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Safe return to school!

School Bus Travel

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

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



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

Getting to and on the school bus:

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

Riding on the school bus:

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

After riding on the school bus:

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

Travel by Car

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



Travel by Bicycle

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

- Wear a properly-fitted helmet, and
- Continued on page 6

Heat Islands

In the first days of July, an intense heat wave hit Quebec. On July 2, Montreal recorded a historic heat record of 36.6°C. The heat wave not only affected Quebec; several records were broken in the United States, Europe and the Middle East, Scotland, Ireland and Armenia.

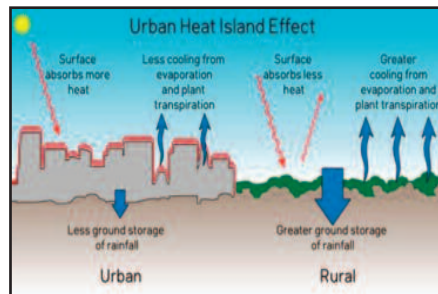
Unfortunately, the number of deaths caused by heat will only continue to increase. According to a recent study, 30% of the world's population is exposed to life-threatening extreme heat waves that can last more than 20 days a year. If greenhouse gas emissions continue to increase, 75% of the world's population will be at risk of heat death by 2100. The deadly heat waves are more common than we think and wreak havoc on more than 60 regions in the world each year. (<https://www.nationalgeographic.fr/environnement/>).

In urban areas, the temperature can reach several degrees higher (up to 10 degrees difference) than in rural areas. This phenomenon is known as the 'heat island effect'. In general, we can distinguish three categories of heat islands:

- 1) The first category is heat on the soil surface;
- 2) The second is the heat of the urban canopy, that is to say the air between the ground and the treetops. Usually, this happens at night when the ground releases the solar energy absorbed during the day;
- 3) Finally, the third category is that of the urban boundary layer. This layer of air is located above the urban canopy.

There are many factors that

cause heat islands, both human and natural. The lack of plant canopy, non-reflective mineralization (like asphalt), materials that absorb solar energy, etc. are all causes of heat islands. In addition, industrial activities, transportation and air conditioning are examples of human-caused causes that influence the presence of heat islands. City morphology can also affect heat islands, depending on the height of buildings and the presence of automobiles. (https://www.inspq.qc.ca/pdf/publications/988_MesureslottsChaleur.pdf).



In Montreal, there has been an increase in heat islands for several years due to densification and mineralization that are reducing green spaces. This also reduces the availability of cool spaces in the city.

Heat islands have several consequences, both in terms of the environment and human health. At the environmental level, heat islands contribute to the development of smog and reduce indoor air quality, which can promote mold, bacterial multiplication, as well as the release of toxic substances from construction materials. Moreover, during periods of intense heat, the demand for energy and water is higher, which has a significant impact on the

environment. In addition, heat islands can have serious repercussions on the health of the population, even leading to death. Part of the population is more vulnerable to heat, for example seniors, small children, isolated people, etc. The heat can cause weakness and discomfort, heatstroke and even worsen the condition of people with chronic illness.

To avoid heat islands, many solutions are available to us. Not surprisingly, by greening public spaces and mineralized areas, one can prevent heat islands while enjoying environmental benefits for the city. White or green roofs, green walls, green parking lots, etc. are some examples to limit paved surfaces that favor heat islands. Another solution is to better manage water in the city, to use it for a second use rather than sending it directly into the sewers. Installing fountains can refresh the environment, in addition to creating a pleasant space for the population.

Climate change disrupts the entire planet, especially with extreme heat waves becoming more deadly and more frequent. In the city, the temperature can be much higher than in rural areas because of heat islands. This can have several environmental and human health impacts. Fortunately, several solutions exist and in Montreal, several initiatives have emerged. The green alleys are a good example of a greening project with resident involvement.

- **Audrey-Anne Lamarche (Green Patrol)**

Free Compost!

When: Saturday, October 6th.

Where: Park NDG (from 10am-noon)

Looking for the ideal way to add nutrients to your garden or houseplants?

