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Interviews
with
Nouha
and Karl

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Terri's Two Cents *Halloween 2018*

A day that keeps everyone busy at Prevention CDN-NDG is Halloween. In the past, the staff all came together in Snowdon to scare little ghosts and goblins. However, in the past couple of years with all that goes on in the community, we decided to divide and conquer to cover more areas.



Even before the 31st, our Eco-Quartier team plans ahead for the youngsters. Not just about the candy, Nikki was at Walkley Centre on Saturday October 20 to work with kids on crafts made with recycled items. Many toilet paper vampires, bats and owls were created to decorate people's homes as well as spiders and ghosts made of recycled paper. It's a great way to spend a Saturday afternoon, especially in October when the temperature drops.



The week before Halloween, we filled candy bags, which of course included safety tips for parents and other adults. Because we run a Tandem Program, safety for kids is at the core of what we

do. These tips were also promoted on our social media sites: Facebook and Instagram.

Then came the night itself. For the third consecutive year, the Police from Station 11 spent days constructing a haunted house at the Walkley Centre. Although the weather did not cooperate, at least 500 youth came through the doors.



Simultaneously, across the borough, at 6767 Côte-des-Neiges, Prevention CDN-NDG partnered up with Baobab Familial and L'Association des Parents de CDN to put on a multi-level festivity. The ground floor was for families where little people could show off their costumes. While we at Prev created a haunted house on the sixth floor and an activity room that included face painting and interactive activities, there were 200 kids at the Halloween party/Haunted House at 6767. A good time was had by everyone, even those we made cry!

Afterwards, it's time to use up the pumpkin by creating some great dishes, thus cutting down on landfill. Don't forget to compost your pumpkin! Brigitte shared some favorites recipes on Facebook, nine in total, from meals to desserts.

Thanks to the dedicated Prev staff who made Halloween a "treat" for lots of CDN-NDG citizens.

- Terri Ste.Marie

“Compostable plastic” not included in the food waste collection yet

All types of plastic are recyclable on the Island of Montreal, except for plastic number 6 (PET). There are currently 7 plastic categories, and each is labeled inside the triangle on plastics (if you don't find a number on the plastic, it is plastic #6). The plastics industry is trying to respond to customer demand and create new types of plastic that are eco-friendly.

The new “eco” category is known as Compostable plastic 7 or polylactic acid (PLA), and is made of corn. Unfortunately, PLA was not assigned its own number (it could have been called plastic number 8), but they named it compostable #7. It is confusing for many residents to understand the difference between plastic #7 and plastic #7 compostable. They have to make sure not to mix up the 2 categories. Plastic #7 is recyclable, but plastic #7 compostable (PLA) is not recyclable.

As it is plant based, PLA products cannot be recycled. As PLA is difficult to differentiate from PET, many complications can arise. First in the home sorting process, and then later in the recycling centers, due to cross contamination. All cross contamination lowers the quality of Montreal's recyclables. Neither plastic #6 nor plastic #7 compostable products should be put in the recycling bin, however plastic #7 is recyclable.

In Montreal, the city does not currently have a method to reuse

PLA products, and thus they are destined for the garbage. This is particularly disappointing as this type of plastic was designed to reduce garbage. Some of the corn used to make the bags is grown in the Amazon forest, which has been clear-cut partly for this profitable new business. Regardless of where the corn is

industrial facilities, not in landfill nor in traditional outdoor composting sites.

PLA requires an industrial facility to be transformed, and Montreal is just starting the construction of the first site, which should be completed by 2020. The food waste is currently being composted in traditional ways off the island of Montreal (in Saint-Thomas). Radio Canada reported this year that compostable bags are a big challenge to industrial composting. Bags collected through the food waste collection are separated from their compostable contents at the Saint-Thomas site. However, most of the time some food waste is trapped in the bag when separated, and is sent to landfill with the compostable bags.








There are ways that residents can reduce their environmental impact through all of this confusion!

Avoid buying products

packaged in plastic #6; Don't fall into the “greenwashing” of the compostable plastic industry, avoid plastic #7 compostable products;

Please remember that you do not have to use any bags to line your brown food waste bins, and that you can put your food waste in the bin directly.

