

## In this edition:

**Éco-quartier  
news  
through pages  
2 to 8**

**Bike safety and  
theft prevention  
page 9**

**Staff leaves  
page 10**

**New staff  
interview  
and  
Park Animators  
page 11**

**PRÉVENTION CDN-NDG**  
6767 CH. DE LA CÔTE-  
DES-NEIGES #598,  
MONTREAL, QC,  
H3S 2T6  
514.736.2732  
FAX: 514.736.2734

5319 AVE. NOTRE-  
DAME-DE-GRÂCE,  
MONTREAL, QC  
H4A 1L2  
514.736.2732  
FAX: 514.736.2734

**E-MAIL:**  
[info@preventioncdnndg.org](mailto:info@preventioncdnndg.org)  
g  
[ecoquartier@gmail.com](mailto:ecoquartier@gmail.com)

## VISIT US ON THE WEB:

**Website:**  
[www.preventioncdnndg.org](http://www.preventioncdnndg.org)  
**Facebook:**  
Prevention CDN/NDG  
**Twitter:**  
[@preventioncdnndg](https://twitter.com/preventioncdnndg)

## Another Year at La Voie

For the 4th school year in a row, I was the outreach worker at La Voie High School. Throughout the years, I worked on my role within the school, created links with both the students and the personnel. Due to the exceptional support from the administration, I was able to, once again, help make La Voie a welcoming and safe place for youth. I am called upon to strengthen the "protection factors" for young women who may be vulnerable to exploitation or sexual violence. Among these factors, the sense of attachment and implication in the school, play a major role. When young girls feel good in school, they get involved, feel valued in their efforts and stay in school. While they have a safe place to talk, confide, eat and learn, they build a positive social circle while developing healthy links with trusting adults, who can also become positive role models. This is why I find it important to get involved in the daily life of the school, with the recreational office where youth can come by anytime and with the prevention workshops, but also through special events such as the shows and galas. This way, youth work alongside me during very positive moments, while developing a trusting relationship, get to know me and feel more comfortable at coming to speak to me in confidence.



Many people have asked me what consists my work of, what do I do on a daily basis with the students. I feel it important to share these activities with you. Here is a brief overview of what I did at La Voie this past school year. This does not include activities outside the school.

- I participated in activities to welcome the Secondary 1's (first year) along with the intervention team so the students learned about who I was, had fun and learned to see me as a resource person in the school. The bridge between elementary to high school is a huge juncture for many youth who live these changes with much vulnerability.
- Back to School: Like every year, students' first day back includes buying their books, fin-

ding their schedules, and so on. I like to be on hand during these types of days to find out what everyone did during the summer, as well as their plans for the year. It is also a time where school staff need a little extra help, and I find it important to work alongside them, as they consider me a resource.

- Since the recreation technician is on maternity leave this year, I did some activities and used them to include vulnerable youth, such as accompanying the theater troupe with director Sofia Blondin. I think that for some young people, these activities were among the only positive moments associated with school (due to difficulties in school, behavior, etc.) and it was therefore particularly important to find this activity in the living environment on the students which is the school.

- At the beginning of each year, I tour in all classes of the school. Colleagues from Prévention CDN-NDG accompany me to present their projects and activities. This tour is particularly important because it gives me the opportunity to introduce myself, to present my role in the school, to give an overview of organizations and activities for young people in the neighborhood. As a result, young people see me as a trusted resource in the school and I can continue to build relationships with students who already know me.

- I lent a hand to Mr. Michel Parenteau, specialized educator and super passionate about music, for the various shows during the year. I worked with some young people to get them to participate in these shows, to overcome their fears and to find a motivating activity in the school. Mr. Parenteau is involved with the young people to offer them wonderful opportunities through these shows, to involve them as much in the technical team, as they are musicians or singers. I am particularly touched and impressed by all the talent of these young people and I find it important to support them in their passions, especially if it gives them good reason to come to school! This year, I got involved in the Christmas shows, French Week and the Evenko Foundation project in the school.

- In order for students to find out what their neighborhood offers and to give them ideas for positive activities to do after school, I organize school fairs at school in the fall, winter and spring. Neighborhood organizations come at lunch time to hold kiosks to publicize their activities.

- Every year, I get involved in our urban arts festival, Hip Hop You Don't Stop, and coordinate a team of nearly 25 young volunteers from La Voie School. These young people are important help and are open, patient, creative and generous. We are happy, at Prévention CDN-NDG, to be able to offer them this volunteer opportunity where they develop their sense of responsibility and their autonomy.

- I am also the person responsible for imple-

**Continued on page 1**

## Introducing The Green Patrollers

Hello! My name is Audrey-Anne and I am a new member of the green patrollers for the NDG Éco-neighbourhood. I grew up in Montreal's South Shore but have made the move into an apartment in the big city!

I was raised in a family where a lot of importance is placed on the environment. At the beginning of high school, I became very ecologically aware but also concerned about many other issues that affect the world as a whole, such as social justice. In grade 11 I made the switch to become a vegetarian and have been vegan for almost two years with the goals of reducing my ecological footprint on the planet along with proper ethics towards animals.

During my two years of study at Cégep du Vieux Montréal, I became involved in my program's

committee (the program of social sciences and social action and media): Social Action and Environment. I therefore took part in several initiatives that are now implemented throughout the Cégep.



We made several barter bags and set up a box of books as well as a community fridge; we organized a week of a thousand and one alternatives and much, much

more. I highly enjoyed getting involved in the committee as I believe I have had a real impact in the life of the school.