Forget synthetic products, compost (or humus) is the answer!

The city has transformed it's green

waste into fantastic compost over the course of the year. Now it's ready to be added in order to improve the quality of your soil. Please bring your own container (30L Max / address).

Your garden will reward you! Proof of residence is required.



Tips for Curbside Composting: reducing odours

Despite the fact that most NDGers have had their brown food waste bins for years, some residents are still not participating in the collection. They might be intimidated by the idea of sorting their food scraps. The truth is, the food waste collection only changes the bin used to dispose of waste — not the waste itself. In other words, all those food scraps and soiled paper bits were still at the curb before the program rolled out; they were just in garbage bags instead of a brown bin.

I live in an apartment building with more than 9 units, and thus it is not served by the food waste collection program. I see all of the problems that residents complain about, except in my building, the bad smells, the maggots and the garbage juice are in the garbage bins. If you don't make a little effort, any container used will face the same problems.

I see that there are a few great advantages to diverting your food from the garbage with the food waste program:

You can freeze your food waste leftovers. Most of us only have a little bit of food waste to put out

each week, and thus the little beige pails that the borough distributed can easily fit inside a freezer. When you freeze your food waste, there are no smells, no flies and no garbage juice.

Here are some tips for reducing odours when participating in the food waste collection:

1) Seal it. The CDN-NDG borough provided all participating households with a designated kitchen pail for food scraps. Keep the lid tightly closed at all times to prevent odors and nuisance pests like fruit flies;

2) Bag it. While it is not required to use bags, using perfumed compostable bags will reduce odours. You can also wrap your food in newspaper, which should also reduce the smell;

3) Freeze it. Nothing can stink when it is frozen. If you can't fit all of your food waste inside the freezer, consider freezing meat and dairy scraps as they are often the smelliest;

4) Sprinkle it. If your kitchen pail or brown bin smells, clean it often and sprinkle a bit of baking soda inside to neutralize the smell;

5) Get smart about storage. Store your brown bin in a cool, dry place, and keep it out of direct sunlight. Ensure that the lid is locked and you shouldn't have problems with flies, rodents and other pests;

6) Keep it clean. Rinse your brown bin with warm water and a biodegradable detergent after each use to deter pests and neutralize odors;

7) Treat the lid. If you notice flies or other critters around your compost, smear the brown bin's lid with Vicks Vap-O-Rub®, citronella, WD-40, or tea tree essential oils (which are natural insect repellents) or add moth balls (known to deter rodents and other animals);

8) Curb it. While it might seem like a good idea to wait until your brown bin is full before setting it out for pick-up, that can give insects and other pests more time to breed. Place your bin on the curb before each pick-up, even if it is not full.

<http://earth911.com/food/compost-curbside-without-smells-flies-pests/>

- Nikki Schiebel

What is really belongs in the food waste collection (compost)?

Eco-quartier staff are often asked: What is really belongs in the food waste collection? The answer: its not just food! There is a little bit of other waste that can be included in the brown bin and composted as well. For some, soiled cardboard and paper might be obvious to include in the bin but the limits of this "other" category remains unclear to many. Here is a reminder to help you sort through composting, recycling or garbage.

Accepted in food waste collection (in bold, non-edible material):

- Food scraps
- spoiled Fruits and vegetables
- Nuts and shells
- Spices and herbs
- Meat with bones and fat
- Fish with bones
- Seafood
- Eggs and eggshells
- Pasta, pain and grain products

- Desserts and sweets
- Solid dairy products (cheese, butter and yogurt)
- Tea, herbal tea or coffee with paper bags or filters
- Tissues (Kleenex)



- Paper towels / napkins / tablecloths
- Contaminated cardboard food packages
- Paper plates
- Cold wood ash
- Hair, feathers and animal hair

Please be careful, recyclables such as cardboard and paper cannot be recycled if they are soiled and / or contain food (ie, a pizza box is normally too greasy to recycle but can be composted).

