

Thank you for  
this year and  
Happy  
Holidays to all  
our readers!

Prévention  
offices will be  
closed from  
Dec. 23rd to  
Jan. 7th, with  
the exception  
of Éco-quartier  
NDG  
that is closed  
from Dec. 24th  
to Jan. 8th.

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](mailto:info@preventioncdnndg.org)  
[ecoquartier@gmail.com](mailto:ecoquartier@gmail.com)

#### VISIT US ON THE WEB:

Website:  
[www.preventioncdnndg.org](http://www.preventioncdnndg.org)  
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## Terri's Two Cents

### *How Eco-quartier became part of the Prevention CDN-NDG Family*

The City of Montréal's Environmental Program (Éco-quartier) was created in 1995, during Pierre Bourque's term in office. Originally, each of the city's 51 electoral district had its own office with separate staff, offices and projects. Each was administered by various locally established groups. Éco-quartier's mandate is to promote eco-civism and environmental education, encouraging citizens to participate actively to improve Montrealers' quality of life.

The four themes within the mandate include:

Cleanliness: Neighbourhood Clean ups, sensitization to littering, dog waste 3RV: (Reduce, reuse, recycle) and repurpose. This includes working with citizens, merchants and groups to implement curbside recycling, food waste composting, community composting, and projects that repurpose household items

Beautification: Annual flower give-away, perennial exchanges, seed give-aways;

Nature in the City: Promoting green spaces, trees, biodiversity and green alleys.

And much much more!



From 1995-2002 Prevention CDN-NDG partnered up with the local Eco-quartier offices on various projects such as clean up activities in NDG, setting up kiosks during various festivals and workshops very closely with Eco-quartier Darlington, during the project to help revitalize the North East area of Cote-des-Neiges, namely with the Barclay, Goyer and Bedford residents association.

When the City of Montreal went through their merge in 2002, the City also began discussions with the Eco-quartiers to merge as well. Power shifted from Centre City to the Boroughs so decisions were made locally. Eco-quartier Darlington staff were told that they were going to be joining the Eco-quartier CDN, so the staff services would no longer be needed. While at the same time, there was no program in the Loyola district due to some mismanagement as well as not having a credible group come forward to manage the program.

During the spring of 2002, Prevention CDN-NDG was approached by some city employees inviting us to apply for the running of the Eco-quartier Loyola. It was a relatively small project with 2 employees to cover the district, as well as small budget so there would be a minimum amount of extra work to do. Because no one else was applying, the Board of Prevention NDG realised that even though there were completely different subjects with Tandem, the ways to reach citizens were similar: Workshops, kiosks, and door to door visits. Because of our wonderful partners, and citizens in Loyola, we applied, knowing that we would invite two members of the staff of Eco-quartier Darlington to join the Prevention CDN-NDG. On July 1, 2002, we became the proud administrators of the Eco-quartier Loyola and opened our little office in the northwest corner of NDG, on Patricia street. We realized a host of activities during that time. Since then, over the past 15 years, we've grown and evolved. In October 2008, the CDN-NDG borough decided that there should be only 1 Éco-quartier for the 2 districts (1 in CDN and 1 in NDG), and thus Prevention CDN-NDG absorbed the Éco-quartier Décarie/Loyola to form Eco-quartier NDG. We now have a top-notch staff, headed by Nikki Schiebel. So what originally a bit of a gamble became an important part of the Prev Family.



- Terri Ste. Marie

## Green Christmas Tips

### Food and Drink

- Buy in bulk! Avoid unnecessary packaging
  - Ban plastic bags! Think reusable
- Avoid using disposable dishes when throwing a party
  - Buy locally produced
- Compost rather than tossing them in the trash

### Gift Ideas

- Avoid buying gifts which rely on disposable parts like batteries
  - Look for gifts made from recycled materials
- Think of giving home-made gifts - a home-cooked dinner, an old book, woodwork, free night of babysitting
- Treat your special someone to an "experience gift" - tickets to a concert, sporting event or the theater

### Wrapping

- Make gift tags from old greeting cards
- Use brown paper bags or the comic section of your local newspaper for gift wrap
- Buy recycled wrapping paper and insist on Christmas cards printed on recycled material - choose ones that support a charity



### Decorating

- Choose LED lights instead of incandescent bulbs to decorate - they are more expensive but last longer and use 80-90% less energy
- Reduce by using a light timer on tree or house lights to cut energy consumption. Choose candle light over an electric bulb
- Choose decorations that can be reused or make your own decoration with recycled materials
- Buy a living Christmas Tree and replant it after. If not, make sure you recycle your tree through the city Christmas Tree pickup

## Buy Nothing Day

For those of you who never heard about Buy Nothing Day, it's a day against mass hysteria caused by the sales happening in stores on Black Friday (which marks the unofficial beginning of the shopping season of Christmas). Many people take advantage of Black Friday sales by buying unnecessary things. In fact, we must re-think overconsumption. That's why the Éco-quartier had Buy Nothing Day events at Vendôme and Villa-maria metro sta-

tions where Bill, Adina and I distributed small flyers to passersby to spread the word about reducing consumption. Our handouts had



elastics stapled to them so that people could use them to keep their wallets closed for 24 hours. Some people were really not interested in our message, but there were also many people who really liked the idea. All in all, I think it was a very useful event. In my opinion, it is already a success if 100 people stop buying on Black Friday.

