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Staff highlights of 2018 and wishes for 2019!

I think my highlight is quite similar to previous years, but in 2018, we were happy to welcome Andreea, Jessica, Juliette, Guillaume, Wurood, Sarah and Mahéli. New team members always add a fresh perspective!

My hope for 2019 is that everyone on the team, as well as the people we serve, the members of Board and our partners has a successful, productive and happy year!

- Terri Ste.Marie



2018 was a great year with many interesting new projects launched like the CDN-NDG Borough's cloth diaper subsidy, the Plan Vert and the ragweed removal program (Éco-quartier NDG staff collected over 350kg of ragweed!). In addition to those new projects, the Éco-quartier NDG team continued working on its usual mandates: sensitizing more than 500 families about recycling through door-to-door visits, surveying 1700 families about the food waste collection and giving flowers to more than 800 families.

For 2019, I look forward to seeing many more NDG babies wearing cloth diapers, brown bins full of food waste and lots of residents getting around the neighborhood using active transportation.

- Nikki Schiebel



As the Administrative Assistant, it's a challenge for me to find highlights ... It's not like I've got success stories to tell you like those of our community workers who help residents improve their quality of life!

But, I can still share one of an administrative nature. After more than a year of converting to direct deposits for our payroll, I can finally say that, I no longer break out into a cold sweat and that I am more relaxed when I have to carry out those banking transactions! Although the bank's website is very easy to use, it still made me nervous ... as if everything would explode in case of

an error! Such emotions in administration! Ha! Ha! Ha!

Also, after several months of uncertainty, I am happy that the Tandem program will continue for the coming year. Wishing that this is indeed the case for many more years to come!

And my wish is always the same as it is every year: Health! When we have health, we can achieve all our other goals, whether personal or personal! Happy holidays to all!



- Brigitte Chrétien

A new year begins, filled with good resolutions and hope. That rhyme with serenity, blooming and prosperity, both for the organization and for the community of Côte-des-Neiges - Notre-Dame-de-Grâce.

I will give to my professional tasks a little more of myself to build a better future.

Best wishes for the new year!



- Sarah Nambukarawasam

I must have said it a thousand times. You don't work in the community for the money. You do it for the love and passion you have for your job.

What keeps me going after ten years is the freedom to create projects and to be able to use these same projects for my interventions. This year I am thankful to be able to give my community a voice. The Dep pod cast was created for this specific reason, for people to share their stories of motivation and for others to share their community services. As an outreach worker, I will be using the pod cast as an instrument of intervention along with a new way to relate to my clientele.

For 2019, my wish is for this new project to take his place amongst others in the hopes of becoming a real trailblazer.

- Karl Thomas



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Celebrating a “Green” Holiday!

Food and Drink

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

Gift Ideas

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

Wrapping

- Make gift tags from old greeting cards.
- Use brown paper bags or the comic section of your local newspaper for gift wrap.
- Buy recycled wrapping paper



and insist on Christmas cards printed on recycled material – choose ones that support a charity.

Decorating

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

- Nikki Schiebel

Animals can suffer too, not just physically!

You must certainly have noticed that during particular periods of the year like moving day (July 1st) and holidays such as Christmas and Easter, there are more awareness campaigns about abandoned animals. Why? Because it is at these times that we find the most abandoned and lost animals.

Animals are generally abandoned due to the fact that:

- Once the magic of a new pet is over, the routine resumes and the animal becomes too cumbersome. It's cute to give a puppy for Christmas ... but when he gets bigger, when you need to take him out to do his business and pick it up, it's less cute. It's also just as cute to give a little Easter bunny... but once the long weekend has passed, these little bunnies become less interesting;
- We move to a new apartment and we cannot bring them with us. We have all heard of an empty apartment with only the cat left, often without food and water;
- Costs of food, care and veterinarian bills are high;
- The animals' behaviour is no longer appropriate (aggressive,

too cheerful – sometimes with no fault of their own but because they were never trained);

- Allergies develop;
- We travel and we do not know where to send them.



What are the consequences of this?