Here are some things that may not be included in the collection:

- Liquids (soup, milk, juice, coffee, etc.)
- Diapers and hygienic products
- Fabrics, wood, cork, wax, hot ashes, cigarette butts
- Chewing gum
- Litter and animal excrement

Garden waste(collected separately on Wednesdays):

- Dead plants and leaves, tree or grass clippings, wood chips

By Audrey-Anne et Léa (summer green patrol)

Green Alleys in NDG: Yours for the Taking

In recent years, green alleys in Montreal have been covered by both local and international media sources. Our green alleys are highly touted by the New York Times as "neighborhood hubs" (Freehill-Maye, October 27, 2016).

Locally, reports show that they "benefit communities and the environment" (Lowrie, April 23, 2018) and are considered a "green, ecological and vibrant spaces where residents gather to chat, play or party" by international reporting (Taylor, July 26, 2018). There are over 350 alleys within the 19 boroughs of Montreal (Taylor, 2018) and they are attracting a lot of attention. However, some boroughs have little to no green alleys while others have plenty.

Over 80 green alleys can be found in the Rosemont Petite-Patrie borough while only eight are found in the Cote-Des-Neiges Notre-Dame-de-Grace borough. To be clear, neither of these numbers are bad! The Rosemont green alleys are successful and plentiful due to the pedestrian centric urban geography. The borough has gotten behind the

green alley projects with a very generous budget! In CDN-NDG, there are fewer green alleys than in Rosemont, partly because there has been less promotion, as well as a smaller budget. Residents still seem to be discovering the project, and



each year there are at least one or two new alleys that apply for funding. There are many alleys in CDN-NDG that could potentially participate in the green alley program. The program requires borough residents to spearhead the project in their neighborhoods but unfortunately, participation has been lacking.

The Eco-quartier is always on standby, ready to assist residents through the process of turning their dirty, underutilized alleys into

a space they can beautify and enjoy. Understandably, the program is not for everyone. Green alleys require dedicated residents to volunteer their time and work into making a public space more attractive for themselves and their neighbors. The alleys already established in the borough are successful and have become home to garage sales, block parties, and seed exchanges. Despite their success, they have the potential to have an even greater impact on the borough and its residents. More green alleys can lead to more active community members collaborating on activities and events that extend beyond the green alleys.

Together, Eco-quartier NDG and the active community members of the borough can create more unique green alleys that have brought the program so much recognition. These alleys are public spaces but in many ways they are yours for the taking! Opportunity and a great green alley await.

By Nicholas Rimanelli (Green Alley Summer Agent)

Where is food waste going?

With the new food waste collection program in full swing, residents often ask us where the collected food scraps are being sent.

Currently, the table scraps that Montrealers put in their brown bins are being sent to Saint-Thomas in the Lanaudière region. The food scraps received are placed in a huge pile and eventually become compost.

Unfortunately, all of that transportation causes greenhouse gases.

The original plan with the food waste collection was to keep and treat the table scraps on the island of Montreal, but the factories



that will treat the food waste were not built in time.

The City of Montreal expects the first new biomethanization center to be open and ready to receive food scraps within the next 3 years. That will greatly reduce the greenhouse gases created by transportation, as well as the methane gas that is created when food is put in landfill.

- Nikki Schiebel



Éco-quartier NDG has been working with the residents of Connaught to clean-up an unofficial dumping ground behind the Muslim School. If you would like to get involved in helping us transform the area, please contact us at ecoquartier@gmail.com.

During the month of July, Bill Roy accompanied the C-Vert youth dumpster diving so that they could find materials for their sculpture.



Did you know we're pulling out ragweed?

With summer in full swing, ragweed can now be spotted in many public areas (parks, school grounds, hospital grounds, etc). This little plant is responsible for at least 15% of Montrealer's seasonal allergies!