**By Amelie Jo Fiedler (language intern Eco-quartier NDG)**

## Tree Planting – Thanks to the C-Vert Plus Youth

A senior resident in the neighbourhood contacted the Éco-quartier NDG at the end of the summer to get a tree through the great program A Tree For My Neighborhood. She had lost a few trees during NDG's infamous microburst in August, including an enormous silver maple. She was hesitant, however, to buy a new tree to re-green her yard, because it was not possible for her to plant it due to the fact that she is a senior citizen.



While this is not a service that Éco-quartier NDG usually offers, thankfully, we could count on volunteers to help. The C-Vert Plus program youth got together to plant the tree, and the resident was delighted for the help, and for her newly planted Showy Mountain-Ash. Éco-quartier NDG's team is proud of the NDG community and its willingness to help each other. Thank you all for participating! - **Lysiane Chagnon Fontaine**

## Purse and Jewelry Exchange



As part of the Waste Reduction Week (Oct 21st to 28th) the Éco-

quartier NDG hosted a purse and jewelry swap event. Seven residents, including children, came to the event to see what they could trade for something that would suit them better. Purses, earrings, bracelets and key chains made the participants very happy, as they acquired 'new-to-

## Idling the Car in Winter:

Now that the weather has gotten colder, the Éco-quartier NDG staff see more and more drivers idling their cars (leaving their cars running while they run into a store for example). According to experts, it is not necessary to idle cars in winter for more than a minute because it is not worth your time or gas. It seems to be better to start the vehicle up, let it run for just 30 seconds to one minute and then start to drive, because otherwise it's a waste of fuel and bad for the car engine. Under normal conditions, the car engine runs on a mixture of air and vaporized fuel (for example gasoline). This mixture enters a cylinder and a piston compresses it. This generates a combustion which

powers the engine. When it's cold outside, the process works differently because gasoline is less likely to evaporate. The car compensates for this by adding more gasoline to the air-vapor mixture which is wasteful. Furthermore, the police warn that cars can get stolen easily if they are idling unattended. For more information, please visit:

<http://www.cbc.ca/news/canada/calgary/idling-in-winter-myth-car-1.4392721>

<http://www.businessinsider.com/heres-what-idling-your-car-in-the-morning-is-doing-to-your-engine-and-its-not-good-2016-1>

**By Amelie Jo Fiedler (language intern)**

## How to Prevent Moths

Now that the weather has gotten colder, it is time to pack up our summer clothes for the winter.

Moths are attracted to soiled/dirty clothes, so be sure to wash your clothes before placing them in storage. Laundering in hot water kills moth eggs and larvae. Once you are ready to pack the clothes, consider adding a moth repellent. You can make

your own moth repellent sachets with a few natural products to avoid a moth infestation in your closet. They are much better than toxic, industrial moth balls. You just have to fill tea bags, cheese

cloth or simply a bowl with moth-repelling herbs or essential oils like lavender, rosemary, mint, thyme, cloves, eucalyptus, lemon and ginseng. When packing up your summer clothes you can also add black pepper grains to ward

off moths. If you like, you can also add a bar of soap to perfume the box and enjoy your good smelling clothes. Generally, you should try to



store susceptible clothing (wool, silk, fur, animal fibers) in airtight boxes or bags and to make sure that there are no holes.

**By Amelie Jo Fiedler (language intern)**

them' items for free. The Éco-quartier NDG regularly hosts this time of exchange as it represents an effective way to reduce waste through reuse, repurpose and swap existing items. Stay tuned for the next purse and jewelry exchange in spring 2018.

**- Nikki Schiebel**

## Planning a waste-free holiday party

Recently the Eco-quartier NDG received an email from a resident who was planning a Christmas party for 40 people. Being well organized, she wanted to know in advance how she could minimize the waste produced from her event and the negative impact on the environment. We thought it was such a good idea, we'd share some of the answers with you:

**Q:** Are all paper plates compostable?

**A:** paper plates that are not excessively waxy are compostable (Royal Chinet might be a good choice).

**Q:** Can food stained paper plates be put in a bag for the food waste collection? Do you have to clean off any food scraps first?

**A:** Used paper plates can be

thrown into the brown bins and composted along with the food.

