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Terri's two cents

One of the qualities that set us apart at Prevention CDN-NDG was, in the past, the very low staff turnover. We were quite lucky to be able to hold on to most of the staff for many years. Last year, the average years worked at "Prev" was 8.

However this streak could not last forever! Since Christmas, Mesay Girma, Julie Robillard, Marc-Alain Félix, Patrick René and most recently, Alain Mankarios, have each moved on to positions that offer more stability and higher salaries, in both the community and the private sector.

When reading everyone's exit interviews, it wasn't the job itself that made them leave, although many were in their positions for 5 plus years and one would assume that everyone likes a new challenge or two in their careers. The reason for leaving was for financial security and job stability. The staff, who were all once in their 20's and 30's are now in their late 30's to mid-forties. They now have little and now not so little people, families with growing needs. In the past 2-3 years, we have had to create Plan B's (and C's) to figure out how to keep staff, even though program or project funding was precarious at best. It also takes a toll on people's stress levels. Maybe in my career lifetime, we'd be able to

discuss proper salaries for community workers, with a normal indexation that many others receive. It is a subject that is finally getting peoples' attention after constantly repeating these issues for years and sounding like a broken record.

People often ask me how I feel with all these departures, and I answer that I am "sappy" ... the mix of sad to see them go, and happy for them to find something that now meets their needs. The loss of their expertise, however, is difficult to describe and quantify. Hiring new people takes many hours of job postings, meetings, interviews and training, I also look forward to adding new people to our team as they bring with them positive energy, motivation, many great questions, and a willingness to learn.

So as we bid adieu to our colleagues and friends, we are happy to welcome Ramaille, Lysa, Laura and Tamar to the Prevention CDN-NDG family! We wish you a long and productive career with us!

- Terri Ste.Marie



A great summer in the parks of Côte-des-Neiges

Our experience with the teenagers of Côte-des-Neiges was enriching for all of us, especially in terms of social relationships. Throughout different activities, such as basketball and soccer, we developed good and positive relationships with the youth.

Working outside this summer has been fun for every animator. Even though the weather hasn't always been on our side, we've spent most of our mandate playing outside with youth. Planning special activities for them required a lot of organization, but it was rewarding to see the kids and teenagers enjoying themselves.

Sports weren't the only thing we did: For some youth, talking with them was enough to create a link, and it allowed us to better understand what it is like to be a teenager in Côte-des-

Neiges.

Getting to know the teens, watching them react when we bring out a ball, cards or a frisbee, really helped us understand the importance of the park animators project in Côte-des-Neiges.

- The Park Animators



Who are the Patrouilles Vertes?

You may have seen two girls dressed in green shirts and hats walking around your neighbourhood. We are the Patrouille Verte and we are environmental patrollers who are responsible in teaching and promoting environmental awareness in your borough! For example, we have been doing food waste surveys to ask whether you have been participating in the new food waste collection. If you see us observing your food waste bins on collection day, we are making sure you are participating correctly by using the proper bags and putting in only acceptable items. We have also been going door to door in apartment buildings to remind people on how to properly recycle and what types of things are not accepted in the recycling. For example, please remember to remove the caps off bottles or containers before recycling. Also, please rinse everything before disposing it in the recycling bin for collection and remember not to recycle plastic number 6.

Another thing we are responsible for as Patrouille Verte is to inform people on the emerald ash borer that has been attacking many ash trees in Montréal. Unfortunately, this ash borer is very prominent throughout Montreal and has been destroying many trees and the canopy cover. If you have an ash tree and are wondering if it should be treated, you can call us to assess your situation at no cost. Otherwise, if the tree appears to be more than 30% dead it must be cut down to avoid the spread of the insect. If the tree has less than 30% damage you can treat the tree with a bio-insecticide treatment. The city will subsidize some of this cost depending on the size of the tree and the contractor company you have chosen. To discover how much of your treatment will be subsidized call 311 or visit the city of Montreal website. Do you know some ways to reduce water consumption in your house? During the month of May I also worked as patrouille bleue

making sure people were aware of easy initiatives to save water in their household. I gave out courtesy tickets for sprinkler usage outside the bylaw permitted times and for having gutters facing an impermeable surface.