The good news for NDGers is that the CDN-NDG borough passed a by-law at the June Council meeting to release funds to hire ragweed pickers. The Eco-quartiers hired extra employees that have been out identifying and collecting ragweed on public spaces. After they remove the ragweed, a hole is left behind in the soil, and if

nothing was put there, more ragweed pollen might land there. Instead of letting that happen, the



staff sprinkle grass seeds in the empty space and have to find creative ways to water the seeds

from park water fountains! Unfortunately, ragweed is omnipresent, and it might even be on your lawn. If you see ragweed on your property (or on public property), please pull it out before it flowers. The Eco-quartier NDG 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

- **Nikki Schiebel**

Summer Camp Animator

My name is Vivaik and I am 17 years of age. I was born and raised in Montreal. My family has always been very respectful of nature and the environment. This summer, I joined Éco-quartier NDG as a summer employee.

My job was to animate ecological activities in NDG summer camps: trees in the city, the importance of recycling, wasting water, the 3Rs, vermicomposting and worms, etc. I think that the best way to sensitize people about respecting the planet is to teach children. By teaching them, children will grow accustomed to an eco-friendly lifestyle, but most importantly will talk about it with their parents. I animated 12 workshops in camps

and found that most children were all very eager to hear what I had to say and were already aware of the basic fundamentals in being eco-friendly: reducing, reusing, recycling, composting,



not to throw trash in a park etc.

Another part of my job was to go see businesses in the district of Loyola and Notre-Dame-de-Grâce and ask the owners if they have enough recycling bins for their needs, if they know how to get rid of toxic waste and to review what is recy-

clable with them. Every year, there are many contaminants that are thrown in the recycling bin because many employees in businesses do not take the time to verify if the item they want to throw in the recycling bin, is in fact recyclable. Many throw Ziploc, Saran rap, soiled cardboard and do not rinse containers before throwing them in the green bin. My business rounds help remind owners what is recyclable, which they then remind their employees. All in all, this helps the environment by improving the efficiency of the recycling system in our borough.

By Vivaik Malik (summer employee)

Perennial Plant exchange: 14th edition

On Saturday, September 15th 2018 (12-2pm), the Éco-quartier NDG will host a perennial plant exchange in Somerled Park (at the Eco-quartier NDG in case of rain - 6575 Somerled, suite 206). All Montreal residents are invited to bring a perennial in order to exchange it with one from the bank. It is a great opportunity to increase your garden's variety of perennials as well as meet other people who are passionate about gardening.

Perennial plants provide numerous benefits. In addition to the fact that they don't have to be

replanted every year (reduces transport, containers, etc), these



plants often have deep, extensive root systems which can hold soil to prevent erosion. They also capture dissolved nitrogen before it can contaminate the ground and surface water, outcompete weeds (reducing the need for herbicides), and help to mitigate global warming by carbon sequestration.

The Éco-quartier NDG welcomes those looking to freshen up their gardens, as well as those simply looking for tips to get their gardens started. Register now at ecoquartier@gmail.com or call (514) 486-2727.

Cycliste Averti

At Prevention CDN—NDG we work with many different partners and organizations. This year was our third year working with Vélo QC for a program called "Cycliste Averti". We were happy to announce that this year we became representatives of the program in Côte-des-Neiges and Notre-Dame-de-Grâce.

This program aims to aid students in grades 5 and 6 become confident, independent and most importantly safe cyclists. We offer this program to elementary schools throughout CDN-NDG and in the last school year we ran the program in two schools: Simonne Monet (Côte-des-Neiges) and Étoile Filante (Notre-Dame-de-Grâce).

The Cycliste Averti program is sorted into four different components. A theoretical component which takes place with the teacher for approximately 6 hours and is evaluated with a written exam.

There is also a practical component which lasts approximately six hours and takes place with the physical education teacher. This

component allows the students to develop their biking abilities through activities and exercises in a closed environment. This component will also be evaluated by following a short circuit to demonstrate the students' capability to come on the group outing with us.

The third component is the group outing where we step in to lead a



3 to 5 km circuit in the neighborhood which allows the students to practice what they have learnt in class in a real life setting.

The final component is an individual practical exam. Each student is accompanied by a

trained adult to ensure their safety and to evaluate their independent biking ability. Once all of these components are completed we provide each student with a personal report card to let them and their parents know if they are a beginner, an intermediate or an advanced cyclist.