**Q:** Are used paper napkins compostable?

**A:** It is the same thing for used paper napkins, they are compostable and can be thrown in with the food.



**Q:** Are plastic utensils recyclable? If so-do they need to be washed before being put in the box for recycling?

**A:** No, plastic cutlery is not compostable nor recyclable, it goes in the garbage. Most disposable plastic cutlery is made of plastic #6, which is not recycled in Montreal

Other ideas for planning your holiday party meal:

- Use reusable dishes, tablecloths and napkins (they can be borrowed from Concordia University)
- Serve finger-food that doesn't require a plate
- Ask your guests to bring their own dishes (reusable mugs, utensils and Tupperware) and to wash them themselves, if possible (depending on the size of the event)

Thank you for thinking ahead to make your holiday less wasteful!!

## Plarn-Workshop with seniors

Nowadays, plastic pollution is a very complex topic. Modern life is nearly unthinkable without plastic, yet the problem is that millions of tonnes of this waste ends up in our streets, in landfill and in the oceans. Birds, turtles and marine life get tangled in plastic bags and abandoned fishing equipment, or they die from eating plastic debris. Over time, larger pieces of plastic break down to tiny particles called micro plastic which can form a sort of plastic soup in the oceans and end up in aquatic animals' stomachs. Unfortunately, if you then eat the animal (sea food, fish, etc.), you will also likely eat some of the micro plastic. Furthermore, plastic pollutes the air and does not biodegrade, it simply accumulates in landfills. When it is melted or burned, it produces fumes which can be very toxic and harmful.

To reduce plastic waste, there are

many things that we can do. One creative, lesser known way is to upcycle thin plastic shopping bags, which can be crocheted into a solid shopping bag, toy or even a mat. Cutting the plastic bags and forming them into strips is called making plarn (Plastic-Yarn) and is very easy to do.



On November 14th, the Éco-quartier NDG partnered with our sister program (NDG Senior Outreach) to host a plarn mat making workshop with the senior knitting club of the Terrebonne residence. Éco-quartier NDG staff and volunteers

informed the seniors about the consequences of plastic waste and taught them how to make plarn. Happily, the seniors already knew how to knit and crochet as that was not the expertise of the Éco-quartier NDG staff!

To make plarn, firstly, you have to cut off the ends of the plastic bags (the sealed end as well as the handles). Afterwards, fold the plastic bag several times and start cutting strips (1-5cm wide). This will form loops, which can be tied together to make long strips, much like a ball of yarn. Then the strips are ready to be knitted.

All in all, it was a very productive and informative workshop where everyone had a task. Keep an eye out for the wonderful mats that these industrious seniors will make!

**By Amelie Jo Fiedler (language intern)**

### Volunteering at Éco-quartier NDG

The Éco-quartier NDG is always looking for motivated volunteers to help us make NDG a greener, healthier neighborhood. We have

monthly volunteering opportunities, such as poster distribution and recycling outreach. High school students who are required to do community service activities are encouraged to get involved

with us, we are delighted to welcome them! To inquire, get in touch with Lysiane at 514-486-2727 or [benevoles.econdg@gmail.com](mailto:benevoles.econdg@gmail.com)

## Zero Waste Conference with Bea Johnson

On October 25th, an ecological celebrity came to Montreal to give a talk. Bea Johnson, one of the best known zero waste lifestyle speakers spoke to the sold-out audience at Collège Maisonneuve. Over 500 people were in the audience, including students, mothers with babies, seniors and everyone in between.

Bea's relaxed speaking manner was captivating. She told the audience how she had had a very big house in San Francisco, but felt isolated in the suburban neighborhood, and so she packed up her family and rented a smaller house in the city center. After a year of being in the smaller space and loving it, she realized that 90% of the stuff that she had put in storage was useless. That's when she decided to adopt her zero waste lifestyle.

As Bea put it, the concept of zero waste gives you a goal. Obviously, for most North Americans, this would be a drastic lifestyle change. Bea admits freely, she and her family don't create zero waste, they currently collectively produce the equivalent of a 1L jar of stuff that can neither be recycled, composted or reused per year.

Having a zero waste lifestyle may seem extreme, but Bea reminded the audience of all that one can gain by no longer chasing material goods. She took up old practices like a year preserve making. She also has found that there can be as much as a 40% savings for zero waste lifestyle, this is because you:

1. Consume less;
2. Only buy things to replace what you have / need;
3. Buy used;
4. Buy food in vrac (we typically pay 15% for packaging, and in the case of cleaners, it is 70%);
5. Everything disposable can be replaced with reusable.

She also discovered some strange habits that we have. In a typical closet we wear 20% of the clothes all the time, and the other 80%

are 'in case clothes' (in case we are invited to a wedding, we have an interview, we finally lose that weight, etc). Bea only has full-time clothes, she donated all of her "80% clothes". Now, she can fit her entire wardrobe in a backpack. That is especially handy when she travels, as she took her whole wardrobe with her on tour.



Another strange habit that many of us have is that we hold on to things for our kids (books from our childhood, extra toys, etc). When Bea moved to her new house, she realized that many of the boxes of toys that came with the move were never opened after a year of having lived in the new place. She told her two young boys that they could only choose a few special toys to keep, and that the rest of the toys that they didn't play with would be donated to charity. The boys chose to keep their Lego & action figures, and when they outgrew them, they sold them and made money to buy toys new to them, more age-appropriate. An added bonus was that having fewer toys reduced the fights that would happen when it was time to clean-up. In addition, less stuff allowed the children to concentrate on one thing at a time.