By Vivaik Malik (summer employee) & Nikki Schiebel

Symbol	Acronym	Full name and uses
	PET	Polyethylene terephthalate - Fizzy drink bottles and frozen ready meal packages.
	HDPE	High-density polyethylene - Milk and washing-up liquid bottles
	PVC	Polyvinyl chloride - Food trays, cling film, bottles for squash, mineral water and shampoo.
	LDPE	Low density polyethylene - Carrier bags and bin liners.
	PP	Polypropylene - Margarine tubs, microwavable meal trays.
	PS	Polystyrene - Yoghurt pots, foam meat or fish trays, hamburger boxes and egg cartons, vending cups, plastic cutlery, protective packaging for electronic goods and toys.
	Other	Any other plastics that do not fall into any of the above categories. For example melamine, often used in plastic plates and cups.

grown, it is awful to imagine that corn that could have fed people or livestock was instead used to make plastic products that ended up in landfill anyway.

PLA is biodegradable, but takes ages to disappear. In a landfill, a PLA bottle could take up to 1000 years to decompose, because there is no air or sunlight. Food can also take decades to biodegrade in landfill, and it creates methane gas as it does, due to the anaerobic conditions. PLA was created to be composed in

See where recyclables are sorted

Do you ever wonder what happens to your recyclable material once it is collected?

Would you be interested in visiting the Montreal sorting center (TOHU)?

They are inviting residents for a 2-hour tour on **Saturday, December 8th.**



For more information or to register (required), please go to their website:

<https://webillet.latohu.net/> or call 1 888 376-TOHU (8648).

Please note that you must wear closed toed shoes for this visit.

- Nikki Schiebel

Reducing our waste

In 2018, awareness-raising efforts on waste reduction have rocketed everywhere. The famous and very relevant hierarchy of the 3R's for the management of waste — Reduce, Reuse, Recycle — advocates reducing at the source first, which obviously concerns our consumption habits. Likewise, for the 2018 Quebec Waste Reduction Week, the main theme was once again based on reduction, by reviewing the way we consume on a daily basis.

The new national Food Waste Campaign "Love Food Hate Waste" focuses on increasing

awareness of better eating habits to reduce the amount of food wasted in Canada. The setbacks in the recycling industry have also been making headlines this year, and it is clear now that recycling is far from being a panacea as



we have long thought.

Overconsumption is a major ecological issue, of which part of the solution lays within our reach, in our everyday life. Grocery stores, articles, blogs and zero-waste events are becoming more and more commonplace and reflect the growing interest in this way of life. It is high time to review our consumption habits, and information and tips are not lacking to be part of the solution. The best waste is the one that is not produced.

- **Lysiane Chagnon Fontaine**

The 3Rs: an update

Our goal at Éco-quartier is to help residents find creative solutions to reduce their waste. Every so often, a resident suggests that we let others know the intricacies of what is and is not recyclable. We try our best to communicate exactly that to our residents. We go door-to-door, host kiosks and workshops, all in an effort to help residents best sort their recyclables, their food waste and their garbage.

Some of the things that we've noticed over the course of 2018:

- 1) Dirty pizza boxes are still found in the recycling bins. As the cardboard cannot be cleaned, pizza boxes cannot be recycled, but they can go in the brown bin for food waste collection;
- 2) Disposable razors and used tissues should never be put in the recycling bin (for the safety of the employees);
- 3) Bureau en Gros has a depot for recycling used pens+ highlighters;
- 4) Reusable small bags can replace plastic bags at the grocery store for small items like a bunch of grapes;

5) Recyc-Quebec recently published a mobile application for anyone wanting to check how a specific article could be best discarded.



TÉLÉCHARGEZ
L'APPLI MOBILE

Download the free app at <https://www.recyc-quebec.gouv.qc.ca/points-de-recuperation>

- **Nikki Schiebel**

Subsidy program for sustainable baby diapers and menstrual products

A first in CDN-NDG: the borough has launched a generous subsidy program for sustainable baby diapers and menstrual products.

The environmental impact of reusable hygienic products, even while taking into account the resources used in washing, is much less than that of single-use products. Furthermore, disposable diapers are the third largest waste found in landfills.

The borough's financial assistance reimburses 50% of the amount disbursed for the purchase, making or rental of these reusable products, up to a certain amount.



Extra financial help is available for low-income families.

Details are available on the borough website, or check with your local Éco-quartier or the Bureau Accès Montréal (BAM) for more information.

The Éco-quartier NDG will soon offer a presentation on sustainable diapers and menstrual products, and the subsidy program.

Stay tuned for more details.

- **Lysiane Chagnon Fontaine**

Westhaven Safety Audit

On October 25th at 5pm, Terri Ste. Marie (Prevention CDN-NDG Director), Steve Charters (Community Organizer at NDG Community Council) and I led a safety audit in the Westhaven sector of Notre-Dame-de-Grâce.

