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## Terri's Two Cents

Celebrating its 13th Anniversary, the Hip Hop You Don't Stop Festival was recently held across Côte-des-Neiges (CDN) and Notre-Dame-de-Grâce (NDG). Hundreds of people, young and old, came out to celebrate the festivities that focus on music and culture.

Coordinator of the event Emilio Orelana-Coté was happy that so many people came out to participate, and to take in the activities, annually.

The Festival was comprised of events that were held between September 19 and 23rd.



Jean-Edouard, hosting Saturday's event.

On Wednesday night, CKUT 90.3FM radio station hosted an event, entitled "Youth on the Mic" an on-air discussion with borough youth on inclusion and how Hip Hop culture can help inclusive environments, and how to empower youth through the arts.

On Friday night, youth gathered at La Maison des Jeunes CDN for Cinema Hip Hop. In collaboration with NBS Studio, the community were invited to watch the Beat Street Movie (1982). Directed by Harry Belafonte, the movie is set in the Bronx and it follows the lives of a pair of brothers and their group of friends, all of whom are devoted to various elements of early hip hop culture.

Saturday afternoon, brought out dancers of all kinds to our Block Party at Mackenzie King Park. Two sets of competitions by age group, with a panel of judges: Leah McFly - Waackeisha (Chocolate Jungle 90's Jam), Alexandra Spiceya Landé (Ebnfloh) and Angelo Ameur (Urban Element Zone). It was hosted by Dix-Iple Decan and Preach Ankobia. Featured on the mic

were 7ven and Kamino (NBS Studio) Ceinture Noire Seydina Ndiaye Truth-Vybez Tamara Serenitmtl Sarahmée, and from Toronto, Spek Won and Raz Fresco with DJ Seriousblack & Mervin Mcleod aka Mystical Flex on the 1's and 2's.

The week culminated in our "piece de resistance" on the Sunday with Elementakiza. In our fifth year of partnership with Elementality. A 2 vs. 2 BBoy BGirl Battle hosted by Darqk (@Clean Fresh Air) with Dj @Benny Lava and judges Que Rock (Mzk, T.O) Kaporal (Legz Crew), and DKC Freeze (Flow Rock). We held our annual murals on trucks again.

We did not go hungry that weekend with great food from, Che Churro, Vegan Rapide and Empanadas Sur Al Gran Norte with our wonderful dishwashers from Boom Service.



Andreea - Coordinator Coeur Atout, testing out The Barbers.

Partners included: CKUT 90.3, Legz-Crew, Musitechnic, Maison des Jeunes Chalet Kent, NBS Studio, Kalmunity, Break City, RGMT Bartendaz, The Depot, NDG Art Hive, Eco-Quartier NDG, Head and Hands, Westhaven Community Centre, NDG Community Council and Bienvenue à NDG.

Special thanks go out to our funders: Patrimoine Canada and the City of Montréal (Diversité des expressions culturelles) as well as our sponsors Moog Audio, Le Sino, Discount Québec. In addition, a big thanks to Fanny's wonderful student volunteers at La Voie High School and of course the staff at Prévention CDN-NDG.

- Terri Ste.Marie



## Montclair Residence gets new flower boxes

This summer, when planning the annual flower distribution, I was chatting with Maria, one of the activities coordinator at the Montclair Seniors' Residence. She works hard to make the outside space inviting so that the seniors will want to go and sit outside, despite having no dedicated garden budget. Other people have noticed Maria's hard work, and many people donated plants for the garden.

Unfortunately, the residence's plants were being killed by salt. Because it is important to salt the walkways well so that the residents don't fall in the winter, lots of salt is used around the property. That salt was being washed into the hosta bed near the sidewalk, killing all of the plants. Every year Maria had to change the soil and get new plants. I hoped to find a solution to help her, and to save the plants.

The solution came in the form of a community project for Lower Canada College (LCC) students.

Every year, their Round Square

program brings youth from across the world for community service projects. They had 21 students who needed an activity on Saturday, September 22nd. They also had a small budget. It was the perfect fit!



All summer, our student Tori (funded by Service Canada) worked on plans to beautify the garden

with flowers and planters. She worked with the residence to ensure that any changes would benefit the residents.

After much planning and collecting supplies, the big day came! 21 LCC students, two teachers, two volunteers, Maria, Tori and I worked hard to clean up the front and back yards, cut the wood, build the planters and plant the hostas in their new safe space. Now the hostas will be able to come back year after year and the residents will be able to enjoy them along with a little bit more privacy and some shade. This should encourage the residents to go and sit in the front yard next spring.

I invite you to pass by the Montclair Residence to see the new planters. The seniors really like them and we hope that you will be impressed by the students' hard work too! A big thank you to LCC!