As of September 2018 this program will also be offered in English and we will start reaching out to schools in the boroughs in the fall. If you believe this program would be beneficial at your child's school or if you work in a school where you'd like to see this program implemented write us an email to: conseiller-tandemcdnndg@gmail.com with the full name, email and phone number of a contact person at that school.

Thank you to our amazing volunteers Nazmus and

Anne, we could not have run the program without them! If you would like to volunteer for this program next year let us know at conseillertandemcdnndg@gmail.com

- Jessica Rouillier

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have clothes that are suited for cycling (e.g. their pants tucked in).

- Have their bikes fitted properly and in good working order. The bike should have a regular maintenance check-up and should have a bell. It is also a good idea to have a safety flag.

- Know and obey all traffic rules, signs and signals. They must signal turns and stops. Ride in a straight line in the same direction as traffic and stop at every stop sign.

- Be predictable to other road users by riding with the traffic usually on the right hand side of the roadway.

- Never ride in the dark. If an older child must ride in the dark, make sure that reflective clothing and night-accessories (e.g. reflectors and lights) are used.

Walking to school

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

To keep safe on roads, children pedestrians must:

- Find a safe and direct route to school with the help of their parents. Hazards should be identified (train tracks, busy intersections, etc.) and a designated route with safety rules should be established.
- Stay on sidewalks whenever possible. If there is no sidewalk, use the left side of the road facing traffic.

- Cross streets only at crosswalks and learn to look to the left, the right and then left again before proceeding, even at intersections with pedestrian walk signs.

- Wait until traffic comes to a stop before crossing. Make sure drivers see you before you cross.

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

These safety tips were prepared by Public Safety Canada in collaboration with the Canada Safety Council. You can also contact us for more info at info@preventioncdnndg.org or 514-736-2732.

An animated summer in Côte-des-Neiges parks

Summers in Montreal are special. The arrival of the sun and the heat is followed by a festive feeling. The children finish school, families plan outings and the teenagers go outside to enjoy the nice weather.

In Côte-Des-Neiges, our team of animators followed that rhythm and went from park to park to offer activities to the youth of the neighbourhood. Since the beginning of the summer, we've been in Van Horne, Mackenzie-King, De La Savane, Jean-Brillant, Kent and Nelson-Mandela parks, where we've had the chance to meet a lot of enthusiastic teenagers. Some may believe that teenagers are always on their phone, but they will change their belief when they see the energy with which a teenager runs after a soccer ball or is absorbed in a basketball game. Other teens prefer activities that require less physical energy, so we offer them a variety

of games such as werewolf or card games, which they happily join. Our activities create an opportunity for the teens to socialize and meet new people, like the teens that go to Chalet Kent.

Throughout the summer, we also went to youth community centers to talk with teenagers and get to know them. We also organised activities in those centres such as

improvisation and mural, which had a lot of success. Teenagers were able to take part in our activities freely, without any prejudice, and explore their creativity. In the end, teenagers only need a little thumb up to foster their motivation to take part in activities before they fly on their own!

Si Ming, Ricky, Tara, Téó, Bethany, André and Mattia



Interview with Wurood - new Outreach worker for seniors

NEXUS: Hello Wurood! 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 as an Outreach worker for seniors in Côte-des-Neiges?

WUROOD: Oddly enough, before studying social work at a college level, I had completed a bachelor's degree in photography at Concordia University. Working with different non-profit organizations as a photographer, it became clear to me that what I truly wanted to do in life was help people. Since then, I've mainly worked with the homeless population, both at women's and men's shelters in Montreal. What attracted me the most about working here at Prevention CDN-NDG as an outreach worker for seniors is the possibility of really making a difference in the neighbourhood I grew up in, especially for a population that is so often pushed to the side.

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

WUROOD: Although I've never done outreach work on a professional level before, I am someone

who has always liked talking to people in parks, on public transit and really anywhere! I also find that I get approached by strangers a lot just generally speaking. I thoroughly enjoy meeting new people and having heart-to-heart conversations that I might not had otherwise. It's that aspect of the job that drew me in as I feel like outreach work is something I've always done naturally. I also like that I get to meet all the different organizations that make this neighbourhood what it is. We are all in this together!

