisis.
- I may benefit from a free service that allows women to increase their feelings of safety: "Entre deux arrêts" permits me to get off the bus if my home is located between two bus stops. I simply let the bus driver know in advance. This service is offered at night fall.

Service Telbus: A service to know the time when the bus is passing by your stop.

Please contact Tandem CDN/NDG if you have any questions concerning public safety. 514-736-2732 or email info@preventioncdnndg.org

A driver's survival kit

Even though spring is here, it can often arrive with some surprises from Mother Nature. It's pretty common for Quebec to receive its last snowstorm in April! In case of snow, are you (and your car) well equipped for anything that may happen?

Not long ago, on March 14, three-hundred cars were stuck overnight on Highway 13. It was one of the worst, chaotic storms in recent history. Many motorists were stranded, had run out of gas, and were without water, food or heat!

Here are some things to create a

survivor kit that you can keep in your trunk not just in the winter, but throughout the year that can help keep you safe.

- Shovel, ice scraper and snow brush
- Sand or salt
- traction aids
- flashlight and rechargeable batteries
- First-Aid kit
- Flares
- Bottles of water and non-perishable foods
- booster cables
- candles and matches
- cover or blanket

- extra warm clothes and extra snow boots
- maps
- Windshield washer fluid
- Anti-freeze
- Lock-de-icer
- small toolbox

With this kit, you will be able to wait just a little bit longer for help to arrive or to help yourself get out of a potentially dangerous situation. Stay safe!

Information gathered from Public Security Canada and C.A.A. Québec.

- Geneviève Bergevin

Jane's walks in NDG

St. Raymonds Jane's Walk

Come explore this fascinating but little-known corner of Montreal with us. Once known locally as little Little Italy, this neighbourhood has blossomed into a vibrant and culturally diverse enclave. Through this guided tour led by active members of the community, you will get a chance to hear from local business owners, representatives of various cultural communities, and everyday residents about the history, culture, and changes of the neighbourhood.

Even the Rolling Stones have come to visit St Raymond (you'll learn more about this on the tour!), so why don't you?

Dates, times, & location : Saturday May 6th - 2pm - 4pm & Sunday May 7th - 11am - 1pm, meeting in front of metro Vendome. Bilingual tour, rain or shine!

Fielding Walkley Jane's Walk

Led by Fielding Walkley Resident Group on **May 6, 2017, 10:00 AM**
Language: English

Meeting Place: 6650 Côte Saint Luc Rd, Montreal, QC H4V 1G8

Notre-dame-de-grâce, or NDG for short, is a predominantly English-speaking neighbourhood that sits a few kilometres west of Montreal's downtown core. The Fielding/Walkley sector is a culturally diverse area rich with history and a strong sense of community. The Walkley Walk is a great opportunity to come and discover a little more about the area and the people who live there.

Quality of Life conference

NDG Community Council is excited to announce the annual Quality of Life conference on May 13th, from 9AM -3PM at the St Raymond Community Center.

We are aiming to have a diversity of people and issues represented. If you have any particular needs that we can support you with, to maximize your involvement in this event, please don't hesitate to let us know through the registration link. This event will be bilingual.

The purpose of this event is to:

1- Gather groups, institutions and citizens together to learn more

about what the needs are in the neighbourhood by hearing directly from each other and having access to key statistics

2- Pool ideas, resources and processes in order to have more impact in our projects

3- Break down possible silos that exist in our community development work – promote inter-sector partnerships

4- Discuss various themes that relate to quality of life (e.g. housing, food security, access to health services, transportation, integration opportunities, youth, family and senior's programming, environment and sustainability, em-

ployment and economic development, sports and recreation, arts and culture...and more!)

5- Collectively brainstorm possible goals that the NDG Community Council and its partners can pursue from 2017-2020

If you have any questions about the conference, or the strategic planning process, please don't hesitate to contact the consultant working on this project:

Marlo Turner Ritchie
514.482.4435

planndg@ndg.ca

Register here:

<http://bit.ly/2oBCOfn>

Sollicitation de collaboration

Dans le cadre de mon doctorat en psychologie, je mène un projet de recherche sur l'expérience de deuil des femmes de 65 ans et plus. À travers ce projet, je souhaite mieux comprendre comment ces femmes vivent le deuil d'une partenaire de même sexe et ce qui influence cette expérience. Ultimement, je souhaite faire connaître la réalité de ces femmes afin de promouvoir des solutions concrètes pour améliorer leur qualité de vie.