Bea also went through her own personal items. She realized that the packaging from her toiletries and make-up was impossible to reuse or recycle. She thus got to work researching how to make her own beauty products using her own containers. Again, she found additional benefits: when she bought mascara, she got pink eye twice a year. Once she started making her own, it never happened again.

When its time for grocery shopping, she does her shopping with a kit (glass jars, empty egg carton, string fruit bags, and bags for vrac). She insists that we learn new habits: if you forget your bags going to the store, don't say 'its okay this time to take plastic bags' or you will never learn. According to Bea, go back to the car, or even all the way back home and after one or two times, you will never forget your reusable bags again!

Bea says that she favours stores which allow her to use her own containers. When she came to Montreal, she was surprised to learn that Bulk Barn did not allow shoppers to bring their own containers. Since Bea visited them, the president was convinced and now you can bring your own containers as of February 2017!

Bea encourages each of us to adopt a zero waste lifestyle. Her 5 tricks include:

1. Follow the 5 rules in order (refuse, reduce, reuse, recycle, compost);
2. Read her Zero Waste book;
3. See [zerowastehome.com](http://zerowastehome.com) for solutions;
4. Buying is voting (if you buy packaging, you love packaging. eating out is also voting). Speak up or nothing will change;
5. Join the international community of zero wasters.

Even though I am already extremely conscious of everything that I produce, Bea's talk caused me to re-evaluate my waste. I'm sure that I will find some of my own tricks to share with you in the new year.

Zero waste is definitely the new in thing. In early October 2017, Montreal had hosted its first ever zero waste festival in Montreal. Along with Bea's sold-out conference, zero-waste bloggers, and many new zero waste stores popping up, I feel that we are starting to notice a trend. Thank goodness, this is a trend that can only be beneficial for the planet!

- Nikki Schiebel

## Celebrate your Holidays in a safe manner

'Tis the season to deck the halls ... falalalala lala la la! Yes ... it is already that time of year again! Holiday festivities (and chaos!) are just around the corner and there is no better time to ensure that you and your family are safe.



### Around the house ...

- Remove snow and ice, and put sand or salt on walkways and driveways. Arrange to have this done even when you are away and for a neighbour to pick-up your mail.
- Discard packaging from big-ticket items carefully, bundling cardboard boxes to conceal the nature of their contents.
- Keep a record of your valuables. Identify property by engraving an identifying mark.

### Christmas Tree:

- Buy a bright green and fragrant freshly cut tree. The high moisture content makes it less of a fire hazard; just make sure you always keep the trunk immersed in water.
- Use a tree stand with wide legs for stability.
- Keep the tree away from heat sources (fireplaces, radiators, TV's, heating ducts, etc.) and ensure it does not block any windows or doors.
- Remove the tree in 10 to 14 days.



### Decorations:

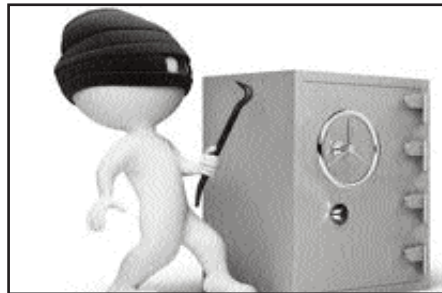
- Choose ones that are flame retardant, non-combustible, and non-conductive.
- Avoid the highly combustible

combination of angel hair (glass wool) and spray snow.

- Use Canadian Standards Association (CSA) certified lights and string sets and make sure they are the proper lights for the environment. Outside lights may burn too hot for indoor use and indoor lights are not weatherproof.
- Be careful not to overload electrical outlets.
- Cut candle wicks short to prevent high flame.

### Fireplace:

- Don't burn gift wrappings, boxes, carton, or other types of packaging.
- Don't use gasoline or any other flammable liquids to start a fire.
- Always use a screen.
- Remove stockings from mantel when the fireplace is in use.



### Do NOT enter your home if you suspect you have been broken into.

- Use your cell or a neighbour's phone to call the police (9-1-1).
- Do NOT touch anything or clean up until the police have inspected for evidence.
- Note the licence plate number of any suspicious vehicles.
- Note the description of any suspicious person(s).

### Avoid charity scams!

Fraudsters can take advantage of the holiday season by creating bogus fundraising operations. Ensure your donations are going to legitimate charities by logging onto the Better Business Bureau ([www.bbb.org](http://www.bbb.org)). The web site has information on charities and businesses.

### Secure your mail!

Put a temporary halt to your mail and paper delivery if you are travelling this holiday season. Always pick deliveries up promptly. Unattended mail is a treasure trove of personal information for potential

thieves.

