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Terri's two cents

The staff at Prevention CDN-NDG believes that supporting our partners is very important. During these past few months, we have made an effort to attend other groups' Annual General Meetings (AGM), in order to both congratulate the work that is being done in the community as well as to learn of different ways we can partner on projects, and to get some new



Pictured here at New Hope's AGM: Terri, Gerry Lafferty - Director of New Hope, Miranda and Jennifer.

ideas on reports, presentations and membership.

So far we have attended the annual meetings of: the NDG Community Council, The New Hope Senior Centre, le Centre D'Action de bénévoles de Montréal (CABM), le Conseil Régionale de l'environnement (CRE), the Westhaven Centre, Coup de Balai; NDG Senior Citizen's Council, le Centre Ressource Communautaire, le Corporation Développement Communautaire, Bienvenue à NDG, Carrefour Jeunesse emploi CDN (CJE), Mountain Sights Community Centre, and the Association for the Development of Youth (Loyola Centre).



- Terri Ste. Marie

Interview with our new board member

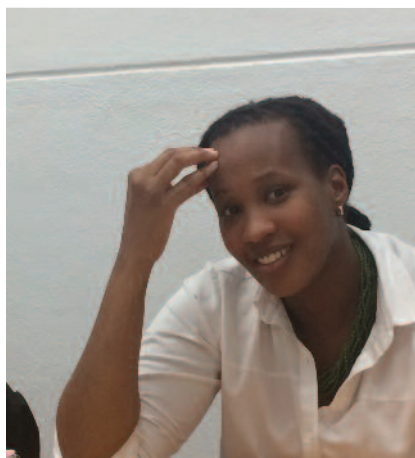
This month, Nexus sits down with Annick Munyana who was recently elected to Prevention CDN-NDG's Board of Directors.

Nexus: Thanks so much for taking time out of your schedule to talk to us Annick! Please tell us a little about yourself.

Annick Munyana (A.M.): It is my pleasure! I arrived here in Canada, as a refugee from Rwanda when I was 10 years old. It was after the Rwandan Genocide in 1994. I arrived with my family who settled in Gatineau.

Nexus: And now, fast forward 23 years to 2017?

A.M.: I am happily married, a mother of one, live in Cote-des-Neiges and am a Community Organizer for the NDG Community Council where I've worked since 2013.



Nexus: What brought you to join a Board?

A.M.: I felt like I needed to participate

in community life. I chaired a meeting at the HLM Benny for my colleague Sharon Sweeney and I liked it! I was also on the Board of "Fondations de Quartier" for the past year. When Terri asked if we knew of any potential Board Members, I was instantly interested. I like the mission of Prevention CDN-NDG, and all its programs, having worked with a few of them.

Nexus: So you have the Westhaven area as a dossier for the Council among others.

A.M.: I work with the Centre, partners and Residents in the Neighbourhood. Lots of diversity there, along with students, families, great community partners. We continue to look for more residents in the Westhaven area to join us.

Nexus: And we know you have a little person

at home to keep you busy!

A.M.: Yes, she is three now! And can't wait to be a big sister so need to work on that as well...

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Used school supplies collection is back!

The Éco-quartier NDG has just launched its second annual collection of used school supplies! This project, promoting mutual help within the community and maintaining a clean environment, was a great success in its first edition last year.

The material picked up by the end of the school year 2015-2016 from the participant schools (the school supplies that would have been thrown away) as well as the material donated by some generous residents in the neighborhood, were offered at the beginning of the 2016-2017 school year to students from disadvantaged families. Thus our resolution to continue this good community gesture promoting not only, solidarity between residents, but also, waste reduction and the re-use of old school materials.

This year, several NDG schools accepted our invitation to participate in this project. Students were instructed not to discard their reusable school supplies when emptying their lockers (pencils, school bags, binders, etc.) and instead place them in boxes provided by the Éco-quartier NDG. As the 2016-2017 school year ended, we have

already started collecting boxes filled with a wide variety of reusable school materials from the participant schools and organizations. I would like to thank the YMCA-NDG for its collaboration and the



participant schools: Villa Maria high school, Les Enfants du Monde elementary school, Kells Academy, Étoile filante elementary school, Saint-Monica elementary school and Royal Vale school. A big thank you to Loyola High School for the initiative this year and the support of this project. Similar to last year, the school management, staff and students were the first to take action by donating the old school supplies and by contributing to waste reduction.