In April, I completed my first year of university in urban planning. I have always been drawn by cities. I have been drawn in terms of their development as much as I have been interested in the social and environmental side that a city has to offer. My goal in studying urban planning is to improve the quality of life of the population with a greener, more sustainable, innovative, fair and safe city. By working with Éco-quartier NDG, I am becoming more closely involved in urban planning. I am very excited about informing and educating the people of Notre-Dame-de-Grâce concerning environmental issues!

**- Audrey-Anne**

Hello!

My name is Éléonor (Léa) and I am now part of the NDG Éco-quartier as a green patroller.

"Mile-Endoise Born and Raised", I grew up side by side with Montreal. I have been able to see the city getting greener over the years with great pleasure, and I intend to be part of the continuation of this transformation!

Active in the green brigade of my primary school, granddaughter of a nature lover in distant Germany and a follower of voluntary simplicity in France, I also grew up with the first composter sold by Éco-quartier, vermi-composting in primary school and the Earth day was my favorite holiday.

Now, at the age of 21, I believe that contributing to the fight against climate change is not an individual choice but an obvious one that should affect my entire generation. We can no longer af-

ford to ignore the disastrous consequences our habits will have on our future! It is therefore with the aim of ma-



king sustainable development and self-sufficient buildings that I started my bachelor's in architecture a year ago. It's a job I've always loved, but it's also a very effective and practical approach to tackling the problem of pollution: construction is a frantic fraction of greenhouse gases and

waste on the planet!

It has become quite obvious to me that people are extremely reluctant to replace their comfortable habits with greener ones. Architecture will allow me to propose alternatives, to be in the action rather than the denunciation and to reach green, accessible and universal solutions.

Of course, I am well aware that architecture is not the only answer (although I think it is essential). Although we could build completely green and sustainable cities, they would be in vain if their inhabitants continued to go in the opposite direction. It is therefore to observe and participate in the awareness of the people of Montreal that I wanted to join the mission of Éco-quartier. I can't wait to participate in the local effort and discover NDG!

**- Éléonor**

## Free Vines

The Éco-quartier NDG has a limited number of vines available to prevent graffiti (Boston & Engelman's ivy).

Walls with vines are disinteresting to graffiti artists. If you would like a vine, please contact us by phone

(514) 486-2727 or by email:  
ecoquartier@gmail.com

## Tohu Training

Hi. We are part of the Patrouille Verte for the summer of 2018. This summer, Éco-Quartier has given us various mandates. We must look after water management (rainwater as well as indoor and outdoor water), the urban forest, look out for the emerald ash borer, management of residual materials as well as tasks specific to NDG.

Throughout the summer, we have the goal of educating and informing citizens of the borough concerning these issues

In an effort to better target problems and solutions, we have had several hours of training. We went to visit the Saint-Michel environmental complex, otherwise known as the TOHU, the sorting centre for recyclable materials, along with the Lachenaie landfill site. We learned quite a bit about the recycling sorting process as well as different facets of landfills. To start, many steps are taken in order to sort the materials of a bin. A combination of workers and machines are responsible for the sorting. Unfortunately, employees are unable to sort all the materials they receive. Therefore, it is imperative for citizens to sort their recyclable products properly at their own homes before sending them to recycling centres. This would ensure that the recyclable materials are of better quality and therefore easier to transform later on. Our visit to the TOHU opened up our eyes towards the current problematic situation that is recycling. Recently, China closed their doors in terms of the recycling world. Now, they are buying other countries' recycling with the goal of turning it into new consumer products. Our recycling, considered to be of too poor quality, is no longer accepted by China since they are unable to make a profit off it. Because of this, many bales have been accumulating in Quebec's sorting centres.

Furthermore, we went to a presentation concerning the new Frederic Back Park, a park where the TOHU acts as the welcome centre. Long before the park was created, the

site was used for limestone extraction as well as a landfill. Due to the multiple environmental nuisances taking place in the park, citizens from the Saint-Michel district protested for many years. Finally, activists were able to make the activities in the site come to an end. The Frederic Back Parks is a good example of environmental rehabilitation with the development of walking trails, the presence of outdoor cultural activities, the enhancement of nature in the city and much, much more. The park is expected to be completed no later than 2023 but certain sections are already open for public viewing.

In addition to the visit to the sorting centre and the TOHU, we



were taken outside the island of Montreal to a place where the entire city's waste is brought. Entering into the Lachenaie landfill is comparable to entering an entirely different world. It is the place where all the garbage of the greater Montreal area meet to create what is frankly a frightening landscape. From the top of a 30 meter mountain made entirely of waste, we have seen the titanic measures that follow the simple act of throwing something in the trash.

After having been weighed, identified, and passed through a radioactive material detector, the garbage trucks, by the hundreds, dump their cargo. According to the employee to gave the tour, the vast majority of the waste they transport could have either been composted (organic materials), recycled (cardboard, paper, glass, aluminum), or could

have simply been avoided.

Once the waste is dumped, it is quickly piled up and compressed by other trucks in order to be covered by soil, compost, or car residues (tires and seats).

The landfill is surrounded by a woodlot and a number of inhabitants. Therefore, enormous precautions are taken in order to avoid any inconveniences to those who live in the area. Air analyses take place in neighbouring cities as well as odour control agents. There exists immediate burial of hazardous materials as well as falconry to hunt smaller birds who try and benefit off the piles of waste – the gulls flock in the tens of thousands at once enabling them to undermine safety and move the waste.

Despite all the negativity, a glimmer of hope is present in this story. The landfill management is well aware of the impacts that buried waste has. The first concern, the flow of liquids into underground water reserves, is treated very effectively. During the excavation of clay soil for the burial of new waste, pipes are placed in several places in the pit to collect the "leachate" – highly contaminated liquid that flows from the waste. It is transported to treatment ponds where, through several stages in the open air, it is decontaminated until the water is cleaner than the water in most Quebec lakes, according to the tour guide.