Some ways you can save water in your household is to take shorter length showers, install low flow shower heads, toilets and sink aerators. Putting an empty container in your toilet reservoir can save a lot of water. You may be wondering how putting a container in your toilet reduces water flow. By putting a container in your toilet reservoir, every time you flush the toilet the container will take up space and reduce the amount of water needed to fill up the reservoir. Every time a toilet is flushed it uses 30 litres of water! That is a lot!



As an environmental science student at McGill, this job reaches close to home. It is exhilarating to be able to see the community take part and make a difference in the environment collectively. I am proud to be able to do this job and teach others about the importance of our actions. It always makes us happy to hear people actively participating. Be proud of yourself, your involvement doesn't go unnoticed!

- Emily Winsor

When I was offered the job to be a green patroller I was instantly excited and hopeful to have a summer job that is directly related to my field. I am in my last year at Concordia studying environmental sciences therefore to have a

paid internship with Eco-quartier is very beneficial to me. As well, the Eco-quartier I work for is in my hometown, Notre-dame-de-Grâce, which has allowed me to better connect to my neighborhood and its wellbeing.

Our main focus this summer has been food waste, since this program started very recently in late 2016 and early 2017 since the food waste collection began in late 2016 and early 2017. We go door to door to ask residents how they are finding the new program, focusing on improvement in any way possible.

Another very important mandate we have as green patrollers is finding home owners who have ash trees on their property. To be able to exercise our ecology skills through identifying different tree species (specifically ash trees) is very stimulating and rewarding. Unfortunately, the reason why we are finding ash trees isn't as positive: the emerald ash borer has put 200 000 trees in Montreal at risk. To remedy this situation the Eco-quartier has the program "Un Arbre Pour Mon Quartier"; home owners can re-green their property plant new trees on their property at an affordable price. The Eco-quartier in NDG is a very warm and welcoming place. I hadn't heard of Eco-quartier before I started working here: I never knew about their projects like green alleyways, workshops with children on how to reduce waste, or community composters. It is very motivating knowing that the municipality funds organizations like the Eco-quartier. It has led me to believe that we must be doing something right.

To have a job that coincides with your values can be rare, so when it happens it is quite rewarding.

- Stephanie Rochemont

Blue Patroller

During the month of May I was a blue patroller for the borough of Côte-des-Neiges and Notre-dame-de-grâce. Throughout this experience combined with gained knowledge from my university classes, I have learned how important water conservation has become how extremely lucky we are in Quebec.

Living off the fleuve St-Laurent; Montreal is one of the most rich water centres in the world. This doesn't mean we have the opportunity to use more water because we have it. Water scarcity around the world is due to uneven distribution. While some of us may have more than enough water for our families, there are drought areas who suffer from lack of water.

In Montréal, the Jean R. Marcotte wastewater treatment plant is the third biggest plant in the world. This plant takes a large amount of wastewater and rainwater from the island of Montréal. It can treat a quantity of water equivalent to the interior of the Montreal Olympic stadium. We are lucky to be able to have facilities here to treat such a huge amount of water, although

it is extremely expensive to do so and using a lot of water puts stress on our water facilities and pipes. Fortunately, there are many ways to save water in your household and outside. Some ways to save water in your household would be to take shorter showers, make sure to not keep the water running while brushing your teeth, don't buy bottled water (It is also a waste of plastic!) and flush the toilet less.



Did you know every time you flush the toilet you use about 30 litres of water? To reduce your household water usage you can always buy low flow appliances such as low flow shower heads, toilets, washing machines etc. These appliances don't sacrifice function or flow but do help you cut down your daily water usage!

Looking for a quick fix for your toi-

let water consumption? Adding an empty closed container or water bottle to your toilet reservoir will reduce the amount of space needed to be filled with water after each flush. This is a great, easy way to make a difference.