A safety audit is a method we use to gauge citizens' sense of safety in their neighborhood, by looking at the lighting, signage and



cleanliness of a specific area. The safety audit we led in Westhaven focused primarily on Coffee park and majority of the participants were students from either Concordia or McGill University who are working on projects in this sector.

There were many great ideas that were brought up from the participants and we have identified some minor things to replace, that can help increase peoples' sense of security. These types of comments are all written down and relayed to whomever we believe best suited. We were lucky enough to have the Loyola district city councillor, Christian Arsenault present who will relay some information to the city directly.

We plan to lead a second safety



audit in Westhaven next spring, and would be happy to lead others. If you have any suggested areas in the Cotes-des-Neiges-Notre-Dame-de-Grace borough feel free to send us an email at conseillertandemcdnndg@gmail.com!

- Jessica Di Bartolo Rouillier

S.N.A.P.

The SNAP program is now part of Prevention CDN-NDG!

Over the last few months I have been involved in an exciting project called SNAP: STOP NOW AND PLAN. Prevention CDN-NDG has teamed up with the fantastic staff of the Walkley Center to bring this standardized, proven program to youth and families who are having trouble with negative behaviors in the community as well as in school.

This program has proven that youth who have trouble with the law and authority at a young age are very likely to have more trouble later in life. Families chosen will have group meetings over 13 weeks to learn new skills on how to improve relationships in all kinds of different scenarios.

Zinique Lewis will coordinate the project with both animators from Walkley and Prevention CDN-NDG. Zinique and myself participated in a 3-day staff lead training in Toronto (Child Development Institute) on all of the tools and support needed to properly run a local SNAP site, which was followed up by a 5 day practical

training (Walkley Center) with staff from both organizations.

Thanks to our trainer-consultant Alyssa Keel for a great week of hands-on risk assessment and case conversations.

We would also like to thank SNAP West Island (Ron and Sylvie) for the knowledge and support.

This project was made possible by the Politique de l'Enfance budget and the CDN-NDG Borough.

We are very motivated to start this program with our families who will greatly benefit and enjoy the



SNAP program.

For more information, please visit www.stopnowandplan.com or childdevelop.ca.

- Joseph Lambert

The Dep Podcast : the last episodes

Yousef Bellyamani

If I tell you that Yousef Bellyamani started his business by learning his craft on Youtube, would you believe me? He shares his success story of how he got his cell phone business repair REVOLUCCELL on the map. No pain, no profit!

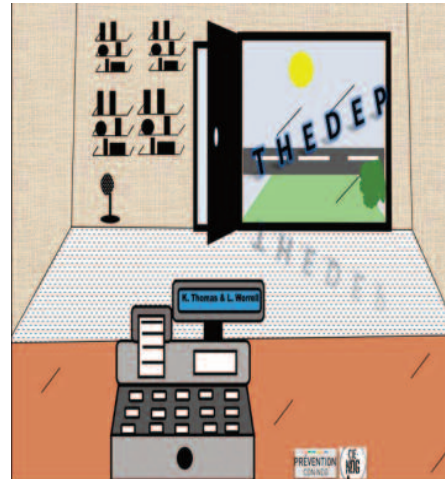
Anne Dupont-Huot

Anne has been working at the CJE NDG as a youth worker for almost two years. She is also the coordinator of the Jeunes Leaders program in NDG. She talks about her experience in her more recent project (Depart à 9) which involves working with older youth.

Kadi Diop

After five years of being the coordinator of the Walkley Center, Kadi Diop is ready to take the next step in her journey. I got a chance to sit down with her as she shares her experience of run-

ning the Walkley Center, living in NDG and sharing what she thinks about this generation's usage of social media.



panding projects to a developing team, she is the reason why we love working at Prevention CDN-NDG. In like manner, let's not forget she gave me a Podcast!

Geoffrey Gonzales

Geoffrey Gonzales is a young barber who is pushing his gift to the next level. He not only got signed to a major brand, but he is adding to the barbershop culture by being able to accommodate women, since seeing that he is also a hair stylist.