The second major ecological disruption due to landfills is the release of greenhouse gases (primarily methane). In fact, buried organic matter must disintegrate without the presence of oxygen causing incredible amounts of gases to be released that are harmful to the atmosphere (this happens when the gases are present on a large scale, which is the case in landfills). Clearly, this factor is what makes compost extremely important since it is a method that can be used to prevent organic mate-

**Continued on page 8**



## Zero Waste at School

On June 14, we went to NDG Elementary School and the next day to Willingdon School for their end-of-year parties. In the schoolyard, food and drinks were served. This usually generates a lot of waste and everything ends up in the trash, even if the majority of the waste generated could be recycled or composted.

Both schools had a vision of hosting a zero waste event, which had them call the Eco-quartier NDG to ask for our help. We were able to order brown compost bins for their events and to talk them through what would be the best options for food and plates.

To create winning conditions, the schools paid attention to what they bought in order to have as much compostable and recyclable materials as possible. Plates and napkins, for example, were all compostable.

Instead of only having garbage cans in the yard, both schools set up waste stations with large compost bins, recycling bins, as well as a few garbage cans for those items

that can be neither composted nor recycled.

At first, the children were so busy playing, that they did not pay attention which bin they threw their food in. After repeating our message a few times, the children understood that it was necessary to pay particular attention to the place where the waste is thrown away. We realized that a short, prevent sorting workshop with the children would have been beneficial and more effective.

In the end, we made sure the waste was sorted with the help of school volunteers. It was a great initiative from both schools and we think that our presence made a real difference! We thank both Notre-Dame-de-Grace and Willingdon schools for calling Éco-quartier NDG and we hope they will continue on this zero-waste path!

**- Audrey-Anne and Éléonor**



## Reusing Used School Supplies

Now in its 3rd year, the goal of the Eco-quartier NDG's Used School Supplies Collection and Reuse Program is to reduce waste by diverting school supplies that might have been thrown away and, instead, to offer them to NDG families in need. The program is an excellent opportunity to introduce students to the 3RU principle (Source Reduction, Reuse, Recycling, Upcycling) while encouraging them to help each other and support the community.

Eco-quartier NDG staff started contacting all of the local schools in early June, and since then, they've been delivering empty boxes to schools so that students can donate their used supplies (pens, binders, notebooks, rulers, etc). At the end of the year, many of the children seem almost relieved to be liberated of all of that stuff. Of course, many of the children don't know just how hard it can be for

some families to have to buy all of that stuff new come September. Once again, we have been overwhelmed at the generosity of many schools. We haven't finished collecting the boxes yet, but so far we already have 15 boxes of supplies!



Before distributing the supplies to families in need, the Éco-quartier NDG is going to seek out volunteers to clean, sort and organize all the equipment. This step is necessary to ensure that each student will receive a school supply: clean, usable and in good condition. Éco-quartier NDG has already received requests from families in

need, so it's nice for us to already know that the kit that we are creating will be used by a child. If you or someone you know would like to receive free school supplies for their child, please contact us at [eco-quartier@gmail.com](mailto:eco-quartier@gmail.com).

We thank the schools that participated in this program by offering us reusable school materials. We also thank the NDG YMCA for their participation in collecting supplies, as well as all the residents who came to see us at the Éco-quartier with bags and boxes full of school materials to offer to the community. This "Collection and Reuse of Used School Supplies" program is a community and environmental project that strengthens the mutual support of NDG residents and maintains a cleaner and livable environment for the community. It is now an annual tradition!

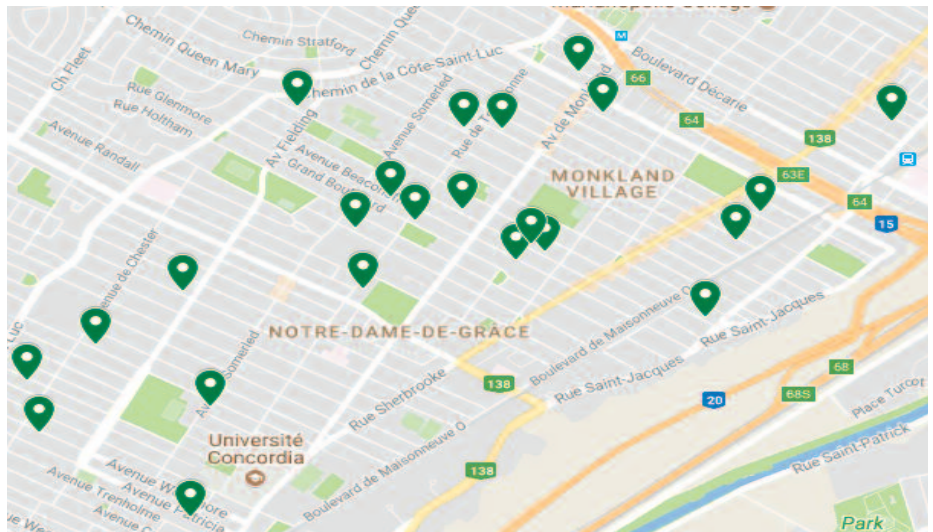
**- Nouha Dhahri & Nikki Schiebel**

## End of the spring campaign – UAPMQ 2018

The spring 2018 campaign of A Tree For My Neighborhood is now over! Citizens have their trees and some are already waiting for the fall campaign to get their hands on a coveted species. Sales began on April 5th and ended on May 31st, with a total of 44 trees donated to NDG citizens on June 12th and 13th. Of these, 25 are regular trees and 19 are fruit trees. With its almost shrubby format and beautiful white flowers, the Serviceberry of Canada remains a very popular choice. The little berries are edible and were a staple for many First Nation cultures throughout history.