When I was doing door to door visits around the borough I noticed a lot of gutters on people's houses were facing towards their pavement, driveway entrances or connected to the water pipeline. This puts stress on Montreal's waste water system as most of the water directed towards impermeable surfaces goes directly to the sewer system or towards your house foundation; which can cause costly repairs. Direct your rain water to a permeable surface, such as a garden, front lawn or grassy area. If that seems difficult to do, you can buy a rain barrel which allows you to collect the rainwater for future uses you may have. You can use it to water your garden!

Water is so very important for many things. Let's do our share in making sure we conserve it.

- Emily Winsor

Progressive waste solutions

Taking the yellow bus up to the Landfill in Lachenaie, I was freeing up my iPhone storage to take photos of the devastating area that has been submerged in Montreal's garbage. I was excited to expose the true nature of some of Montreal residents and businesses. Unfortunately I did not get that chance. The title of the dump entails all aspects of it facilities: Progressive waste solutions.

Lachenaie's landfill locks the non-hazardous waste in clay like vaults underground and the only garbage in plain site fills less than half of a soccer field. I had trouble comprehending that approximately 600 hundred trucks dump garbage at the site each day, five days a week. The landscape of the dump comprises of hilly grass fields. This is where the garbage actually resides.

How it works:

When garbage piles reach a height of 3 metres, it is then compacted and mixed with a mix of soft recycled car parts, dirt and topped with clay. This is what lies underneath the grassy field. Underneath the garbage mounds are pipes that siphon out the "garbage juice".



This liquid is treated in a series of ponds and is then sent to a local wastewater treatment plant. Andre Chulak, responsible for

communications and education programs for the site, explained why it is so important to dispose of hazardous waste materials correctly. "If these materials are present in the landfill's garbage, it will most certainly seep into the environment". Examples of household hazardous waste materials are batteries, rodenticides, electronics or chemical cleaners. All of these materials can be disposed of at you local eco centre.

Renewable Energy:

Another condemnable aspect about the Lachenaie's dump is that they generate renewable energy from the garbage. The biogas is formed through the breakdown of organic matter in the absence of oxygen and is then captured in a number of wells throughout the site. 25% of

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Business recycling surveys

Hello! My name is Kira and I am the Éco-quartier NDG's business surveyor this summer. I am visiting all of the restaurants, businesses, and services in the NDG and Loyola districts to do short surveys on their recycling habits.

My main goal is to find out whether commercial establishments are using the recycling pick-up service offered by the city, as well as to discuss with them any issues that they have encountered. One of the biggest issues that business owners are faced with is having the recycling collection day on Monday in the Loyola district. Because many businesses are closed on Sundays and/or Mondays, it is hard for them to find a time to put out their recycling. For example, many are closed Sundays and open only in the late morning on Mondays, usually once the recycling truck has al-

ready passed. Similarly, many businesses which are open on Sundays but closed on Mondays are forced to put their bins out Sunday evening upon closing.



However, this is usually earlier than what is officially allowed; according to city by-laws, recycling bins must be placed out on the curb starting from 9 pm the night before the collection day. In light of this, many businesses have voiced a desire to have recycling pick-up

day moved to Wednesday, or even to have both days available.

Another topic is the recycling bins themselves. Many businesses were unaware that they should have their own bins to put out on the curb. In fact, businesses are actually not allowed to use or share the recycling bins of apartment buildings. However, this is the case for many locations. Commercial establishments are allowed up to three recycling bins of any size. The bigger bins (360 litres) can be purchased through the Éco-quartier NDG, while the smaller ones (67 litres) can be picked up free of charge. So, if you have a business in NDG and you have any questions about recycling or the disposal of toxic materials, please do not hesitate to contact us!

- Kira Heddle

Kira's Summer Camp animations

Hello! My name is Kira and this past summer I was the camp animator at the NDG Éco-quartier. I offered short workshops and activities aimed at raising awareness of environmental problems and their solutions, in the form of fun camp activities like running games, relay races, treasure hunts, trivia games, music, theatre, crafts, and outings. The themes of this year's activities included water conservation, the basics of composting and recycling, waste reduction and repurposing, the importance of trees and green spaces, urban agricul-

ture and different modes of transportation. Each of the activities aimed to teach campers about the basics of how to adopt a more eco-



friendly behaviour for each theme, and focuses on providing campers with simple, easily remembered and implemented tips for them to bring home and include in their daily lives.