This year we had the generous contribution of the St. Philip's Anglican Church that offered us a room for the storage of the old school supplies during the summer. The church also will provide us with a space to organize an activity with our volunteers to sort, clean and organize the school materials that should to be offered at the beginning of the new school year. Carol and Andrew, active residents in the NDG community, who helped us a lot by storing material in the church.

A big thank you to both of them! While working on this project, I was fortunate to have the help and support from the community, schools, residents and my colleagues. I am dazzled by the generosity and camaraderie among the residents of NDG!

Now we can also include the cleaning date: August 25th in the morning. If you'd like to help, please contact the Eco-quartier NDG. Thank you for your contribution to the NDG community and to a better environment!

- **Nouha Dhahri**

Tree-planting event at Confederation Park

Tree Canada, an organization devoted to tree planting in urban areas, has planted over 80 million trees since 1992, and since 2015 Tree Canada has awarded more than \$300,000 in grants to community urban forestry projects.

Éco-quartier NDG had the pleasure of participating in one of these projects by attending a tree-planting event in Confederation Park on June 10th. Though the park has some lovely trees, its canopy cover was in need of replenishing. The creator of the project was Sophie Nitoslawski. Sophie is a Horticulture and Arboriculture Inspector who focuses specifically on the NDG borough. She is an expert in environmental science and forestry. Along with Sophie, there was La société internationale d'arboriculture du Qué-

bec (SIAQ) who helped host the event. It was inspiring to see Tree Canada, the city of Montreal, SIAQ and Eco-quartier NDG all come together to plant trees with the community.



As a green patroller for Le Regroupement des Eco-quartiers, my job is to inform and connect my community to eco-friendly ways of living. Sophie's project emulated all aspects of my mandate. The citizens present that day were given some useful tips on how to

plant a tree. One important detail was the need to be delicate when removing the tree from its container and that in some cases it is best to just cut the container. Another useful tip was when placing the tree into the hole (which should be more than twice the size of the container) it was necessary for the base of the tree to be the same height as the surface of the ground.

All of these tips are also on the website www.unarbrepourmon-quartier.org.

Sophie's tree planting project in Confederation Park was informative, inclusive and gave a bit more color (green specifically) to the borough of NDG.

- **Stephanie Rochemont, Patrouille Verte.**

Bags for food waste

Now that the food waste project is in full swing, the Eco-quartier NDG has been receiving numerous calls about the compostable bags. Residents are wondering where they can buy the bags, and what is the most cost effective methods to participate in the collection.

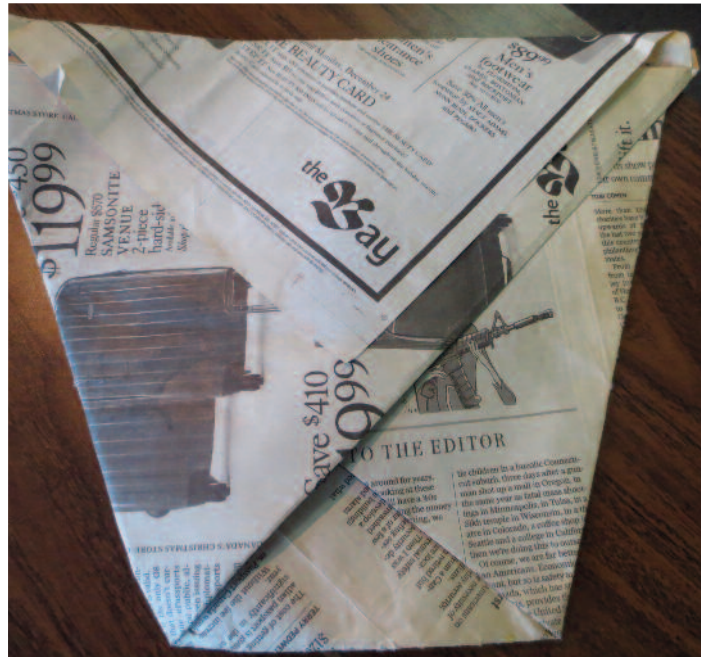
The first thing to remind residents is that they do not have to use any bags in their bins. Some residents have opted to use newspaper to wrap their food waste. They can either simply wrap the food, or they can fold the newspaper into a bowl (origami). There are instructions as well as a video on our website :
www.preventioncdndng.org

Other residents don't use newspaper nor compostable bags, they simply throw the food into their brown bin. The city has no problem with that, as long as the residents keep the bin clean and inoffensive to other residents.