- There are more stray animals (mostly cats) than ever before;
- Shelters are overwhelmed; therefore more animals are euthanized;
- Abandoned animals suffer, get sick and can carry diseases;
- Unneutered animals breed out of control.

Yet, if everyone did their part, it would not be difficult to do right by our pets. After all, is it not true that a society is judged by the way it treats its animals? (Gandhi)

What can we do to avoid this?

• Ask yourself the right questions before getting an animal. Am I ready to take on everything that comes with it? For better and for worse? What's my budget, who will look after them when I go on vacation?

- Have our animals neutered, especially if they go outside. This avoids breeding animals that will become orphans and strays;
- Identify them well (with a medallion or a microchip), even if they are indoor animals. If they ever get lost, it's easier to return them to their owners;
- No matter what the reason is that we have to separate (and that's not by choice), it must be done RESPONSIBLY! Take the animal to a shelter or to the SPCA.

So, in this time of rejoicing and abundance, I ask you to think of our furry friends and think carefully before you get one. If you choose to get one, thank you for prioritizing the ones in shelters where there are already plenty of animals. They only ask to be saved and to be part of your life! Have a healthy and safe holiday!

- Brigitte Chretien

Celebrate your Holidays in a safe manner

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



Around the house ...

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

Christmas Tree:

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



Decorations:

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

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

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

Fireplace:

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



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

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

Avoid charity scams!

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

Secure your mail!

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

thieves.

Having a party ...

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

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



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Operation
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What to do if a guest is drunk:

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

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



Out Having Fun ...

Remember, drinking and driving kills. The choice to drive or not to drive is yours. Please be a responsible adult and make the right choice. You could be saving a life and it might be yours. Get a free ride from Operation Red Nose:

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

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

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

When doing your shopping ...

At a store:

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

Shopping on the internet!

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



Enjoying the Outdoors ...

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

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

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



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

Going on a road trip?

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

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

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



Safeguard your vehicle!

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

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

These safety tips were taken from the RCMP website: www.rcmp-grc.gc.ca/



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An event that has been memorable for me for 2018, and for which I am very happy, is the beginning of the animation of elementary-secondary transition workshops for Grade 6 students in Côte-des-Neiges. Eight elementary schools responded to the offer of workshops and, in collaboration with Ruth, a student perseverance worker at CDN Employment Crossroads and Claudie, Librarian at the Intercultural Library, we facilitated Workshop 1 in 20 Grade 6 classes. . From the first workshop, we were able to feel the need through the active participation of the students and the positive comments of the teachers. We will return in 2019 to offer two more workshops to each class.

What I want for the year 2019 (and for all those to come), is a greater openness and acceptance of the general population, in front of marginalized people. I sincerely believe that by taking the time to open up to each other, everyone can enjoy broadening their horizons, their knowledge, and their heart! Happy New Year 2019 to all!

- Annie Thifault



Highlight: My first year at Prevention CDN-NDG was a great one! One aspect that I would say was my highlight this year was the reconstructing of the "Sous-Verre 2.0" project. The Tandem womens' committee was amazing and full of new ideas! It was a pleasure working with them on this project and to celebrate it's success so far at our local launch here in Cote-des-Neiges on November 23!

Looking forward to in 2019: I am looking forward to another great year filled with new projects and activities!



- Jessica Rouillier

The year 2018 was without a doubt a very eventful and chal-

lenging year. Many challenges and deadlocks were faced, but, sooner were replaced by accomplishment and success. In 2018, our environmental awareness workshops became more and more popular in the schools of Notre-Dame-de-Grâce. In addition, I was fortunate to celebrate the inauguration of two new Green Alleys in the neighborhood.

I hope that 2019 will be a fruitful and rewarding year for you, personally and professionally. I hope 2019 will bring more success and achievement to all our different projects.

- Nouha Dhahri



Through this relatively new job as an outreach worker for seniors, I've been able to get an up-close and personal portrait of Cote-Des-Neiges and the people who make it what it is. Not only did I get to know some of the residents of the neighbourhood, but the different organizations that help build the strong support system that we have here as well.

I look forward to continue meeting new people in 2019 and making a difference in people's lives. I have been very lucky this year in getting this job as I truly feel like I'm starting to be a part of this neighbourhood in an important way.