It was my hope that by keeping the information basic and concise, and delivering it through fun games and activities, campers would become interested in trying out more eco-friendly behaviours ... and maybe even teach their friends and family!

- Kira Heddle

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the gas is put back into the hydro Quebec electric grid and powers about 2,000 homes!

Waste management:

Despite all the innovation progressive waste solutions provides, Andre still stresses that 75% percent of the garbage they receive could have been recycled or composted. The Lachenaie Landfill is estimated to be at max ca-

capacity in less than a decade. In my opinion, the site made me think of how a large population deals with environmental issues: out of sight out of mind. As Montrealers, we live at a comfortable latitude that will only get more mild and pleasant as climate change progresses. Though this doesn't mean that other parts of the world are facing drought and sea level rise. Similarly, just because we don't see the garbage

at the lachenaie landfill, doesn't mean that it is not constantly accumulating and will affect future waterways and ecosystems. Therefore we need to continue to be diligent about reducing our waste and how we expose our waste. The classic Reduce, Reuse, Recycle is still one of the most powerful statements in regards to the protection of our environment.

- **Stephanie Rochemont, Green Patroller**

Adopt a tree this fall!

Over the last 3 years, the Éco-quartier NDG has partnered with City of Montreal, Soverdi and Regroupement des Éco-quartiers to offer trees to residents, businesses and institutions at a great price. More than 150 trees have been planted on private property in NDG thanks to the program. Montreal residents can purchase a tree for \$25* (or a fruit tree for \$35*), with quite a few species to choose from. Trees can be ordered and paid for on-line until Sep-

tember 27th. Trees purchased will be delivered to either the Éco-quartier NDG or CDN. Residents will be invited to collect their trees



in mid-October.

This is a great opportunity to get a tree for your yard at a substantial savings. Don't miss out! Your lungs will thank you!

For more information, please visit: <https://www.eco-quartiers.org/node/740>

*The price is slightly higher for residents from non-merged boroughs as well as for businesses and institutions.

Anti-ragweed Campaign: Show us what you've got!

With the start of summer invariably comes a well-known pest: ragweed, which wreaks havoc for the many seasonal allergy sufferers across our borough and city. Did you know that an estimated 10% of Québec's population suffers from seasonal ragweed allergies?

What you should know: Pollen is the element of the plant that people are allergic to. When ragweed begins flowering in August, pollen is released into the air, causing such unpleasant symptoms as sneezing, congestion, watery eyes, irritated and itchy nose, eyes, and

throat, as well as drowsiness and general irritability. The good news: When ragweed plants are not pollinating then everyone is safe to rip them out! The most efficient and ecological way



of removing ragweed is to simply pull it out of the ground by hand (contact with a non-pollinating plant is completely safe). Luckily

for us, the roots are shallow – making them easier to rip out. Beating back ragweed with a lawnmower also helps! It is particularly important to destroy ragweed before it flowers, since once the weed's pollen is released it can remain in the soil for an incredible 40 years! Éco-quartier NDG would like to encourage all our residents to please rip up these nasty weeds - send us a picture of yourself with the ragweed and you could see yourself on our website!

Please send all photos by email to: ecoquartier@gmail.com

- **Nikki Schiebel**

Be aware of Deadly Nightshade: Poisonous to humans and pets

Atropa Belladonna is commonly referred to as Deadly Nightshade; in the Solanaceae family is a toxic plant found in the eastern hemisphere. Deadly Nightshade is a perennial plant that grows to be 2 to 4 feet in height. It is characterized by its dark shaped leaves and its purple bell shaped flowers that hang down. Deadly nightshade plants have berries that are green when they first develop and then turn to a lovely shiny red or black when they are ripe. These berries are sweet to the taste; attracting children and pets alike. Two berries can be enough to seriously harm a child, cat or dog (depending on the size). Every part of the plant is poisonous. It is not advisable to handle leaves, berries or the stem without gloves. The roots are the most poisonous part of the plant and therefore, must be removed with caution.