For those residents who prefer to use compostable bags in their bins, Eco-quartier NDG called every hardware store, pharmacy, grocery store, box store, in the neighborhood and almost all of them are carrying compostable bags. If ever you would like a list of the businesses that we know that sell them, please contact us

and we'll give you the list.

Another possibility is to have the bags delivered right to your door. Many NDGers were using the services of Compost Montreal, a pri-



vate pick-up service before the food waste program was implemented by the City of Montreal. Compost Montreal sells bags at competitive prices and even delivers the bags right to your door! They have bulk rolls of 50 to 150 bags, which are manufactured by a family-run business, in a LEED-certified facility, right here on the Island of Montréal. Compost Mon-

treal also offers an eco-responsible odour neutralizer in case you have a problem with your bin. For more information, please visit their webstore at www.compostables.ca.

Finally, we'd like to remind residents that oxo-biodegradable bags are not the same as compostable bags. 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. Compostable bags don't leave any undesirable trace, and that's why they're accepted for the municipal food waste collection program.

- Nikki Schiebel

More edibles on Somerled

Once again this year, Transition NDG is partnering with Eco-quartier NDG for the Incredible Edibles project on Somerled. They have reduced the number of city planters with edibles and thus a few planters are still available for planting.

Inspired by the project, Eileen's Ocean Wise Seafood Market & Oyster Bar planted organic strawberries in the planter in front of the store. Owner Dave Kost, says he is happy to share with the neighborhood.

A local resident was also inspired by the project, and planted tomatoes at the corner of Somerled



and Cavendish, in front of the Royal Bank.

Please contact the Éco-quartier NDG for a list of available planters. Please keep in mind that anything planted should still follow the Incredible Edibles model – food to share.

The project is also looking for volunteers. If you would like to volunteer to water or plant in the bins, please contact us. Otherwise, take a tour of Somerled later in the season and enjoy a bite courtesy of a few community groups as well as generous individuals.

- Nikki Schiebel

Food waste & warmer temperatures

Now that the weather is getting warmer, residents are expressing concern about the food waste collection program. They worry that there will be bad smells, and for the case of meat-eaters, possible maggots.

The City of Montreal obviously knew that this would be a concern for residents during the summer months. They have a list of best practices to help residents continue to participate in the food waste collection, without experiencing major inconveniences. One trick that I do at home is that I keep my small kitchen bin in the freezer. That way there is no way that there can be any smells. I take my bag out still frozen and place it in the larger brown bin. By the time my brown bin is collected, my food is likely still frozen. One day last summer, I was visiting a friend of mine in the Sud-Ouest who was participating in the food waste collection. He stored his kitchen bin under the sink. As he went to add more food to the bin, he realized that his bin was full of maggots! Disgusting. He cleaned it out, and started to collect food waste in the bucket again during the week. Again, he ended up with maggots. Finally, he agreed with me that keeping the bin in the freezer was a great idea!

I understand that not everyone

has the free space inside their fridge or freezer; I've had a couple of residents explain to me that with a few kids in the house, it might not be possible. There are still tricks to avoid insects and smells even if you have no room in the fridge / freezer.

Layering newspaper throughout your food waste is a great way to absorb liquids and suppress smells. Some residents even decide to skip the compostable bags and simply use paper in their brown bins (see 'compostable bags' article on page 3).



Some bags, like the Glad bag samples that are available for a limited time at Eco-quartier NDG, have odour suppressing additives which make the process less smelly.

Sprinkling baking soda on your food waste can also reduce odours.