### Some maintenance tips:

Do not forget to water your new tree regularly during the first two years after planting. If your tree



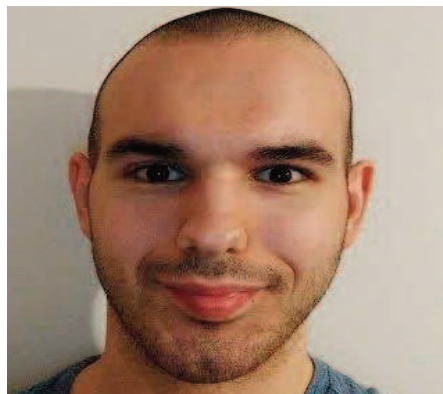
has been planted in a windy place, you can add a tree stake to the south side for a year or two. Manual weeding is recommended around small trees. It is not

advisable to add fertilizer; mycorrhizae and compost or mulch during planting is sufficient.

## Green Alley Agent

My name is Nicholas Rimanelli. I work for Éco-quartier NDG as a Green Alley Agent this summer. I hope to have the opportunity to meet with you and to develop some projects in your green alley.

A little bit about me: I recently completed the first year of my Master's degree in urban planning at the University of Montreal, and hope to graduate by summer 2019. I completed my bachelor's degree in geography in 2017 at Concordia University, where I learned about the influence humans and the environment share with each other. So far, my experience as an urban planning student at University of Montreal has been



focused on the importance of public participation in the planning process. One of my favorite aspects of public participation is that it includes the children! Their creative minds help contribute to

what they want in a project. In a way, there are the most important stakeholders in any project, as they inherit the city from us.

Some of my plans with the green alleys this summer are to:

- Meet with residents interested in creating 2 new greens alleys between Giraoud and Melrose avenues;
- Develop activities with the alleys that have spent their budgets

I'm very excited to meet and work with the citizens of NDG as we look to improve the alleys and neighborhoods as a whole!

- **Nicholas Rimanelli**

## Recycling Crisis Still Ongoing

The latest news about recycling in Quebec is not good. Recently, several sorting centers have asked the government to intervene in order to save them from bankruptcy. Ever since China has adopted strict quality standards concerning imported recyclable materials, the centers are failing to dispose of recovered materials. Trash, mixed materials, and soiled materials are the major contamination issues for recyclables. Sor-

ting centers say they lose large sums of money month after month, since they have many bales of recycling without anybody to buy them. Experts recommend modernizing the operation of sorting centers in order to increase the quality of bales and find them outlets here in Quebec rather than exporting them. The other provinces of Canada also face similar problems, with municipalities sometimes have to resign

themselves to burying the recovered materials.

At the Éco-quartier NDG, we strongly favor the reduction at the source. The best waste is the one that is not produced!

To find out more about the recycling situation in Canada, check out the very interesting CBC News series Reduce, Reuse and Rethink.



## Plants Everywhere

One of my favourite parts of summer is all of the flowers and greenery. I'm fascinated by the fact that after a cold winter, suddenly shoots start to appear, and then within a few weeks, it's hard to imagine that the city wasn't always so green.

Some of the beautiful plants and flowers that you'll see blooming these days were offered in partnership with the Éco-quartier NDG.

On Saturday, May 19th, the West End Horticultural Society (WEHS) held their annual fundraiser – a perennial plant sale. They are great partners of the Eco-quartier NDG, and they gave us approximately 65 pots of perennials that did not sell. The perennials were in turn offered to the Montclair Senior's home, an HLM on Fielding, and to beautify Somerled. These plants will come back year after year, and thus they will beautify NDG for years to come!

On Friday May 25th, 30 groups received perennial plants to beautify their outdoor spaces. The goal in giving the groups perennials is

that year after year, the perennials will return and fill in the space, until finally, the entire space will be covered with plants. When that happens, we'll be able to beautify new areas!

On Saturday, May 26th CDN-NDG



residents came once again to three borough parks (NDG, William Bowie and William Hurst) to receive the borough's free annual flowers. More than 1020 residents received free violets and begonias. Many residents also benefited from the borough's compost and woodchips. Residents are encouraged to plant the flowers in their front yards so that all can

enjoy them.

On Saturday, June 16th, there was a distribution of perennial plants in NDG Park to help attract beneficial predators to combat the Linden tree aphid problem. It seems that the aphids produce an unpleasant, sticky sap that residents complain to the borough about. The perennials chosen attract beneficial predators like ladybugs and non-stinging wasps that eat the aphids and control their populations. Ideally, there will be less sticky sap produced.

We still have a few perennials to plant, and our summer student Tory will be busy planting them in areas that need some beautification.

Be sure to be on the lookout for all of the beautiful flowers as you stroll through the neighborhood.

**- Nikki Schiebel**

## Ragweed - That Dreaded Plant

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% (my research said 15%) 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.

**What should you know:** The pollen of ragweed is usually dispersed in August causing symptoms such as sneezing, congestion, watery eyes, itchy nose, eyes and throat. The past two years ragweed has

seem to begin flowering at an earlier rate. Allergy sufferers have stated they felt symptoms as early as the beginning of July!



**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.

**The good news:** If you can catch ragweed before it pollinates then it is safe to rip it out. This summer, there will be 4 teams of ragweed pullers in the CDN-NDG borough, to pull out ragweed on public property. If you see ragweed on public property, or you would like to help us pull it out before it flowers, please contact us.