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

WUROOD: Although I've always lived in Cote-Des-Neiges/NDG, I've never really taken the time to explore the neighbourhood in depth. I look forward to not only getting to know the people of the borough, but also understanding how things work in this part of town. I'm interested in knowing

where people like to eat for example, or what activities in the community bring people together.

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Interview with Lysiane

NEXUS: Hello! You have been with us for some time now. Can you tell us more about your career and what led you to apply for Prévention CDN-NDG and more specifically at Éco-quartier?

LYSIANE: Hello! It has now been three years since I joined the Prévention CDN-NDG team, and I am always delighted to be part of it. I already had professional and volunteer experience in non-profit organizations, and I wanted to continue in that direction. Among other things, I had a short-term contract as a sensitization officer at the Éco-quartier Rosemont - La Petite Patrie for the food waste collection. I became familiar with the Éco-quartier program and with the challenges of the food waste collection. Having loved the experience, I was looking for a similar but permanent position.

NEXUS: What made you apply for this particular job?

LYSIANE: When I came across the announcement of the volunteer coordinator position at the Éco-quartier NDG, I jumped at the opportunity. This job is a winning combination for me: a grassroots community organization, an environmental mandate, and managing a volunteer program. Bingo.

NEXUS: What do you like most about your work? And what is the biggest challenge for you?

LYSIANE: Volunteering is often an indispensable player in the mission of Non Profit Organizations

(NPOs), who are often very limited in their resources. There are different reasons why people choose to volunteer, and all are valid, but I greatly admire the dedication and generosity of the people who give their time and energy to causes that are important to them. These people inspire me, and I enjoy meeting with them regularly.



Providing an inspiring volunteer experience while meeting the needs of the Éco-quartier NDG is a daily challenge. People who want to get involved in the environment come to me because they are concerned by global issues such as climate change, pollution, etc and they want to act

on it. The Éco-quartier NDG is a grassroots organization and we work locally. Volunteer tasks include data entry, or the delivery of courtesy tickets to improve the food waste collection, for instance. These tasks are important and contribute directly or indirectly to these major issues, but they are not as concrete as, say, planting trees. Reminding volunteers of the importance of what they do is essential to their commitment.

NEXUS: What are your interests and hobbies outside of work?

LYSIANE: I try to stay active and spend a lot of time in nature, hiking.

NEXUS: What could you teach us about yourself that people do not know?

LYSIANE: I spent so many hours playing League of Legends that I do not dare count them.

NEXUS: A question of paramount importance ... do you like cats?

LYSIANE: I love cats. Especially when they are neutered, and kept indoors (or on a leash outside).

NEXUS: How can people contact you?

LYSIANE: You can reach me by calling the Éco-quartier NDG at 514-486-2727 or by email at benevoles.econdg@gmail.com. Above all, do not hesitate!

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ther. Côte-Des-Neiges is a very diverse and energy-filled neighbourhood. Getting my name out there is going to be a challenge as I feel there are so many bases to cover and people to meet, but I'm not too worried!

NEXUS: What are your interests and hobbies outside of work?

WUROOD: I love to craft! Whether it's painting, drawing, collage, you name it! I also enjoy taking pictures and scrapbooking. I often offer friends homemade things as gifts such as candles,

soaps, broaches, fridge magnets, plushies, and keychains and of course framed artwork. I've recently made my own journal, so writing in the pages myself, and haven't been prouder!

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

WUROOD: Here are some random facts about me:

- 1) I love birds! Lovebirds are my favourite. They make my heart melt.
- 2) My favourite colour is yellow.
- 3) I was given the opportunity to expose some artwork at the Mon-

treau Museum of Fine Arts in 2016. That was pretty cool.

4) I'm currently taking guitar lessons and my pinky keeps cramping.

5) I love avocado, but I'm also allergic to avocado.

NEXUS: How can people contact you?

WUROOD: Either by phone at 514-588-2317 or by email at aines-cdnseniors@gmail.com.