What I always like to remind residents is that despite the food waste collection program starting,

fundamentally, none of their waste has actually changed. The City of Montreal is simply asking residents to take the food that they were already getting rid of and putting it into a brown bin instead of the garbage. If you were already a meat-eater, you already knew that you had to treat your garbage with special consideration during the summer months. Having all of the food in the brown bins does not make the waste more problematic, it is simply more concentrated.

The food waste collection program is a great way to reduce our garbage while creating a beneficial by-product (humus and later natural gas).

The Eco-quartier NDG encourages residents to adopt tricks to make participation in the food waste collection more pleasant. There are a few warm months in Montreal, and we hope that residents do not abandon the food waste program due to little inconveniences.

The new program has so many benefits for the environment. However, there can also be personal benefits to participating. At my house, one of the obvious benefits of the food waste program is that I hardly have any garbage anymore, and what I do have is dry and odour free.

- Nikki Schiebel

How to recycle old textiles

Many residents are now very familiar with recycling, composting and even getting rid of their toxic products. For some of us though, one of the last things to figure out is how to ecologically responsibly get rid of old textiles. The Eco-quartier NDG receives several calls about it every year.

At any time of year, residents can contact Certex, a textile recycling company located on the South Shore

<http://certexcanada.com/en/>.

You can bring your used textiles there directly, or, if you can accumulate 25 large bags worth of used clothing, as well as a few unusable textiles, they will come

and pick it up. Certex makes industrial rags out of the textiles that cannot be used as clothing.

Many of us do not have 25 large bags worth of used textiles at home though. Normally we might have a few pairs of old socks, a stained shirt or two and maybe a ripped pair of pants. These would be textiles in such bad condition that they would be deemed unacceptable by the local reuse organizations like the Salvation Army or Renaissance. In such a case, many residents look for more ecologically responsible solutions than simply tossing out the unusable clothes.

Happily, there was a way for resi-

dents to bring their old textiles to the Éco-quartier NDG's moving kiosk on Friday, June 30th (1-6pm), in the Provigo Parking lot (6485 Sherbrooke West, corner Cavenish). Residents were invited to bring gently used clothing as well as any clothing that they feel is not in good enough condition for donation. Les Super Recycleurs and the other reuse organizations present will find the most ecological use for whatever was brought. (You could have also brought broken/no longer functioning small electronics for safe disposal, old toys, books and bikes).

Volunteers from all around the world

We embrace diversity here at the Éco-quartier NDG. Over the years, we have welcomed volunteers that come from all over the world, and we are quite proud of it!

Very recently, we were lucky to host wonderful volunteers from Germany: Yannick, Franziska, and the twins Sophia and Liza. In the past, interns from Japan and New-Caledonia, among others, have joined our team. An Australian volunteer is currently working on the graphic design of our fu-

ture interpretive panel for St-Thomas' pollinator garden. Larysa, also a graphic designer, is from



the Ukraine.

The CLC language school students who take part in our activities come from everywhere – Oceania, Asia, Africa, Europe, and the Americas. Every year for March break, we welcome students from New Hampshire. All these volunteers contribute to the Éco-quartier NDG's mission, and their presence enriches us and makes us discover the world.

- Lysiane Chagnon Fontaine

Green Team 2017

The Green Team is back for the summer! This year, NDG is lucky to receive grants for students from Service Canada. We'll have two green patrollers, a camp animator, a green alley agent, a food waste agent, a CJE student to help with community initiatives. We're also lucky to be receiving two youth from the CJE Montreal. The extra summer staff are all students, and we expect that they will learn a lot from their time in NDG, while they help the community. They will participate in nume-

rous environmental projects throughout the district. They will host weekly kiosks in the park, verify the food waste bins, schedule clean-ups, beautify our green alleys and so much more! Whether it's through education on water saving at kiosks or the benefits of trees in urban zones, it is all with an approach to encourage residents to adopt eco-friendly practices.

One of the students' main tasks this summer is conducting surveys for the food waste program. Now

that the program has been in the borough for a few months, we want to know if residents are participating in the program or not. The students will offer residents tips on the best ways to avoid smelly, unpleasant brown bins. We have over 17,000 addresses to visit, and thus we will likely knock on your door to invite you to participate.