Si vous connaissez une femme qui a vécu le deuil d'une partenaire dans un couple de même sexe, j'apprécierais grandement que vous lui transmettiez cette information!

Critères de participation

- Être une femme âgée de 65 ans et plus
- Avoir vécu une relation de cou-

ple avec une partenaire de même sexe

- Avoir vécu la perte de sa partenaire il y a plus d'un an
- Accepter de participer à deux entretiens menés en français ou en anglais

Ce que la participation implique

- Les participantes prendront part à deux rencontres.
- Chaque rencontre sera d'une durée variable selon les capacités de la personne (généralement entre 60 minutes et 90 minutes).
- Je me déplacerai à Montréal pour rencontrer la personne dans le lieu qui lui convient le mieux. Selon ses préférences, l'entretien peut aussi avoir lieu dans un bureau privé dans une université au centre-ville dont l'accès est facile en métro. Dans ce cas, je rembourserai les frais de déplacement.
- Pour les remercier de leur parti-

cipation, un montant de 20\$ sera remis aux participantes pour chaque entretien.

- La participante pourra en tout temps décider de mettre fin à sa participation.
- Toutes les précautions nécessaires seront prises afin d'assurer que ses informations restent anonymes.

Pour participer

Je vous invite à remettre mes coordonnées à chaque personne intéressée afin qu'elle me fasse parvenir ses informations (prénom, numéro de téléphone et le meilleur moment pour la contacter). Je peux être rejoint par courriel (millette.valerie@courrier.ugam.ca) et par téléphone (514-767-4537).

Valérie Millette Candidate au doctorat en psychologie Université du Québec à Montréal

Jennifer Interviews

Jennifers' next interview is with Karl Thomas, who is an Outreach worker in NDG - for Prevention CDN-NDG.

Jennifer: Okay Karl, I've pulled out the kleenex box and put the violin concerto on the turntable, hit me. What path did you travel, that led you to working for Prev CDN-NDG?

Karl: It's actually thanks to Kerby. He was sort of a mentor to me. I was working at Maison De Jeunes at the time. I had blown out my knee playing basket ball and was told I couldn't play sports for 6 months. I was feeling depressed, wondering which direction I should take, and Kirby brought me by the (Prev) office a few times and introduced me to everyone, and let me hang around a bit while he was working. When he gave his two weeks notice, he recommended me for the job and I got it.

Jennifer: You've worn a few hats here, which jobs have you done, and what is your title now?

Karl: I was a community Councillor, and now I'm and NDG Outreach Worker for youth, ages 14-25.

Jennifer: What do you find is one of the biggest challenges about your job?

Karl: None so far, because it's new but I know they're coming. For now I guess maybe just offering diverse enough programming in community centres. Basketball and music are great but I think we can come up with alternatives and offer them more.

Jennifer: And one of your favourite things about your job?

Karl: Meeting people, I love it, from councillors to community workers, their clients, even business owners. Meeting different people in the community is great because everybody has a story to tell and I love to listen, it's cool.

Jennifer: And what is one of the most valuable things that you've learned doing your job?

Karl: Working with partners toward a common goal, learning to adapt to the different styles and approaches of colleges, team work.

Jennifer: Can you tell me about one of your proudest moments working here?

Karl: Of course there are success stories, but really it's many little moments. It's meeting with people I've mentored and families I've worked with, years later and seeing how they're doing now. That's amazing.

Jennifer: When you were a kid, what did you want to be when you grew up? I mean, did you just think "I'm so adorable, I won't even need a job" or did you have other aspirations in life?

Karl: A Power Ranger. Later I wanted to be a professional dodge ball player, because I was so good at it. I even wrote an essay about how I was going to become the best professional dodge ball player in the world one day, but on my first day of



High School I learned that that wasn't really a thing here, and all my dreams were crushed.

Jennifer: Do you still play dodge ball now?

Karl: Nooooooooooooo!

Jennifer: If Prev were a television show, a movie, or a Broadway musical, which one would it be and why?