If you want to share your story, contact me at thedepodcast@gmail.com

- Karl Thomas

Terri Ste. Marie

We got the chance to sit down with the executive director of Prevention CDN-NDG Terri Ste. Marie. She shares her story on how it all began, how a small Tandem office in NDG became a force in our community today. From ex-

iTunes:

<https://itunes.apple.com/ca/podcast/the-dep-podcast/id1435754230?mt=2>

Soundcloud:

<https://soundcloud.com/the-dep-podcast>

Award Sports and Recreation Laureate Gala

We are very pleased that our Cote-des-Neiges and Notre-Dame-de-Grace Tables de Concertation Jeunesse received the "Community Initiative for the Promotion of Sport and Physical Activity" recognition award during the CDN-NDG Sports and Recreation Laureate Gala.

This prize was awarded to us for the organization of the CDN-NDG Street Games.

#jeuxdelaruecdnndg
#concertation #youth

- Terri Ste. Marie



Interview with Nouha

Nouha Dhahri is the “Green Alley” project manager and the environmental education animator with the Éco-quartier NDG program.

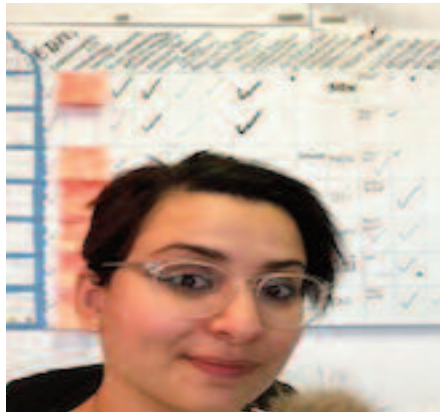
NEXUS : Hello Nouha! You have been with us for some time now. Can you tell us more about your professional background and what brought you to apply for the position at Prevention CDN-NDG and more specifically at Éco-quartier NDG ?

NOUHA : Hello! It has been almost 3 years since I became a member of the Prevention CDN-NDG family. Before joining the Éco-quartier NDG, I worked as a research assistant at the Institute of Environmental Sciences and at GEOTOP (both at UQAM), where I completed my graduate studies in the environmental sciences field. During my research, I was interested in studying the impacts of certain human activities on the marine environment and the causes and consequences of certain ecological problems. Nevertheless, I often wondered if the solutions proposed for some environmental problems would be well received and accepted by the community, that, often, must change its daily habits and adhere to new practices. Thus, for me, joining a community organization with an environmental mandate, and promoting sustainable development, offers an excellent opportunity to work with the residents and to support them in adopting environmentally friendly actions. That is why I did not hesitate to apply for this job at the Éco-quartier NDG program within Prevention CDN-NDG.

NEXUS : What made you apply for this particular job?

NOUHA : What attracted me about the “Green Alley” project manager and the environmental education animator position was

the fact it is a challenging and dynamic job. It allows me to apply my skills and knowledge (in education, environment and sustainable development) in functions with rich human contact. This position allows me to work on various and different environmental projects. On the one hand, as a “Green Alley” project manager, I coordinate with residents during the greening and the beautification process of their alley. On the other hand, as an environmental education animator, I offer environmental awareness workshops and activities for youth in elementary and in high schools in the neighborhood. So I am everywhere in NDG!



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

NOUHA : The great benefit of my job is to allow me to work with the community and to see firsthand the difficulties encountered in adopting good environmental habits. Moreover, as a member of the Prevention CDN-NDG team, I am lucky to have the help and collaboration of my colleagues in our different community projects! That is a great advantage! Community collaboration and mutual aid are part of the solutions for major environmental problems. Thus, my biggest challenge is to ensure that youth and adult resi-

dents are involved and participate in maintaining a clean and welcoming environment in the neighborhood.

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

NOUHA : I am often in “Dora the Explorer” mode! I like to travel... The scientist in me is always active and ready to discover and explore! In addition, I am crafty so I often have small DIY projects to do: painting, upcycling, DIYs, etc.

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

NOUHA : I am an oceanographer so I am very passionate about the marine world and I love to scuba dive. I guess you will not be surprised if I tell you that my favorite animals are sharks! They are fascinating, fantastic and majestic creatures! In addition, I am a great lover of art and literature, mostly science fiction... “May the force be with you!”

NEXUS : A very important question ... Do you like cats?

NOUHA : Oh dear! A question a bit difficult for me! I do like dogs much more. Nevertheless, I must admit that I have a weakness for some cats, especially the curious ones.

NEXUS : How can people contact you?

NOUHA : People can contact me at the Éco-quartier NDG located at 6575 Somerled (office 206) or by phone at 514-486-2727. For projects related to environmental awareness workshops, you can contact me by email at animatrice.econdg@gmail.com. In addition, if you have any questions about the “Green Alley” project in NDG, you can send me an email at ruelleverte.econdg@gmail.com.