When you meet the green team this summer, please be sure to say hi!

- Nikki Schiebel

from page 1

Nexus: Do you have any pastimes, or something that people wouldn't know about you?

A.M.: I watch Korean dramas.

Nexus: Cool! Do you speak Korean?

A.M.: Some. But most of my dramas are subtitled in English ... lately I have been meeting more and more kdrama fan but not too long ago I thought the only two other people I knew who had this affliction of watching these dramas were my sister and Aminata (Bienvenue à NDG's President)

Nexus: What else do you do in your spare time?

A.M.: I like going out with friends and family, traveling and I spend a lot of time going back and forth to Gatineau.

Nexus:

If you had no restrictions on your

superpowers, what would you have?

A.M.: I'd be a time traveller superhero and save some of the past heroes we have lost in the world!

Nexus: It was great chatting with you Annick!

A.M.: Likewise!



Going on vacation safely, with peace of mind

Travel with peace of mind and leave your worries behind. What a nice way to spend your vacation! Here are a few tips from Tandem CDN/NDG, Montreal's support program for citizen action in urban security, to help you relax and enjoy your few days or weeks of rest. These basic principles can be adapted to your own situation.

Before you leave

- When burglars choose a target, they search for a home that does not look occupied. Make sure that your absence is not obvious. This is why it might be useful to make a friendly request to your neighbour or someone you trust. They could:
 - Pick up your mail;
 - Park their car in your driveway or in front of your house a few times;
 - Turn the indoor and outdoor lights on and off, when needed;
 - Open and close curtains;
 - Make sure that everything is in order;
 - Move your car;
 - Mow the lawn, in summer;
 - Shovel your walk or driveway in winter;
- You can also ask the post office to hold your mail and you can cancel newspaper delivery.
- You should know that some insurance policies limit coverage in case of prolonged absences. Ask your insurance company or your broker if this applies to your policy.

- Make a list of your confidential numbers (passport, credit cards, PIN numbers, travelers' cheques, etc.) and store it in a safe place.
 - If you are travelling abroad, we recommend that you contact the Department of Foreign Affairs to know if you should take special precautions in the country you are about to visit.
- It is also a good idea to notify your credit card company if you are planning to travel abroad.
- It is better to be discreet about your travel plans. Mentioning or posting (without assuring first who has access to your tweets or Facebook comments) your plans on social media might not be the best idea.

Inside the home

- You should store valuables and important documents in a safety deposit box. Make sure TVs, VCRs, computers and the like have been engraved. Do not keep large sums of money in the house.
- Place your blinds and curtains in a way that will prevent anyone from looking in.
- Make sure that doors and windows are locked. Turn off the ringer of the phone. If your home is equipped with an alarm system, turn it on.
- Unplug the automatic garage door opener.

Have a nice trip!

- Put discrete identification tags on your luggage or use your business address. Lock your suitcases. Don't bring too much luggage and try to arrive during daylight hours.
- Make sure that objects that you carry on the roof of your car are fastened tightly and locked. Do not leave anything of value visible in the car but rather store them in the trunk, away from prying eyes.
- Carry your money and ID cards in an inside pocket and avoid carrying large sums of money. Use bank cards, credit cards or travellers' cheques instead.
- After you arrive, write down emergency numbers such as police, fire department and ambulance.
- Get to know the city you visit. Ask which are the safest places to travel.
- At night, choose an itinerary or route that includes well-lit streets.
- Do not leave your valuables on the beach without surveillance.
- During your trip, every family member should carry identification on them.

For any information on prevention before or after your trip, contact our Tandem CDN/NDG office at (514.736.2732). In case of emergency or if you notice something suspicious during your trip, phone the local police.

Protect your bicycle against theft - for free

Tandem, together with our local Police Stations 11 and 26, will organize kiosks (Projet Numéro) where you can come and engrave your bike **free of charge**.

All you need to bring is your bicycle and a piece of identification and we will do the rest. Engraving your bike increases your chance of getting it back in case you would lose it due to theft.

10am to noon, Metro Vendome.
 - **August 9th** from noon to 2pm, corner of Girouard and Monkland.
 - **August 16th** from 10am to noon, corner of de Maisonneuve and Grand.