The NDG Eco-neighborhood is inviting all our citizens to tear up these weeds - send us a photo of you with the grass, and you could see your picture on our website! Please send all photos by email to: [ecoquartier@gmail.com](mailto:ecoquartier@gmail.com)

**- Nikki Schiebel**

## Butterflies On The Decline

### Monarchs

Monarchs are a species of butterfly whose territory is very vast. Monarch butterflies embark on the longest insect migration in the world. They cover almost all of America, as well as several other tropical countries. It is possible to observe the monarch both in the city and in the countryside, especially in open places where there are flowers.

As for the monarchs of Quebec, they arrive from Mexico in the spring, in order to reproduce. Females lay their eggs on milkweed leaves. Milkweed is the only food source for caterpillars, while butterflies feed on the nectar of many flowers. Milkweed is a slightly toxic plant, and thus in eating it, the monarchs become slightly toxic, making their predators less interested in eating them.

Source :

<http://espacepoulavie.ca/insectes-arthropodes/monarque>



In the fall, they return to Mexico to spend the winter until March. Unfortunately, according to a study by the World Wildlife Fund (WWF), the monarch populations continue to decline. There is a decrease of 15% each year. For the last two decades, the monarch population fell by more than 80%, which is very worrying. Several factors influence this important decline, such as climate change, habitat loss through massive deforestation in Mexico, as well as a decrease in milkweed plants. Climate change and a noticeable rise in hurricanes have delayed migration in many countries, contributing to the decline of the

monarch population.

Source : WWF

In addition, milkweed, which is an essential plant for these butterflies, is not valued at all, especially in agricultural areas. Since it is not a very attractive plant, it can be considered a weed and is sometimes destroyed by pesticides. It is, however, urgent to act to protect the milkweed!

Source :

<http://espacepoulavie.ca/les-as-clepiades-indigenes-du-quebec>

Some initiatives have emerged to protect the monarch. Right here in Notre-Dame-de-Grâce, the Rudolf Steiner School has planted several milkweed plantations in a few locations in the area, in collaboration with the David Suzuki Foundation. They made sure to plant them in areas with little human activity as the plants produce a slightly toxic milky substance when disturbed.

Source : <https://www.canada-helps.org/fr/organismesdebienfaissances/the-friends-of-ecole-rudolf-steiner-de-montreal/p2p/cyclothion-papillon-ersm/>



### Viceroy

The viceroy is another species of butterfly, who looks remarkably similar to the monarch (both are black and orange). There is very little physical difference between the viceroy and the monarch. The viceroy can be distinguished by a black line crossing the veins of his hind wings, as well as by the presence of a row of white spots on

his wings. Viceroy is smaller than monarchs.

Source :

<http://espacepoulavie.ca/insectes-arthropodes/vice-roi>

This is a perfect example of mimicry. By imitating the monarch, the viceroy has a certain advantage against his predators. The viceroy is therefore less likely to be attacked.



Like the Monarch, this butterfly is also found in southern Canada, the United States, and Mexico. In particular, we can observe viceroys in fields, along roads and rivers. While the monarch's indispensable plant is milkweed, the viceroy's indispensable trees are the willow and the poplar. These trees are the main source of food for this butterfly.

Source :

<http://www.scib.gc.ca/fra/banque-d-especes/papillons-diurnes-du-canada/limenitis-archippus/?id=1370403265799>

In short, the monarch and the viceroy are two species of butterfly that are very similar physically, but do not have the same lifestyle characteristics. Monarch populations are declining, especially because of human factors. Planting milkweed is a good solution to remedy the decline of their population. But just remember next time you think you see a monarch, it might just be a viceroy!

- Audrey-Anne (green patrol)



## Emerald Ash-borer by-law

There is a new by-law concerning the emerald ash borer regulations - (Regulations 15-063, 17-077 and 15-040)

Here are some of the biggest changes:

Subsidies for treatment, felling and replacement are being increased, and they are now given all over the Island of Montreal (and not only in areas deemed to be at risk).

Several stages of the felling have

been simplified, and the minimal diameter required to apply for a felling certificate has been increased.

For all the information on the treatment or the felling of your ash tree, please go to the City of Montreal's website:

[http://ville.montreal.qc.ca/portal/page?\\_pageid=8797,142106049&\\_dad=portal&\\_schema=PORTAL](http://ville.montreal.qc.ca/portal/page?_pageid=8797,142106049&_dad=portal&_schema=PORTAL)

- **Green patrollers**



## Summer Students

This year the Éco-quartier NDG was very lucky to receive generous funding from Service Canada for a number of summer positions: green patrol, environmental camp animator, green alley agent, horticultural agent, and food waste collection agent. All positions are 9 weeks long, so the summer staff will be able to help with a variety of projects this summer.

Some of the projects that the students will be working on include: beautifying the outdoor space at the Montclair senior's residence, offering weekly information kiosks



in the parks, offering more than 30 camp animations, helping residents interested in starting green

alleys, verifying recycling and food waste bins, and the list just goes on and on!

The goal is that the students who study in environmental fields have the opportunity to learn through real-life situations with projects and residents. Every year, the students tell me how much they learned from the summer activities. If you see the Éco-quartier NDG staff busy improving the NDG environment this summer, please say hi!

- **Nikki Schiebel**

## Toxic Stuff Saved From Landfill

On Saturday, May 29th the Éco-quartier NDG partnered with the CDN-NDG borough for a Household hazardous waste (HHW) collection. Once a year, household hazardous materials are collected at the borough's Madison yard location since there is no écocentre in NDG (the closest ones are in CDN and Lasalle). 251 residents brought their old



paint, batteries, electronics, cell phones and jars and jars or toxic products. Happily all of that stuff will be carefully disposed of so to have the least impact on the planet as possible.

If you missed the 2018 HHW collection but have toxic items to get rid of, please remember that the écocentres are open all year long.