Symptoms of Deadly Nightshade poisoning include dilated pupils, blurred vision, loss of vision, convulsions, vomiting, diarrhea, extreme abdominal pain, hallucinations, and confusion and in extreme cases coma and death.



The plant serum attacks the nervous system.

You may be asking yourself what are the proper way of dealing with deadly nightshade if it is found on your property or in close proximity to your children/pets. Fortunately, there are two methods to eradicate deadly night-

shade from your property and keep your family safe.

1. While wearing gloves, grab the plant at the bottom of the vine where it emerges from the soil and pull it up, being careful not to break the roots while doing so. If pulling is difficult, moisten the soil with some water to ease extraction. Make sure to remove any roots that may have broken when removing the plant, these roots can re-sprout into new plants.

2. Cut nightshade down to the ground until the vine no longer returns. This may take several years for the plant to completely disappear. After the plant removal cover the area with black landscape fabric and rocks or stakes to secure the fabric in place. Make sure the plant doesn't break through the fabric or creep out the sides.

- **Emily Winsor**

Reminders for a safe return to school!

School Bus Travel

Research conducted by Transport Canada shows that school bus travel is one of the safest methods of transportation. It is 16 times safer than travelling in a family car per passenger/kilometre of travel. Although school buses have an excellent safety record, mishaps can happen. These mishaps can include instances where children are injured while riding on the bus. It is more common however, for injuries to be sustained once outside the bus, including being hit by their own school bus or other vehicles.

Every driver must remember that when approaching a stopped school bus (on a non-divided road) that has its overhead red signal-lights flashing and side stop sign out, must stop before reaching the bus and must not proceed until the bus moves or the overhead red signal-lights have stopped flashing.

Here are some safety tips to share with children to ensure safe travel:

Getting to and on the school bus:

1. Arrive at the bus stop at least five minutes before the scheduled pick up time. Children should never run after the school bus to try to catch it. If you miss the bus, go back home or if you are at school, report to a teacher.
2. Stay on the sidewalk, well away from the roadway and stay back until the bus has come to a full stop and the door opens.
3. If your child needs to cross the street, teach them to look to the left, then to the right, and to the left once more before crossing the street.
4. Use the handrail when boarding or exiting the bus.

Riding on the school bus:

5. Take a seat as quickly as possible, put belongings under the seat and stay seated.
6. Never stick anything out of the window, including arms or heads.
7. Save food for snack time at school or until you get home.
8. Wait until the school bus comes to a complete stop before getting off.

After riding on the school bus:

9. When getting off the bus: take two large steps away from bus. If you must walk in front of the bus, walk ahead at least three metres (10 giant steps).
10. The driver must be able to see you and will give a signal when it is safe to cross. Cross in a single file.
11. If a child drops something near or under the school bus, they should never attempt to retrieve it without the driver's permission.



Travel by Car

Parents and guardians must respect their child's school safety measures for dropping off and picking up their children at school. Every effort must be made to avoid collision and injury by refraining to create hazardous situations of traffic congestion and unsafe driving practices within the school zone. Respect posted speed limits, and designated drop-off and pick-up areas.

Travel by Bicycle

To ride a bicycle to and from school, children must be mature enough (minimum 9 – 12 years old), and must have enough experience. The rider should be able to scan ahead and check behind without swerving.

To ensure safe cycling, young cyclists must:

- Wear a properly-fitted helmet, and have clothes that are suited for cycling (e.g. their pants tucked in).
- Have their bikes fitted properly and in good working order. The bike should have a regular maintenance check-up and should have a bell. It is also a good idea

to have a safety flag.

- Know and obey all traffic rules, signs and signals. They must signal turns and stops. Ride in a straight line in the same direction as traffic and stop at every stop sign.
- Be predictable to other road users by riding with the traffic usually on the right hand side of the roadway.
- Never ride in the dark. If an older child must ride in the dark, make sure that reflective clothing and night-accessories (e.g. reflectors and lights) are used.