### Having a party ...

With holiday parties about to swing into full gear, are you prepared to be a responsible host? Follow these tips to ensure your party is a hit and your guests make it home safe:

- Never serve alcohol to minors.
- Post a standard drinks guide on the fridge or near the food and drink areas so guests are aware.
- Have a plan to prevent drinking and driving.
- Encourage guests to name designated drivers or leave vehicles at home and take taxis, public transit or walk.
- Either don't drink or limit your own drinking of alcohol so you can be aware of how much your guests are drinking.
- Know your guests. It makes it much easier to monitor changes in behaviour.
- Monitor and supervise the serving of alcohol or designate a responsible adult "bartender".
- Stop serving alcohol at least one hour before the party ends.
- See guests in and out. Greeting everyone gives you the opportunity to assess their condition.
- Keep cash and numbers of cab companies handy.
- Keep the focus off alcohol.
- Serve food with protein and fat. Salt makes people drink more and sugar does not mix well with alcohol.
- Have lots of non-alcoholic choices.



### What to do if a guest is drunk:

- Encourage them to give you their car keys. Teaming up with a buddy can help.
- Inform them a cab has been called. Asking them if you can call them a cab gives them the opportunity to refuse.
- If they are very drunk keep them with you until they have sobered up or can be left with another sober, responsible adult.

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- Remember that only time, and not food or drink, sobers someone. Be prepared to offer a spare bed.
- If the person insists on driving, call the police. This could be the difference between an upset friend and far more tragic consequences.



### Out Having Fun ...

Remember, drinking and driving kills. The choice to drive or not to drive is yours. Please be a responsible adult and make the right choice. You could be saving a life and it might be yours.

Get a free ride from Operation Red Nose:

Operation Red Nose is a nationwide volunteer driving service and awareness campaign, dedicated to preventing drinking and driving. Three person teams can be called to drive you and your vehicle home safely between the hours of 9 pm and 3 am, with donations being redistributed to local youth organizations.

Avoid making a mistake that could harm yourself and others, and instead give to those in need. Talk about getting into the holiday spirit!

Local phone numbers for Operation Red Nose can be found on their website at:  
[www.operationnezrouge.com/en](http://www.operationnezrouge.com/en)

### When doing your shopping ...

At a store:

- Keep an eye on anyone who handles your debit or credit card.
- Be sure a cashier only swipes your card once - identify criminals sometimes use small devices that look like store equipment to copy your card information and then use it fraudulently.
- Get your card back promptly and shred all credit card receipts.
- Don't leave valuables unattended in your vehicle while shopping.

### Shopping on the internet!

Before providing credit card information online, verify the validity of the site and make sure it's secure. Go to the company website directly and be cautious of unsolicited e-mail links. Read the company's privacy and security policies. Log onto [phonebusters.com](http://phonebusters.com) to learn more about internet crime.



### Enjoying the Outdoors ...

A winter wonderland can pose many hazards for pedestrians and vehicles alike. Consider the following safety tips this winter before leaving the house.

Winter walking - not only is walking a great way to stay fit, there is no better time to do it than when the air is crisp, the ground is covered in snow, and you can really enjoy the beauty of the season.

- Remove snow and ice, and put sand or salt on walkways. Report sidewalk or pathway hazards to your landlord or city (3-1-1).



- Wear appropriate footwear. Invest in a good pair of waterproof winter boots with a thick, non-slip sole and low wide heel.
- Ice grippers can be helpful on packed snow and ice.
- Use caution! Remember that bad falls on ice can have long-term consequences such as chronic pain, disabling injury, and fear of another fall.

### Going on a road trip?

- Wear your seatbelt correctly. Lap belts should be low and snug

over the hips, while shoulder belts should be worn across the chest.

- Use a restraint system that is appropriate for your child's height and weight. Remember, the safest place for children 12 and under is in the rear side of your vehicle.
- Install four identical snow tires.
- Clear all snow and ice from all windows, hood, roof, and lights before driving.
- Make sure you have lots of windshield fluid.
- Keep an emergency kit and warm blankets in the trunk.
- Let someone know your travel plans before you leave and be aware of travel and road conditions.



### Safeguard your vehicle!

Thousands of dollars of merchandise is stolen from vehicles each year, not including damage to vehicles, insurance costs, or the personal costs to victims.

- Always close all windows, lock all doors, and park somewhere well lit.
- Don't leave valuables, including wallets, purses, cell phones, and shopping bags in cars.
- Ensure nothing of value is visible from the windows. Lock valuables in the trunk.
- Know the make, model and serial numbers of all stereo and technical equipment in your car so that it can be provided to police in the event of a theft.

These safety tips were taken from the RCMP website:  
[www.rcmp-grc.gc.ca/](http://www.rcmp-grc.gc.ca/)



# Training committee's interviews

## *Sophie Christopoulos - Super-Teacher at Royal Vale School*

For the month of December, presents Prévention CDN-NDG's Training Committee's new tradition of introducing you to the people we work with in the Côte-des-Neiges-Notre-Dame-de-Grâce district, who have important roles in the community. We hope that it will be interesting for you to get to know these people, have a glimpse into their lives, and learn about their experiences. Today, I'm honoured to introduce a person who I was lucky to work with in NDG: Sophie Christopoulos, or as I call her, the "super-teacher" at the Royal Vale Elementary School. As an environmental education animator at the Éco-quartier NDG, I was invited several times to Sophie's class to offer the students workshops and awareness-raising activities on different environmental themes.