### From page 3

rials from being buried. In composting, organic matter is evolved into very rich soil rather than decomposing in vain in a landfill. Unfortunately, compost has still not entirely found a place in the habits of Montrealers causing landfills to receive great quantities of organic waste. In Lachenaie, the gases emitted by the waste are harvested and made into energy in a biomethanization plant. This gas, which is generated by the

waste and would have contributed to the pollution of the atmosphere becomes an almost completely productive and profitable energy for the site (the gas is sold to the best offer they receive for it).

The training was extremely informative concerning the treatment of our waste products along with the huge energy impact they create even once sorted. We were able to truly realize that

even in terms of composting and recycling, the waste is not "clean" or "green" but rather it is still waste that should be avoided at all costs. Even though it is a collective effort, each person needs to consider their own consumption habits and therefore the reduction of waste products. Think about the 3 Rs! Reduce, Reuse, and Recycle. Most ordinary waste has value; you just have to be able to see it!

- **Audrey-Anne and Éléonor**



## Bicycles and Accessories: Visibility and Safety

When cycling, many accessories are mandatory, such as reflectors. Others are strongly recommended, like rearview mirrors, pen-nants and helmets. Mandatory visibility accessories for bicycles

**1. Front white reflector**

**2. One of the following visibility accessories on the front wheel:**

- an amber or white reflector attached to the spokes and visible on both sides of the bicycle
- a tire with reflective sidewalls
- a rim with a continuous reflective strip around the entire circumference of the wheel on both sides

**4. One of the following visibility accessories on the rear wheel:**

- a red or white reflector attached to the spokes and visible on both sides of the bicycle
- a tire with reflective sidewalls
- a rim with a continuous reflective strip around the entire circumference of the wheel on both sides

If there are no reflectors on the rear wheel, you must attach a red or white reflective strip on each seat stay

**5. Amber or white reflectors on each pedal. If the pedals are not**

equipped with such reflectors, the cyclist must wear a reflective band around each ankle or shoes with reflective

quired for the pedals if the bicycle is equipped with clipless pedals or if it is delivered without pedals.

Note that when a bicycle is equipped with clipless pedals or delivered without pedals, dealers are not required to provide the client with reflective ankle bands or shoes with reflective strips.

**If you are riding your bike in the dark, watch out!**

The Highway Safety Code requires the following accessories to be installed:

- a white headlight or light, which may be flashing
- a red taillight, which may be flashing

Side view of a cyclist riding a bicycle equipped with a white front headlight shining on the road at night and a red reflector that reflects light at the rear

Bicycle dealers are not required to equip bicycles with a white headlight or light or a red taillight

You are responsible for installing these lights if you want to ride your bike at night or in dark weather conditions.



If there are no reflectors on the front wheel, you must attach an amber or white reflective strip on each side of the fork

**3. Rear red reflector**

strips

Bicycle dealers are required to equip any bicycle they sell with these visibility accessories, except the amber or white reflectors re-

**More info on bicycle safety and laws please go to:**

<https://saaq.gouv.qc.ca/en/road-safety/modes-transportation/bicycle/what-the-law-says/>

## Protect your bicycle against theft - for free

Tandem, together with our local Police Stations 11 and 26, will organize Projet Numéro kiosks 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.

- **July 23rd** from 10am to noon at corner of Edouard-Montpetit/ Louis-Collin.

- **July 24th** from 10am to noon at corner of Fielding/West Broadway.

- **July 25th** from 10am to noon at Oratoire St.Joseph (on Queen-Mary).

- **July 26th** from 10am to noon at Coffee park (on de Maisonneuve).

- **July 30th** from 10am to noon at corner of Van Horne and Victoria.

- **July 31st** from 10am to noon at Metro Vendome.

- **August 1st** from 10am to noon at corner of Earnscliffe and Isabella.

- **August 2nd** from 10am to noon at NDG park (on Cote-St-Antoine).

- **August 7th** from 10am to noon, corner of de Maisonneuve/ Grand.

*\*Kiosks will be canceled if weather is bad so please verify in advance.*

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.

## From Prévention CDN-NDG to Heritage Montreal!

After 12 years with us at Prev, Marc Pagliarulo-Beauchemin has recently moved on for other challenges in the field of communications. He is now the Communication and Media Strategy Coordinator at Heritage Montréal. This is his Nexus article. Best of Luck in the future Marc! We'll miss you! TSM

I began at Prévention CDN-NDG in March 2005, during the release of the album entitled *Deluxxx*, by the rap collective Atach Tatuq, of which I was a member, an album that won many prizes including the ADISQ Gala Awards in 2006. My music and my record company were at the heart of my interests and I was passionate about the Hip Hop culture in general.

For me, the first year of Hip Hop You Don't Stop's Urban Arts Festival, represented the possibility of working part-time (which allowed me to continue working on my music and doing shows) and at the same time, working in a domain that I was interested in, that of urban arts, but also in another way, in the world of cultural pro-

ductions with a social perspective. One thing is certain, and that is that I never would have dreamed that this event would be had twelve editions!



Though the years, the part time work and the fact that Prevention CDN-NDG offered a flexible schedule allowed me to go to University and complete both a bachelors' and a masters' in Communications in seven years, all the while becoming a proud father of three incredible boys! My mandate also enlarged at Prevention CDN-NDG because of my education, and I became Communications Coordinator for the entire organization, a position

where I could put my energies and my knowledge on the twenty-five community projects, for which the organization is responsible.

I learned so much through the varying tasks that are linked to the position (remaking the website, photography, content writing, social media management, graphic design, press relations etc.) which led me to be chosen as the communications and media strategy coordinator at Heritage Montreal, where I have been working since May.