Our remaining kiosks for this summer:

- **July 26th** from 10am to noon, on Edouard-Montpetit (corner of Louis-Collin).
- **July 27th** from noon to 2pm, corner of Terbonne and Grand.
- **August 2nd** from

If you are not available for any of these dates, please contact Tandem CDN/NDG 514-736-2732 or email us at : info@preventioncdnndg.org to make an appointment to have your bicycle engraved or contact your local police station. These appointments are also free of charge.

Two new members of the team at Prévention CDN-NDG

Originally from Montréal, Ramaëlle studied in Rimouski, where she completed a Bachelor's degree in Social Development and then a Masters degree in Regional Development. During her studies, she had the opportunity to travel abroad: "I studied for a year in Switzerland where I became more familiar with political science. My studies were a mix of political science and sociology. At the same time, I was very involved in student associations, among others I was a member of a collective which sought to recover food and eliminate food waste as well as organizing collective kitchens, in order to help students have better access to a healthy diet. I was also involved with the Rimouski Comité Femmes et Ville, as well as the women's centre. My interests in feminist causes and a woman's place in society surfaced more and more along my academic and activist path."



Ramaëlle now coordinates the "Place aux filles" project at Prévention CDN-NDG, a community project aimed at increasing the number of women in power and decision-making positions in Montreal and Quebec in general.

To do this, according to Ramaëlle, it is necessary to improve self-confidence among young women from adolescence onward. The objective of the project is to create a group of teenagers (between 12 and 17 years old) in Côte-des-Neiges that can set up a project designed to empower them to address a problem that touches them in particular: "We want them to become actors of change in the community." Beginning in September 2017,

workshops will be organized so that they can build their confidence while experiencing and learning to understand citizenship involvement.

What motivates Ramaëlle in this community project is the possibility to channel her desire to create change, and to achieve a more egalitarian society while working: "For me, this project allows me to be a paid activist, which is what I aspired to do once my studies are finished!" In addition, Ramaëlle considers adolescence to be a crucial phase when one is trying to define oneself as an individual and such a project can certainly enable us to better equip the adolescent girls we work with to be able to undertake anything they want in their lives.

Lysa is a native of Sherbrooke and has lived in Montreal for ten years now. She brings a very different perspective and skill set than Ramaëlle. This makes for a diverse and enriching approach to the new Prevention of hypersexualization team. Lysa repeatedly dropped out of high school, finally completing her Secondary School Diploma (DES) at the age of twenty years through much perseverance.



She then went on to CEGEP where she completed a Diploma of Collegial Studies (DEC) in Plastic Arts. It was at this point that she began to become involved in social causes by volunteering: "I gave workshops for French as a second language to English-speaking students."

After arriving in Montreal, in addition to her various food related jobs, Lysa became involved in an environmental activist group. Her

experience in organizing activities and coordinating volunteers within this group led her to enroll in and complete The Community Recreation and Leadership Training at Cégep St-Laurent where she once again became involved in environmental projects, leading to her work in food security.

Lysa then enrolled in the University's Educational Intervention in Family and Community Settings Certificate program, and is currently completing a second Certificate in Feminist Studies at UQAM. This academic approach has led her to become more involved in causes related to sexual diversity and to the plurality of genres: "I am now trying to combine these three fields: environment, feminism and sexual diversity, an amalgam of interests for social causes that come together naturally in her opinion."

Lysa is coordinating the Equality in my Community project, that will also begin more formally in September. In the autumn, Lysa will form a mixed group of about 15 young people with whom she will create an artistic project linked to three issues: sexual stereotypes, body image and violence against women, which will then be presented to the community. "When I read the job offer and the project description, I thought," Wow! This is something I want to do! I thought that the combination of social and artistic aspects was great. For me, the opportunity to work with young people is very motivating! It is at this moment that their personality is being forged. They are exploring different avenues, and having an impact on their development through such a project, before everything is solidified, is very exciting."

Until the official start of these two community-based projects, Lysa and Ramaëlle will raise awareness among coordinators, facilitators and young people in day camps with the goal in mind of putting into question the female and male stereotypes present in our society.