Karl: Seinfeld. There's no specific point to the show, but it is people living their real lives. We all have our jobs at Prev and we're all dealing with all these people and their real lives every day. Also there are these funny characters that are always popping in and out, like Kramer. The city workers are like Kramer...

Jennifer: I'm not sure I'll be allowed to say that...

Karl: Why not?

Jennifer: Why do you keep agreeing to be the employee rep? Are you really that compassionate a social activist, or is it a control thing? You can tell me the truth. I mean, if it's because you like hearing everybody's dirty laundry and lording it over them, I'll probably judge you behind your back, but I won't say anything mean to you about it.

Karl: I wanted to be employee rep because... at first I actually did it because I like listening and helping people. And I like listening to the different perspectives of the same stories. But I don't like conflict or arguments, unless they're about sports.

Jennifer: Helping people, sure...

Okay fine, I'll tell you a secret, but only one, so if you could ask me only ONE question to get to know me better, what would it be?

Karl: Have you ever been in a book club?

Jennifer: Yes, I joined a French book club years ago, when I first moved back to Montreal. It was fun but I had the vocabulary of an 8 year old at the time and was pretty lost. All the other women in the club were French and I think that they found it cute but confusing that I wanted so much to be a part of it.

Karl: You look like the kind of person who would be in a book club.

Jennifer: Would you be in a book club?

Karl: Yes! I love to read, I've read 4 books this year already. I like love stories, I'm a sucker for love, and culture.

Jennifer: Karl, I'm sorry if this puts you in a weird position, but you knew this question was coming, and I have to ask it. Have you ever been on a boat?

Karl: Many times! In Montreal, the Old Port, numerous boat parties, Barbados. I've never been sea sick, and I love boats, but I am scared of the ocean. Once, we were there and a local invited us on his boat and we went but then he convinced us to go swimming

Continued on page 8

Images from our Annual General Meeting



from page 6

with the turtles with him. We were swimming around and it was beautiful you don't see anything on the surface, it's all calm. But then he told us to put our face in the water and I did. I put my face in the water and opened my eyes and there were fish everywhere, it

was terrifying. Then he told me to feed this turtle and it was huge. I reached my hand out to feed him and he just came to me. I let go of the food, but I'm pretty sure if I had left my hand out, when he took the food, he would have bitten my hand off.

Jennifer: If you remember, can you tell me the best piece of advice anyone ever gave you and who it was?

Karl: "Have a plan before you have a baby." - Alain Mankarios.

- Jennifer Chapman

GREY AND GAY

COMMENT FAIRE EN SORTE D'AVOIR ACCÈS AUX SERVICES AUXQUELS NOUS AVONS DROIT?!

HOW TO GET THE SERVICES WE DESERVE?!

ENEZ DISCUTER AVEC NOUS DES BESOINS DE LA COMMUNAUTÉ DES AÎNÉS LGBTQ ET DES
PROCHES AIDANTS DU SECTEUR OUEST DE L'ÎLE. // COME AND DISCUSS THE NEEDS OF THE
LGBTQ SENIORS AND CAREGIVERS COMMUNITY IN THE WEST-END SECTOR.

DISCUSSION ANIMÉE PAR LE JOURNALISTE INDÉPENDANT – **BERNARD ST. LAURENT,**

AVEC LES CONFÉRENCIERS INVITÉS // AND FEATURING GUEST SPEAKERS

BILL RYAN,

QUI A DIRIGÉ LA TOUTE PREMIÈRE ÉTUDE SUR LE VIEILLISSEMENT ET LA COMMUNAUTÉ LGBT AU CANADA //
WHO CONDUCTED THE 1ST EVER STUDY OF AGING AND THE LGBT COMMUNITY IN CANADA

CINDY CASEY,

LA CO-FONDATRICE DU CENTRE LGBTQ DU WEST ISLAND //
THE CO-FOUNDER OF THE LGBTQ WEST ISLAND CENTRE

UN ÉVÉNEMENT SPÉCIAL GRATUIT! // A SPECIAL FREE EVENT!!


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REFRESHMENTS WILL BE SERVED. HOPE TO SEE YOU THERE!

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THURSDAY, MAY 11 FROM 6:30 PM TO 8:30 PM

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(CENTRE / BETWEEN KENSINGTON AVE ET/AND GRAND BLVD)
* BUSES 105, 103, 162

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