"Since 1975, Heritage Montreal has worked to promote and to protect the architectural, historic, natural and cultural heritage of Greater Montreal, its neighbourhoods and communities. This private non-profit organization is at the heart of an extensive network of partners, working through education and representation to celebrate, develop and preserve Montreal's identity and uniqueness." <http://www.heritagemontréal.org/en/our-mission/>.

- Marc Pagliarulo-Beauchemin

## Laura exits Prev for new challenges

The team at Prevention CDN-NDG is saying "So Long" to our Outreach Worker for Seniors in CDN, Laura Cheron-Lebeouf. Laura began with us last July and since then has worked on many difficult issues that are currently affecting the seniors in Cote-des-Neiges. From homelessness, to mental health, to lack of social housing,

Laura accompanied and referred dozens of seniors in her short time with us. This project is funded by the Senior Secretariat through the Provincial Minister of Families and is part of the ITMAV Program, (Initiatives de travail de milieu auprès des aînés en situation de vulnérabilité) (Initiatives for Outreach work with seniors in situations of vulnerability) Prevention CDN-NDG has been fortunate to have administered an ITMAV project since 2012.

The project's goals include:

- \*Provide a community component to support the empowerment seniors in their own decision-making in their daily lives;
- \*Integrate other neighbourhood actors into the tracking of vulnerable seniors (pharmacies, bank tellers, community organization staff) and;
- \*Implicate local resources to come together in order to offer an adequate response for the senior.

Laura is moving over to work in the Health and Social Services industry. We'll miss you Laura! We are in the midst of hiring her replacement for July.

## Summer



A sure indication of summer at our CDN Office, is the addition of ice cream sandwiches in our freezer. Here Ramaelle, and Juliette are toasting summers' arrival!



## Interview With New Staff

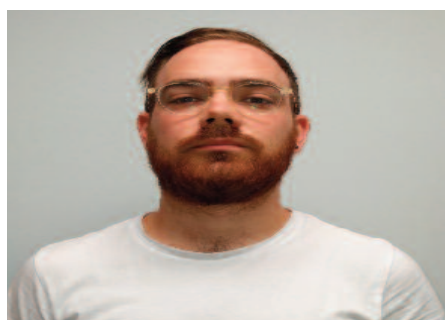
**Nexus:** Hello Guillaume! You've just started your new role in our organization. Welcome to our lovely team! Can you tell us more about your professional background and what brought you to apply at Prevention CDN—NDG?

**Guillaume:** I'm joining the Prévention CDN-NDG Team as a Research Officer for the "Cultivons la culture du consentement" project, which aims to create and implement tools in school and community settings to promote a sexual consent culture among 12 to 17 year olds. My main tasks will revolve around doing research in order to expand the project, to ensure its effectiveness and to adapt it to the needs of the various settings solicited. Following the three years of my mandate, a toolkit for effective prevention and response to harassment and sexual violence will be made available to participating schools and community groups. In parallel, I am pursuing my Master's Degree in sociology at the Université du Québec à Montréal. More precisely, my Master's Thesis focuses on negotiated normativity between partners of polyamorous relationships. As for what led me to apply for Prévention CDN-NDG, I was determined to outsmart the aunts and uncles who used to tell me, at Christmas parties, that there was no professional future after a Bachelor's degree in sociology. Mission accomplished!

**Nexus:** What interests you the most about working in this specific position?

**Guillaume:** I was immediately attracted to the job when I read the description on the UQAM job

bank, to the point where I was almost incredulous. Getting this job, would mean getting a first job in my field of study and inheriting of a feminist and progressive mandate that would allow me to have a positive and concrete impact on an issue that is close to my heart. Moreover, this mandate, spanning three years, would guarantee me a multitude of varied tasks and new challenges, since the project is comprised of several phases with quite different functions. This may sound cliché but I couldn't have asked for more!



**Nexus:** What excites you most about your new position? And what is the biggest challenge you face?

**Guillaume:** What excites me most is also my biggest challenge or at least the most immediate one: having never worked in a community setting before, I'm gradually discovering a fascinating environment, filled with energetic, brilliant people and animated by a generosity and an altruism of exemplary nobility. It is with great enthusiasm, but also with humility that I will try to carve out a small place for myself in this magnificent network of mutual aid, co-operation and solidarity.

**Nexus:** What are your interests and hobbies outside of work?

**Guillaume:** I am passionate about music and I'm currently working on an electronic music album that I would like to release next year. I'm also a DJ in a few bars in Montreal and a waiter in the best brewery in Canada: Dieu du Ciel! Having worked in this industry for more than 8 years, both in service and management, I'm still very attached to bars and restaurants. I still like to go out regularly, either to discover new gems or to return to places that have enthralled me in the past. Finally, I can't deny my "geek" interests and hobbies: I am an avid consumer of video games and board games of all kinds.

**Nexus:** What can you tell us to help people know you better?

**Guillaume:** I am pretty calm and good-natured. I tend to turn everything into a joke but I know not to take it too far. I like to tease people but I'm a fair player and I don't mind being taunted. If you meet me for the first time, do not hesitate to greet me! Although I'm slightly shy, my timidity evaporates instantly once we break the ice. Otherwise, I am a Cancer and Gemini rising (but I don't believe in the least in horoscopes), I prefer salty food to sweet food, summer to winter, dogs to cats and PCs to Macs.

**Nexus:** How can people contact you?

**Guillaume:** By phone: 514.736.2732 extension #32, by email at: [recherche.prev@gmail.com](mailto:recherche.prev@gmail.com). Or by shouting my name in the street of Montréal!

## Park Animators 2018

The park animators are back this summer to animate teenagers in Côte-des-Neiges (left image) and Notre-Dame-de-Grâce (right image).