- Wurood Habib



This year, I had the pleasure of bringing the Heart Trump Project to Notre-Dame-de-Grâce and presenting it to various community organizations and seniors groups. I am truly grateful to have been able to share the richness of the community through my activities and activities and to have witnessed the resilience, ingenuity and strength of the people with whom I had the chance to change.

I look forward to the year 2019 to be able to initiate the printing of Heart Trump card packages that have been translated into more

than 11 languages and to distribute them through community resources working with newcomers and allophone cultural communities.



- Andreea Zbarcea

2018 has been a very exciting year. Some highlights for sure were our new partnership with the Walkley Center for the SNAP training and becoming the second site in all of Quebec to be licensed to offer the program to youth and their families. I look forward to the next phase of this project.

My wish for 2019 is health and prosperity to our borough citizens, and that our programs at Prevention CDN-NDG are well supported by our funders so that we can continue to offer our residents the best possible service. Cheers and Happy holidays to all our families, and be safe !

- Joseph Lambert



A fresh new year is once again upon us. It's the time to be thankful for the blessings of the past year and to take stock of all our achievements. At the same time, New Year 2019 is a brand new year to start afresh, to start strong, and yet another chance to do everything we want to do this year.

Thanks to all my colleagues at Éco for a wonderful 2018 year.

- Adina Badescu



On International Women's Day, I collaborated with Miranda Potts, - outreach worker for NDG Seniors, to facilitate an intergenerational workshop for women ranging in age from 13 to 75 years old, about self image, as women, because of or despite society's norms and expectations.

We watched Photographer Ari Seth Cohen's documentary

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Advance Style: a movie featuring women from all walks of life with a unique and somewhat eccentric sense of style and a grounded and strong sense of self.

Before the film, the group was presented with a series of questions about image, self-expression, and aging, which we revisited after the film in a group discussion over high tea. At the end of the workshop the participants had portraits taken by a local Montreal photographer.

I was so thrilled with the engagement of the participants and their response to the workshop. I can't wait to do it again on an even larger scale!



- Jennifer Chapman

In 2018, we were pleased to welcome two new projects: the Relance project and the Cultivons la Culture du Consentement project. We would also like to thank the City of Montreal and the CDN-NDG borough for funding the second edition of the Place aux Filles project.

For 2019, the team of Genres & Égalité will be proud to offer prevention workshops for school and community environments. Faced with many challenges, we always want more solidarity with young people, and that they grow and blossom to their full potential,

without gender-related limitations or concerns.



- The team of Genres & Égalité

To look back at the year 2018, it was just as testy as it was a blessing. Many highlights for me but just to mention a few: an Eagles Super Bowl win and a successful flower distribution to groups and citizens alike ranks on top for me!

I hope you all keep yourself healthy and I send you all many good wishes and blessings for 2019!



- Bill Roy

This year again, I am amazed by the involvement of volunteers in our various activities and projects at the Éco-quartier NDG. With the help of volunteers, we completed the surveys for the food waste collection, and handed out courtesy tickets. We held kiosks and went

door-to-door to inform and sensitize on recycling. We took care of gardens, cleaned streets during community cleanups. We collected compost from the community composters, and sorted worms from vermicomposters. We also sorted and cleaned used school supplies, did eco crafting with children, made eco cleaners, distributed flowers and compost, wrote blog articles, and more.

What marked my year 2018 is volunteer commitment. And that's what I wish for in 2019!



- Lysiane Chagnon Fontaine

This year has been interesting with some great projects. My highlight though is the numerous bike engraving kiosks we've done this year in the borough. In cooperation with the SPVM stations 11 and 26, we've had a chance to engrave many bicycles, sensitise, meet and discuss with several hundred citizens.

For 2019, I'm looking forward to put together some new projects but also to improve the existing ones! All the best for 2019 to everyone!



- Eero Piilokivi

Our Cote-des-Neiges office and the office on Upper Lachine will be closed from December 22nd to January 6th.

The Éco-quartier office will be closed from 1pm on December 22nd until 10am on January 8th.

Safe Holidays and Happy New Year to all our readers!