- Nikki Schiebel

## Intervening with LGBT seniors - solutions for effective practice

Intervening with older LGBT people requires a comprehensive understanding of this community.

Gay and Gray Montreal presents a group discussion with Julien Rougerie, Project Manager for the Future, Fondation Émergence, Bill Ryan MEd / MSW - Researcher at McGill University and Bonnie Brayton - National Director of DisAbled Womens Network (DAWN / RAFH

Canada).

The panel will present its expertise in this area, Friday, November 16 at 20:30, helping participants improve their interventions with the community of older LGBT people.

FREE Event Supported by Gay and Gray Montreal, CBD Home Services and Prevention CDN-NDG

To book, go here:

[https://www.eventbrite.ca/e/intervening-with-lgbt-seniors-solutions-for-effective-practice-tickets-51421231287?ref=enivtefor001&invite=MTUyNzQyODEvc3RlcGhhbmllLmR1cG9udC5jdmRAC3Nzcy5nb3V2LnFjLmNhLzA%3D%0A&utm\\_source=eb\\_email&utm\\_medium=email&utm\\_campaign=invitefor-malv2&utm\\_term=attend](https://www.eventbrite.ca/e/intervening-with-lgbt-seniors-solutions-for-effective-practice-tickets-51421231287?ref=enivtefor001&invite=MTUyNzQyODEvc3RlcGhhbmllLmR1cG9udC5jdmRAC3Nzcy5nb3V2LnFjLmNhLzA%3D%0A&utm_source=eb_email&utm_medium=email&utm_campaign=invitefor-malv2&utm_term=attend)





## The Tandem Coaster Project

This year, the Tandem Women's Committee decided to rework the four preventative coasters that had been launched a few years ago. The new and improved coasters, aim to sensitize bar goers in a neutral and non-gen-

dered manner on aspects that can make for a safer outing. Presently, we are in the process of reaching out to local bars in Côte-des-Neiges – Notre-Dame-de-Grâce to help share these coasters.

We are only in the first few weeks of the process and already have two bars on board with the project. We are happy to announce that you can find these coasters at the Resto-Bar La Maisonnée on Gatineau street in CDN, as well as the Café-Bar La Brunante which is located in l'Université de Montréal. If you see these coasters in one of our partnering bars, (there

are more to come) we encourage you to help with the sensitization by taking a picture with the coasters and sharing it on your social medias using the hashtag #TANDEMNTL.

If you have any questions regarding this project feel free to contact us by email at: [conseiller-tandemcdnndg@gmail.com](mailto:conseiller-tandemcdnndg@gmail.com).



# #TANDEMNTL

Participate in the security of your city!

PRÉVENTION  
CDN-NDG

Share on:   



## Halloween à 6767 Cote-des-Neiges!

**Mercredi, 31 octobre**  
**16h30 à 18h30**

**Wednesday October 31**  
**4.30pm to 6.30pm**



**Nous offrirons plusieurs activités pour enfants et ados**  
**- Maison hantée, bonbons et autres activités amusantes et jeux pour enfants et les jeunes.**  
**TOUTES LES ACTIVITÉS SONT GRATUITES!**

**We will be offering several activities for younger and older kids:**

**- Hounted house, candy and other fun activities and games for kids and youth.**

**ALL THE ACTIVITES ARE FREE!**

**Les enfants restent sur la**  
**responsabilité de leurs parents**

Partenaires: Baobab Familial, ASDP CDN et Prévention CDN/NDG



**PRÉVENTION**  
**CDN-NDG**

## Halloween trick-or-treating safety tips

### Children should:

- Go only to well-lit houses and remain on porches rather than entering houses.
- Travel in small groups and be accompanied by an adult.
- Know their home phone number in case an emergency telephone call is necessary.
- Have their names and addresses attached to their costumes (preferably hidden under their costume).
- Bring treats home before eating them so parents can inspect them.
- Use costume knives and swords that are flexible, not rigid or sharp.
- Do not go into a stranger's automobile.

### When walking in neighbourhoods children should:

- Use flashlights, stay on sidewalks and avoid crossing yards.
- Cross streets at the corner, use crosswalks (where they exist) and do not cross between parked cars.



- Stop at all corners and stay together in a group before crossing.
- Wear clothing that is bright, reflective and flame retardant. REMEMBER: A flame-retardant costume does not mean that it is fire proof. Always keep your costume away from any type of open flame or other heat sources.
- Consider using face paint instead of masks. (Masks can obstruct a child's vision.)
- Avoid wearing hats that will slide over their eyes.
- Avoid wearing long, baggy or loose costumes or oversized shoes (to prevent tripping).
- Look left, right and left again before crossing the street.
- Use the buddy system, and make sure you have at least one



buddy with you the entire evening.