Sophie is a teacher who is very involved in the community and she educates her students to contribute to community life from a young age.

**Nouha:** Hello Sophie! Thank you for accepting my invitation!

**Sophie:** Hello Nouha! It's a pleasure to work with you. My students are always happy with your workshops at school.

**Nouha:** Oh no, thank you for inviting me to your class! So tell us about yourself and your philosophy as a teacher.

**Sophie:** I've been a primary school teacher for 17 years. I teach grade 2 in French, mathematics, visual arts, ethics, drama and health. Thanks to my teaching experience, I have developed a particular teaching philosophy that I would like to share with you. The very nature of teaching is to focus on the child's growth, development, and learning skills through individual attention, group activities, positive reinforcement, learning, and encouraging self-expression. I do not believe that stimulating the child

by making sure they feel comfortable in their environment, while paying attention to their needs, helps to increase their intellectual capacity.

The child must be taught how to tell the difference between right and wrong and how to make good decisions. A child must also learn the essential social skills that will enable them to function well in society. To achieve this, the child must be shown that they are appreciated, loved, and important. They will learn to develop critical thinking and creativity. In the classroom, the child will engage in an active learning environment. I believe that the child must take an active role in the learning process and experiment through a practical method....My classes focus on the child.

too.

**Nouha:** You are really a great teacher, your students are lucky to have you! Can you share with us some projects that you've worked on with your students?

**Sophie:** The Grade 2 Royal Vale students participated in the "Bleu Blanc Bouge" program during the winter semester. Many children learned to skate for the first time while developing team spirit and mutual support. Thanks to the Montreal Canadiens Children's Foundation, they have adopted a healthy lifestyle and improved their self-esteem. The Foundation presented many gifts that will remain unforgettable for children.

On March 12, 2014, I participated in the 5th edition of their "Radio-Téléthon" at the Bell Center on RDS and TSN. Thanks to the great generosity of Canadians' supporters, we raised \$130,000. The Foundation will be able to continue its mission with disadvantaged youth throughout Quebec. Each year, my students continue the "Bleu Blanc Bouge" program during the winter at 6262 Fielding Avenue, Confederation Park (ad-



**Nouha:** Your teaching philosophy is impressive! From your experience, how can we introduce young children to good environmental practices and contribute to different community projects?

**Sophie:** At the Royal Vale School, our mission is to value positive action related to the environment. Students should be introduced to good practices: we can teach them to recycle everyday objects, observe nature, garden and clean up at school. For example, to celebrate Earth Day with the students and to beautify the school, I organized a clean-up activity outside the school with Éco-quartier NDG staff. All 460 elementary students participated in this event. Police and firefighters in the neighborhood were there

adjacent to the Doug Harvey Arena.) In addition, we go to the Vista residence to sing songs for the seniors. During the year, we prepare cards and do art workshops with Vista residents.

With Grade 6 students, we knit toques for underprivileged families. We participated at the Éco-quartier NDG's used book collection project. This year, we have collected more than 50 boxes of used books to offer to disadvantaged families in the neighborhood. As part of the "Culture at School" program, sponsored by the Ministry of Cultural Affairs of Quebec and in agreement with the Ministry of Education, I invited the painter Lorraine

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## Fondation Emergence Lunch and Learn

Awareness and understanding of the LGBT community has grown considerably over the last decade, and youth are much less likely to discriminate against their peers based on sexual orientation or gender identity than ever before. Lesbians, gays and transgender people are more and more prominent in mainstream media and LGBT youth are growing up in a world that has, while we still have a long way to go, never been more embracing.

But what about the others? What about those who were born and raised in an era where homosexuality was not only misunderstood or frowned upon, but grounds for being fired and/or evicted from your home, and punishable by law? What about the people who have lived

most of their lives in fear of being themselves?

According to a national survey by Toronto-based Forum Research in 2012, 2.6 per cent of Canadians aged 55 and older say they are lesbian, gay, bisexual or transgender and research conducted by the group found that LGBT seniors are twice as likely to age alone, four and a half times more likely to have no children to rely on and five times less likely to access senior services.

On October 24th, some of the staff at Prevention CDN-NDG had the honor of attending a lunch and learn hosted by our NDG outreach worker for seniors, Miranda Potts, in collaboration with Fondation Émergence, a non-profit organization that offers informa-

tion and awareness programs to inform and educate the general public about the realities of lesbian, gay, bisexual and trans (LGBT) people.

Julien of Fondation Émergence, along with their intern in sexology, Mylene, gave a great presentation focusing on the senior members of the LGBT community, and Jean, one of their volunteers shared a compelling, honest and heartwarming testimony of his own self-discovery and coming out.