End of the year issue of Nexus
coming out early December!

Karl Thomas' 10 year Interview

Sarah : Congratulations on your 10 years at Prevention CDN-NDG!

Karl : Ahaha. Thank you so much.

Sarah : What path led you to working for Prevention CDN-NDG?

Karl : The former Outreach Worker, Kurby, introduced me to Prevention CDN-NDG. I was in Ahunstsic at the time and lacked guidance so, Kurby took me under his wing. He convinced me that I am a good role model for youth.

At one point, Kurby found another job and was doing part-time work at Prevention CDN-NDG. I already had plans to work in the community, so Kurby convinced Terri to hire me on a part-time basis. I was finally hired on a trial basis.

Sarah : Can you tell me what your job is, and how it has evolved during your 10 years in the organization?

Karl : I work primarily with youth on their "self-esteem" so that they can see their skills. My goal is to encourage youth to make the right decisions even when they have lost hope and when things are not going well.

When I started, I was a part time Outreach Worker at Saint-Luc High School. The organization needed someone at lunch to supervise the students and make sure that they did not do anything stupid. Some youth may be influenced by the bad deeds of others. The goal was to create a link with them and integrate them into community programming (refer them to centers, create workshops, etc.). I noticed that many youth who came to see me at Saint-Luc were mostly isolated.

Now, I am an Outreach Worker in NDG. I have the freedom to create projects and make partnerships with those who are mem-

bers of the Table Jeunesse NDG. Some youth are referred to me by some of the members, whereas before, it was the youth who came to see me. Now I'm going to get my clientele. The approach is different, I focus on youth who may be at risk and those who can be isolated. My colleague Ambrose also refers youth to me when it is out of his territory and / or when best suited.

Basically, my work consists of the intervention aspect, follow-up and partnerships. I clearly have no typical day. In fact, none of my days are the same.



Sarah : What do you think is the biggest challenge in your work?

Karl : One of the biggest challenges is that the hours of work are not mentioned. Sometimes I get calls late at night, for example at 11:00pm.

Sarah : What is one of the things you love about your job?

Karl : I love the freedom to create projects and the flexible schedule. I also love social human interaction in everyday life.

Sarah : What is one of the most valuable things you've learned doing your job?

Karl : I really learned how to be patient.

Sarah : What do you think your style is?

Karl : My dress style? Comfortable

I would say. I make sure that my hair is very "spiky" such as Bart Simpson. I will soon change my haircut to celebrate my thirties. I'm going to braid it!

Regarding my style of intervention, I use humor to appease the clientele and make people comfortable so that they can share serenely. I like doing this in a public space and not in an office so that people feel comfortable sharing with me. One of my techniques is not taking notes in front of clients, so that they do not take this negatively and I like to mention that I have already heard a similar story so that they do not feel alone.

Sarah : What do your relatives think about your job?

Karl : My relatives know why I'm doing this job and what it brings me (giving youth the chance to live their younger years properly). They find it great and think that it has a positive impact on my personal development (communication, how to approach certain situations, etc.).

Sarah : If you remember, can you tell me what is the best advice you've received during the past 10 years at Prevention CDN-NDG?

Karl : Kurby gave me the best advice when I started at Prevention CDN-NDG. He told me : "Do not let anyone get to you and don't let anyone know you're having a bad day, if that's the case."

Sarah : This last question is really important to me. Is there a song that motivates you in any circumstance?

Karl : Ahaha. Without a doubt "Hey baby" by Stephen Marley. Even if your day goes wrong, keep going man ! As soon as I listen to it, I feel good.

- Sarah Nambukarawasam

Study on NDG's social ties and social cohesion

The Cité-ID LivingLab of the École nationale d'administration publique (ÉNAP), in partnership with the Maison de l'Innovation Sociale (MIS), the Office of Resilience of the City of Montreal and Transition NDG Solidarity Coop, is undertaking a study on the disaster preparedness of Notre-Dame-de-Grace residents. They are interes-

ted in accessing the main risks facing the neighbourhood, with the goal of helping develop individual and community resilience.

We invite you to participate in this study on NDG's social ties and social cohesion and thus have the chance to win one of two gift cards (valued at \$ 25) for the

COOP La Maison Verte.

The questionnaire should take about 10 minutes to complete. Take the survey in English: <https://fr.surveymonkey.com/r/NDGresilientEN>
All data will remain confidential.

- Sarah Nambukarawasam