### Parents and adults should:

- Supervise the outing for children under age 12.
- Establish a curfew (a return time) for older children.
- Parents should plan a route for your child to use while trick-or-treating and set an early return time for your child.
- Prepare homes for trick-or-treaters by clearing porches, lawns and sidewalks and by placing jack-o-lanterns away from doorways and landings.
- Avoid giving choking hazards such as gum, peanuts, hard candies or small toys as treats to young children.
- Do not hand out homemade or unwrapped candies to children.
- When your children return home, examine and discard all candies that are not factory sealed or wrapped by the candy manufacturer. Never eat homemade or unwrapped treats.

### Parents and adults should ensure the safety of pedestrian trick-or-treaters:

- Make sure children are supervised as they cross the street.
- Drive slowly.
- Watch for children in the street and on medians.
- Exit driveways and alleyways carefully.
- Have children get out of cars on the curbside, not on the traffic

side.

### Tips about pumpkins and decorations:

- Carve pumpkins on stable, flat surfaces with good lighting.
- Have children

draw a face on the outside of the pumpkin and have parents do the cutting.

- Be sure to place lit pumpkins well away from anything that can burn and far enough out of your way of trick-or-treaters, doorsteps, walkways and yards. Do not leave lit pumpkins unattended.
  - It is safest to use a flashlight or battery-operated candle in a jack-o-lantern. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace style matches or a utility lighter.
  - Dried flowers, cornstalks and crepe paper are highly flammable. Keep these and other decorations well away from all open flames and heat sources, including light bulbs and heaters.
  - Remember to keep exits clear of decorations, so nothing blocks escape routes.
  - Tell children to stay away from open flames. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)
- Parents are encouraged to share these tips with their children to ensure a safe and enjoyable evening for the entire family.





## Hip Hop You Don't Stop 2018

The Festival was built on the idea of creating a space of expression for at risk youth, yes. Although, we believe the Festival is now a place of expression for youth, in general, with no categorization needed. We do not want to marginalize more than some already are, so we seek to create a hybrid environment where people that would not necessarily gather. We have seen a progression in terms of the growing enthusiasm from youth that volunteer each year from local high schools like La Voie. We have seen the progression in the rising careers of artists that released their first EPs and albums at Hip Hop You Don't Stop like Strange Fruits coming from NoBadSound. We have seen progression, but there is a lot work to be done still.



2018 was a very important edition for Hip Hop You Don't Stop. The team is being redefined, the challenges within the organization are clearer than ever and bridges are being built with other cities such as Toronto and Mexico D.F. which could expand the Festival's reach and popularity. Building a team for this project has been difficult as many of the members already involved can only invest a reduced amount of hours weekly in the project since they have kids, work, and a strong community implication. Many solutions are ahead for us and we look forward to 2019 being a "key" edition in the future of the Festival. It is clear for us that the city, the community network in Côte-des-Neiges – Notre-Dame-de-Grâce (CDN-NDG) and a large population of Montreal is interested in our project labeled as Youth Empowerment Through Arts. The potential is gigantic, which involve

responsibility and realism. It is also clear for us that the Festival needs to grow as a "trampoline" to public funding for art projects for youth in the borough. Remember Hip Hop You Don't Stop is co-presented by Prevention CDN-NDG, which is heavily involved in improving quality-life and finding solutions for social issues in CDN-NDG, and by Elementality which is a cultural organization with a focus on community and social commitment, dedicated to broadcasting and facilitating means of expressions coming from Hip Hop culture in Montreal. This means the potential is huge, once again.



We believe that through Hip Hop many messages can be transmitted concerning diversity, interculturality, environmental consciousness, the importance of intergenerational exchange, of learning and recognition of native knowledge and art, the importance of criticism towards the "development" proposed by modern societies, and mind and body health. We participated in a meeting with the Arts & Culture Table in NDG hosted by local Mayor Sue Montgomery this fall and what is mostly being asked is new spaces for youth and for young adults where they can decide what programming, what ideas, what orientation those spaces have. I wish that some youth can use Hip Hop You Don't Stop as a bridge to funds, to resources, contacts, communities, networks, inspirations, in order to build their personal development and to give new spaces of expressions and of exchange for youth.