A huge thank you to Miranda, and to Julien for putting this workshop together and for creating an inspiring and safe space in which to share our questions and stories.

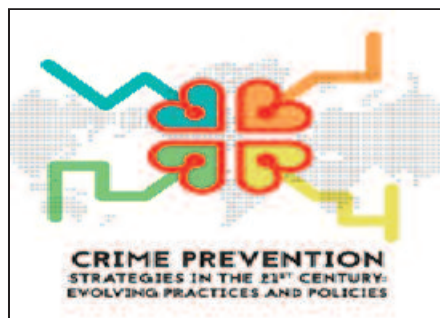
- Jennifer Chapman

## ICPC Conference

On November 7-8, Terri was fortunate to attend the International Crime Prevention Centre's Colloquium in Montréal. The conference's theme was "Crime Prevention Strategies in the 21st Century: Evolving Practices and Policies," and focused on the evolution of crime prevention stakeholders as well as the challenges related to coordination and collaboration between governments and other actors. Terri was invited to attend as a member of The Regroupement des Organismes Mandataires du Programme Tandem.

The workshops attended included:

Mobilizing the Civil Society to Prevent Crime;  
The Construction of Safety: A Crossroad Between the Public and Private Sectors  
New Tools for Crime Prevention  
The Role of the State in Crime Prevention: New Challenges, Approaches and Strategies



Representatives from sixteen countries attended the conference. It was an extremely motivating and informative experience. Terri will bring what she learned back to Tandem CDN-NDG, in order to keep improving the urban security services offered to citizens of this borough.

The International Centre for the Prevention of Crime (ICPC) is located in Montreal and is the only global non-governmental organization focused exclusively on crime prevention and community safety. For more information, visit their website: <http://www.crime-prevention-intl.org/>

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Dagenais who accompanied my students in artistic activities to create works that will form a large mural that represents aerial views of mountains, oceans, trees, etc.

**Nouha:** This is amazing! While visiting your class, I had the chance to see how you involve not only your students, but also their parents in the school, various projects, and in the neighborhood. So what is your magic formula for this success?

**Sophie:** At the beginning of the school year, I meet all the parents and I explain to them that it is so essential to count on their support. Encouraging their children to do their homework allows for better educational progress for the students. As well, I have a website for homework that parents can access for follow-up.

**Nouha:** Thank you very much for sharing your experiences with us and for your community involvement. It's always a pleasure to

work with you and your "super-students"! You are awesome!

Sophie is among the many people who have marked the lives of the youth and of the neighborhood residents. I must admit that we are fortunate at Prévention CDN-NDG because we have the opportunity to meet these people and to see their positive impact on the lives of others.

- Nouha Dhahri

## Sound Barrier Walls ... For both the ears and the eyes!

Residents of Addington and Prud'homme streets in NDG have expressed their discontent after the installation of two sound barrier walls that block their view and encumber their street. The walls will be up for two years during the Turcot restructuring. The Centre City approached Prévention to create a mural project with a cultural animation component for the Addington wall, in collaboration with the residents of this street.

Before creating the mural, we needed to gather the opinions of the residents, especially those who would see the mural in front of their homes every day for the next two years. On October 2nd and 3rd, Prev staff went door to door with a small survey to hear peoples' opinions and suggestions for the theme of the mural. The theme of "nature" was the most popular with Addington residents, given that the

barrier blocked their former view of trees.

Given the results of the survey, our muralist Guillaume Lapointe created a model that was presented at a public meeting at the St. Raymond Community Centre on October 11, during which residents had a chance to voice their

meeting, including the Turcot worksite, speeding, parking, maintenance of the mural and the upkeep of the alleyway. These issues were transmitted to City representatives.

The mural is composed of 5 zones which cover different areas of the sound barrier wall.

Each zone measures 20 meters and represents various elements of nature. These elements are integrated into the concept, with the goal of having passers-by feel that they are in a more "natural" area. The artists were working on this masterpiece in front of one of the municipal garages at 2140 Madison. It was installed on the sound barrier wall in November.



We hope that the Addington residents will feel like they are in the middle of a beautiful natural landscape for the next two years.

other issues were raised during the

## New Outreach Worker at Prev

"I have been working in the community for about 16 years now," says Jean Edouard, the new Outreach worker for CDN (Blue line). Everything started with a refusal. "As a teenager in high school, they told me I couldn't play my last year of basketball due to the month I was born, claiming I was too old. That rule stopped me from being part of the team so I was an assistant coach instead. After that stint, I simply fell in love with helping people. From working in an elementary school to high school to community centers, I did it all," he says. "In some sort of way, working in the community kept me sane."

Capoeira, Eskrima, and dancing is what he does to pass time and stay in shape. "Walking," he says, "don't forget walking. I love to walk, that's the reason why I know the CDN neighborhood so well. My motivation for doing this is simple, I like helping people." Jean maintains that, "some kids in the

community they see me as a big brother someone they can talk to about everything and nothing."