Walking to school

Many children use roadways to make their way to and from school. Parents and guardians must review road safety rules with their children and the importance of not accepting rides or any invitations from strangers. It is best to walk with a buddy and keep focused on getting straight home.

To keep safe on roads, children pedestrians must:

- Find a safe and direct route to school with the help of their parents. Hazards should be identified (train tracks, busy intersections, etc.) and a designated route with safety rules should be established.
- Stay on sidewalks whenever possible. If there is no sidewalk, use the left side of the road facing traffic.
- Cross streets only at crosswalks and learn to look to the left, the right and then left again before proceeding, even at intersections with pedestrian walk signs.
- Wait until traffic comes to a stop before crossing. Make sure drivers see you before you cross.

Prevention is the key to safety. With education and awareness, all children should be able to get safely to school and home again. Take the time to share these valuable rules and tips with your children.

These safety tips were prepared by Public Safety Canada in collaboration with the Canada Safety Council. You can also contact Tandem CDN/NDG for more info.

Introduction of new staff

Laura Chéron-Leboeuf

Nexus: Hi Laura, Welcome to the "Prev Family" You are our new Outreach Worker for Seniors in CDN! Can you tell us a bit about yourself and how you came to find out about the position?

Laura: I have my Bachelor's degree in International Relations before going into the field of social work. I became very interested in working with people in defending their human rights. Prevention CDN-NDG's position for a senior outreach worker would allow me to work closely with people one-on-one, but would distance myself from "social control", which is sometimes attributed to the field of social work.

Nexus: What interests you about the senior population? What kind of seniors do you think you will see

in your line of work?

Laura: Having worked in women's shelters, I became aware of the growing issue of senior homelessness as well as other related issues that affect that population.



But what motivates me in particular is learning from this age group, which I am sure will enrich me both personally and professionally.

Nexus: What are you looking the most forward to? And what do you think will be the most challenging?

Laura: For now, I am happy to discover Côte-des-Neiges, of which I know little and to create links both with residents and local organizations. It's a big challenge for me to begin to understand the complexity of this neighbourhood!

Nexus: How can people get in touch with you?

Laura: My phone number is: 514 445-6254 or I can be contacted by email: ainescdnseniors@gmail.com

Please join us in wishing Laura a warm welcome!

Tamar Wolofsky

Nexus: Hi Tamar, Welcome to the Prev Family. You are our new Project Coordinator for the Coeur Atout/Hearts in Action project! Can you tell us a bit about yourself and how you came to find out about the position?

TW: I'm happy to be here! I found out about the position from Miranda, our seniors outreach worker for NDG, who I met while running community activities with the NDG Food Depot. I have a B.A. in contemporary philosophy, and I just finished a graduate diploma (DESS) in Community Economic Development, so I've done a lot of thinking about what a community is and how to bring people together. I am interested in supporting communities of people who have a lot in common -- languages, traditions, hobbies -- and of developing communities bonds between people who might not have chosen to live together, such as neighbours in an apartment building. I've been working in NDG for the past few years and am really excited to get to know Côte-des-Neiges better!

Nexus: What interests you about the senior population? What kind

of seniors do you think you will see in your line of work? (**Alternate: Who do you think you will meet in your line of work?)

TW: I like working with seniors because I like to listen, I always learn something new: about history, about the city, about enjoying life. The point of this project is to start conversations and make connections between people 55+, so we'll be working with seniors groups and clubs, residences, HLMS -- in short, hopefully every senior in CDN and NDG.



Nexus: What are you most looking the most forward to? And what do you think will be the most challenging?

TW: Coeur Atout is a resource package for seniors that's printed on a deck of cards, so it's at once

interactive, informative, fun, and useful. It interests me because I love connecting people to resources -- there are so many activities and services for seniors in the community that can be hard to find out about, and I am looking forward to learning about new resources and sharing this information. It will be challenging to learn how to play a lot of different card games and remember all the rules!

Nexus: What are your interests outside of 'resources for seniors'?

TW: I love big cooking projects, like making jam or pickles or having dinner parties! I also have vast knowledge and strong opinions on the best grocery stores in the city.