The project aims to offer various animations for youth aged from 10 to 17, directly in the parks of the borough. The teens don't need to register and they are free to come and go as they wish. The goal is to encourage youth to participate in group activities and to be active in a free but structured, and secure environment. So you will see the animators play soccer, basketball, frisbee, do obstacle courses, water fights and other special activities. A few ou-



tings are also planned during the summer. The animators will animate the parks from Tuesday to Friday in the afternoon and evening, until August 10th for NDG and until August 17th for CDN.



For more information, for example for the schedule of animators in the parks, visit the Facebook pages *Animateurs-trices de parcs CDN* and *Ça bouge dans les parcs à NDG*. Have a great summer!

**From page 1**

menting the action plan " Agissons Ensemble " in the school. We have been involved in this project to prevent sexual exploitation of the YWCA Montreal for almost three years. I am on the working committee, with Mr. Fortin director of La Voie school and several other agencies and institutions, experts on the theme, which has developed a plan of action and a common language on sexual exploitation. We have put in place several items of the action plan within La Voie school. In fact, we have noticed that many of the activities that I did and that the school has developed over the years have already become a practice under this action plan to prevent the sexual exploitation of young girls.

- This year, I worked with the student council for Halloween, Christmas, Valentine's Day and French Week activities. I find it important to offer my support to these young people involved who are looking to improve their school. It seems to me essential to be present for the student council as part of my mandate: it is a place of democracy in the school where young people can develop their self-esteem, learn to express themselves and develop their critical spirit, all protective factors against violence and sexual exploitation.

- I organized a musical day at La Voie with several partners (DJ Senz Beats, Koffi, Rock Camp for girls and young people with non-compliant genders, as well as Oxy-Jeunes) in order to discover music and learning to play instruments. I sometimes organize play activities to create positive links with young people.

- During the school year, I participate in the meetings of the Multi team, which brings together the teachers of the school, to participate in the planning of the activities. Likewise, I accompanied the school workers in the mental health screening activity (in-class questionnaire).

- Also for the past 3 years, I am the community representative member on the school's governing board.

- This year, my goal was to develop more bonding with boys in the school and one way I found was my presence and my help during the sports team matches. In addition to being important to support the student athletes of the school, it is a good time for boys to see me, recognize me and associate me with positive moments in order to create bonds of trust with them.

- I took part in Career Day again this year: Secondary 4 and 5 students visit more than twenty kiosks of different professions (with professionals present) and attend a conference with professionals. This is a good time to invite girls to discover professions that they would not necessarily be interested in because they are typically male.

- A highlight of the year is undoubtedly the week of kiosks on relationships! I love getting involved in this activity for secondary 3! During a period, a class comes to visit the kiosks in the library. In small teams of 5, young people take part in booths activities to learn more about relationships and sexuality. This is an initiative of the school workers that is really relevant, fun, interesting and that I love to animate.

- I helped my colleague Jonathan, the head of sports at school, with the Primary-Secondary Rally for School Community Interveners, where Grade 6 students come to visit the school and do some activities. From then on, they are already learning to recognize me as a resource person in the school who can help them.

- Similarly, I was present and took pictures of the young people at the Gala sportif, always in my perspective to develop links with boys in the school. Gala Méritas and graduation are important moments for young people: they aim to highlight their perseverance in school and all the efforts they make in school.



Young people are proud of them and they are lucky enough to meet their parents, all of them so proud! These special moments are particularly relevant in creating links with young people. I am proud, sincerely, of them and they, knowing difficulties that they and they could live during the school year. Recognizing the value of their efforts and encouraging them to continue is at the heart of the protective factor of attachment and belonging to the school.

- At the end of the year, I organized a climbing trip for the girls of the school. With my colleague Annie, a street worker, we wanted to give girls a fun time. This outing also had another purpose: To enable girls to overcome their fears and limits in a healthy and safe environment. For many of them, it was the first time they had done climbing and indoor (tree-to-tree) crossing and they were apprehensive about facing this new challenge. With great courage and encouragement, they all managed to

overcome their fears and gain confidence in themselves and their abilities! We were very proud of them!

In conclusion, my work at La Voie is mainly a job of creating links with young people. By accompanying them on a daily basis, they get to know me and feel more comfortable coming to trust when they experience more difficult things. Similarly, students feel comfortable coming to see me so that I can refer them to local organizations for services or activities. I share the recreation office with the recreation technician and the sports director. This place has become a gathering place for young people. They come to eat lunch, listen to music, take selfies, chat with us and confide or even offer us help on a daily basis. This place also allows young people to make friends and I always try to integrate young people who are more isolated and vulnerable. In addition, the locale is also a place of individual meetings where young people who need help come to confide on the difficulties and problems in their family, with their friends, their questions on their identity and sexual orientation, on their romantic relationships, sexuality, etc. These interventions are important and occur because young people decide to trust me because they have learned to know me everyday.

The prevention of violence and sexual exploitation has been a hot topic in the news for the last few months, thanks to TV series like "Fugeuse". Although this series presents an important version of what sexual exploitation is, I think it is important to remember that this violence can take many forms in the lives of young adolescents: sharing intimate photos without consent, violence in love affairs, cyberbullying and bullying, exchange of sexual favors for help with homework, etc. My job of preventing and recognizing vulnerable and at-risk girls is not only to help them in these situations of violence, but also to develop the protective factors they will use in their daily lives. It's not sensationalist, I'm not going to knock on doors to take out trafficked girls, for example. But I think what I'm doing is just as important. Being a worker in the community means giving adolescents daily tools to become actresses of their lives and develop a critical spirit that leads them to make positive choices and become agents of change!

Voilà! It was a glimpse of my daily life during a school year at La Voie, not to mention the complicity and laughter with the monitoring team and the intervention team!

**- Fanny Lavigne**