In the CDN area, Jean Edouard is very well known in the dancers/Breakers community. He brought kids to national competitions all over Montreal and the United States. Still today, he can hold his own with the best of them on the dance floor. "I am here to

motivate people, to keep them engaged in activities," he adds, "I basically use the art of dancing to reach out to the youth."

"We often come across kids with single parents, young men with single mothers. I think it makes a big difference in the way they are raised. I was fortunate enough to have my two parents around and to have good male role models around me. Real family men who took care of their own. I was able to grow up with a good surrounding, even when times were rough I had good people and positive black male role models telling me, I am going to succeed and make a difference."

He preaches love and the message of positivity. If you ever see him around don't hesitate to say hi or to have a conversation with him. Welcome to the team!

- Karl Thomas

## Jennifer Interviews

This November, I had the great pleasure of getting to know Steve Hreha, the president of the Prévention Côte-Des-Neiges-NDG Board of Directors. We talked about education, the call of cultural lineage, and bathroom graffiti. We discussed youth and community mobilization. We examined the difference between clever wit and bad jokes. We spoke of Slovenia, Barcelona, Picasso and Gaudi and we even talked a little bit about Steve.

**Jennifer:** Tell us a little bit about who you are.

**Steve:** I am a retired CEGEP teacher. I taught philosophy and humanities at Champlain Regional College, St. Lambert campus on the South Shore, for 34 years. I was also the IB Diploma program coordinator for 22 years. As part of that program I taught a course entitled 'Theory of Knowledge.' I have been married for 39 years (2018 will be our 40th wedding anniversary). I have been involved with Prevention CDN/NDG since the mid 1990s. I was a block captain for neighbourhood watch in the 1990s and then I was involved with Prevention CDN/NDG in a variety of other ways. I enjoy listening to all forms of music, watching films, traveling, reading books from a variety of subject areas and chatting with people. I also tell bad jokes and make silly puns.

**Jennifer:** What brought you to become interested in joining the Prévention CDN-NDG Board?

**Steve:** I have been participating in meetings held by the Prev board for a very long time – at first as a Board member. My interest sprang out of my involvement with neighbourhood watch. I liked and supported the idea behind this program and as I became more acquainted with Tandem and Prevention CDN/NDG I recognized the importance and value of the work that everyone involved was doing. I wanted to contribute to this effort in whatever way I could and so I remained involved.

**Jennifer:** Can you tell us a little bit about your professional background?

**Steve:** As I mentioned earlier I was a CEGEP teacher for 34 years. I retired in 2011. I have a PH.D. in interdisciplinary studies from Concordia University. I have taught undergraduate courses at Concordia in the Education Department, I have led workshops, since 1998, across North America and in Europe in Theory of Knowledge (an IB subject), and I have visited schools in Canada and the US.

**Jennifer:** What is something that most people in your professional world do not know about you?

**Steve:** That I enjoy opera; having alone time so I can think, day-dream and reflect, that I have a weakness for chocolate and that I love Garry Larson's humour.



**Jennifer:** If you had no restrictions (like money or time), what would you be doing?

**Steve:** Exploring the world and learning more about the countries and people I visit.

**Jennifer:** And what is your superpower (according to yourself or the people around you)?

**Steve:** I love language and I try to use it as effectively as I can whenever I can – and this sometimes drives people I know to distraction. I am not sure this is a superpower but it is something I can do quite well – most of the time.

**Jennifer:** I heard a rumour that you became involved with Prev,

as part of our Neighbourhood Watch program... as former Block Captain, to what do you attribute your 100% participation rate?

**Steve:** This is a two-part answer: 1> My dog Coco, and 2> Calling on every person on my street. I walked my dog three times a day, every day. In the process I got to meet and talk to quite a few people on my street. We would chat and exchange stories and so they got to know me and I got to know them. When I became block captain I knocked on every door and because people knew me already they were more receptive to joining. After a few months of canvassing, everyone on my street was signed up. Thank you, Coco.

**Jennifer:** I realize that the International Baccalaureate Career-related Program is only for students ages 16-19, and that it may seem somewhat unconventional to allow a 47-year-old into the program, but the mandate inspires me and I feel like I'd be a good fit. Do you have any sway? Any clout? Any ins at admissions?

**Steve:** Well, you are never too old to learn and you sound like you are just the sort of person IB is for. There are no IB programs for adults, I'm afraid, but you can carry on by being a lifelong learner – something I think you already are!

**Jennifer:** I heard you tell the most hilarious jokes ever. Do you have a favourite that you'd like to share? Remember, there may be children reading. Sad children with no children's books or comics, or television to watch, no Minecraft to play, and only the Prevention CDN-NDG weekly newsletter to entertain themselves with.

**Steve:** That would be an unfortunate child indeed. When I was young I had to play with sticks and lumps of coal...;-) but it sure helped develop the imagination so it wasn't all that bad. A joke? Let's see...I'm afraid I can't provide one for you... a joke is better told than read.

- Jennifer Chapman