Nexus: How can people get in touch with you?

TW: If you are interested in scheduling an animation for a seniors group, or learning more about resources for seniors in CDN and NDG, you can send me an email at: coordo.coeuratout@gmail.com.

A refreshed workshop for CDN-NDG day camps

Again this year, Tandem (The Crime Prevention and Citizens' Safety program) offered a workshop to prevent vandalism and illegal graffiti, but this time in collaboration with the Gender and Equality program (previously known as Hypersexualization Project). This partnership provided a workshop that was both creative and informative for youth (aged 6 to 14) in the neighborhood. During the workshop, in addition to the information offered by Tandem, an awareness-raising component on sexual stereotypes (the idea of what is a boy or girl) was offered in order to allow young people to deconstruct certain related stereotypes. To the perception of what a girl or boy is and must be.

The purpose of this addition to the workshop is to enable young people to develop fully without feeling constrained by a gender-based pattern of behavior. As a result of a discussion on gender



stereotypes, participants were invited to decorate a cap with a positive message promoting a more egalitarian society. It should be noted that while equality between men and women is a principle that has been established since 1975 in the Quebec Charter of Human Rights and Freedoms, we still have a long way to go in order to achieve real equality. To this day, many inequalities still exist, including the fact that women leaving university are still paid less than men (Council on the Status of Women, 2017). Stay vigilant !

- Ramaëlle Duquette, Coordinator
- Place aux filles

Save the Date

Did you know that October 1 is the International Day of Older Persons?

On this day, the United Nations asks us to pay attention to and challenge negative stereotypes

about older people and aging. Save this date to participate in events in CDN and NDG celebrating seniors' contributions to the community!

Please check our website and our Facebook page for information about events on October 1.

20 AU 24 SEPTEMBRE 2017

MER / WED 20 : Vernissage - expo photos « Travailleurs immigrants »
5 - 10 PM @ Galerie Rep NDG 375 (6370, Sherbrooke Ouest)

JEU / THU 21 : Conférence « Le Hip Hop comme culture d'inclusion »
6 - 10 PM @ CRC CDN (6767 chemin de la Côte des Neiges)

VEN / FRI 22 : Rap Battles for Social Justice
6 - 10 PM @ Centre communautaire CDN (5347, Côte-des-Neiges)

SAM / SAT 23 : Young Bloods B-Boys/B-Girls Battle (2 on 2)
12 - 7 PM @ Centre communautaire CDN (5347, Côte-des-Neiges)

DIM / SUN 24 : Elementakiza (Hip Hop BBQ, Straight Up B-Boy / B-Girl Battle + Barber Battle, ...)
11 - 9 PM @ Parc Mackenzie King (métro Côte Ste-Catherine)

**Hip hop
You Don't
Stop
2017
edition
from 20th
to 24th of
September.**

Fête de Quartier
Neighbourhood Festival

Fielding Walkley

de 13h à 17h
Dimanche, 10 septembre 2017
Sunday, September 10th 2017 1pm to 5 pm

Parc Gilbert-Layton

Gilbert-Layton Park

Вечеринка района
جشن محله
مهرجان عائلي
社区节日
Fiesta del Barrio

En collaboration avec des partenaires de la Démarche Fielding-Walkley
In collaboration with partners of the Démarche Fielding-Walkley

ACTIVITÉS GRATUITES

musique, BBQ, activités pour enfants
et la famille, danse, ateliers, etc...
Enregistrement et burinage de vélo gratuit

FREE ACTIVITIES

Music, BBQ, Children and family activities,
Dancing, workshops etc...
Free bike registration and engraving

En cas de pluie l'événement se tiendra
à l'école Les-Enfants-Du-Monde
5350 Avenue Rosedale, Mtl, Qc, H4V 2H9

Pour plus d'information, SVP contactez nous au :
514-484-1471 Poste 234



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If it rains, the event will be held
at the school Les-Enfants-Du-Monde
5350 Avenue Rosedale, Mtl, Qc, H4V 2H9

For more information contact:
514-484-1471 ext. 234



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