We are glad connections have been multiplied with Toronto with

the invitation of Que Rock, a Anishnaabe rapper and bboy that recognizes Hip Hop pioneers, but also couples the elements of Hip Hop culture with his traditional Anishnawbe values. Spek Won, a rapper, born to his immigrant parents from Ghana, brings consciousness to his words by involving Black Lives Matter. Young rapper Raz Fresco also came from Toronto. On another hand, Bial HCLAP, a DJ and producer from Mexico that has supported many uprising artists in his city, was there to share his playlists and energy. Those who were added to the bill for Elementakiza and that we are fortunate to have been part of the project is Violent Ground a rap duo of brothers coming from remote village of Kawawachikamach, in Northern Quebec, bringing their strong Naskapi identity to the forefront.



On another hand there are multiple new partners and guests we which to acclaim such as the RGMT Bartendaz collective of brought the callisthenics movement and a community of mindfulness about nutrition and body health, there was Vegan Rapide from NDG and Sur Al Norte Empadas who brought exquisite and varied food to the public, and for the 1st year NDG Art Hive participated in giving a workshop for making instruments with recycled materials!

We are proud of the programming and of the number and quality of artists from Montreal coming from various age groups from 6 to 70 years old. Hip Hop is alive and Hip Hop will not stop!

- Emilio Emiliano

## A Big Thank You to La Voie's students!

For another year, we had the pleasure to welcome volunteers from La Voie high school for our Hip Hop You Don't Stop Festival.



More than 20 youths helped us during the Elementakiza event on September 23rd. They helped with the set-up and the cleaning,

took great pictures (check them on our Facebook page!), animated the kid's zone, welcomed citizens to the festival, handed out flyers, helped with the smoothies, took care of the banner, etc. Working with them at Elementakiza was such a joy! The youth team was very patient and devoted to the success of the day. Hip Hop You Don't Stop would not be the same without them! A big THANK YOU to all of them!

The famous volunteers : Ryan Myrtle, Rouguiatou Bah, Yasmine Calderon, Fatima Ahmed, Mary Beth Laxamana, Suranna Harry, Deeksha Bhikoo, Simila Alo, Arushan Ilaiyarajah, Kai Qi Phomvichit, Ana-Belle Boivin, Abida Islam,

Nishani Ramesh, Jonathan Sathiyathan, Mohamed Gader, Kathy Truc Ngugyen Luong,



Sabbana Sinnathurai, Sendy Chea, Janna Yadao, Parnian Yahoo, Isaac Mayras, Lamiya Hosain.

**- Fanny Lavigne**

## Welcome to Côte-des-Neiges

On September 29, 2018, the Welcome to Côte-des-Neiges Ceremony, took place. The purpose of this ceremony was to welcome newcomers to Côte-des-Neiges and encourage their exchanges with various members of the community.

Several community-based CDN organizations had the opportunity to present their services to allow new residents to discover their neighborhood. Andreea Zbarcea, the coordinator of the Hearts in Action project and the coordinator of development and communication, Sarah Nambukara-wasam, represented Prévention CDN-NDG at the event.



In addition to community organizations, members of the community were present to meet and welcome immigrants. Among them, Borough Mayor, Sue Montgomery, Commander of Neighborhood Police Station 26, Sébastien de Montigny, Mont-Royal-Outremont Liberal Member of Parliament, Pierre Arcand, as well as members of the Corporation de développement communautaire de Côte-des-Neiges (CDC).

The ceremony ended in style with lovely amuses-bouche and a traditional Quebec dance.

## The Relance project came to an end in September!

The Relance project is a project to fight against sexual violence. Its specificity lies in the fact that we have mobilized young boys, who have been encouraged to take a position on the issue of sexual violence against women through the realization of different projects.

The 16 young people involved showed a superb team spirit and tremendous energy, which they put at the service of great achievements. In particular, they made a video of prevention of sexual violence

against women, whose script they themselves thought of, wrote the texts, which they filmed and in which they played, by



choosing to position themselves as the Allies of the women against

sexual violence. Well played guys! You can find the link here.

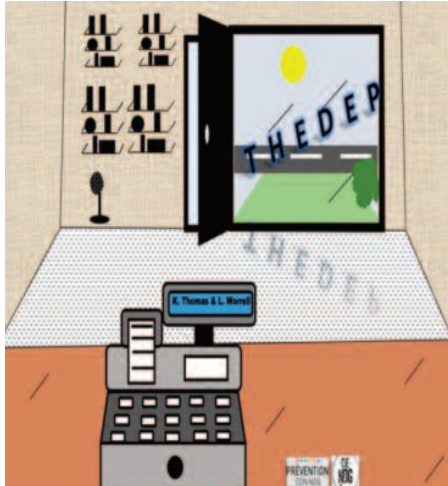
They then participated in a week-long leadership camp, during which they had the opportunity to awaken the leaders that lay dormant in them, while deconstructing the stereotypes and injunctions related to masculinity, which they came out full of energy! We are proud and reassured to see that the boys of tomorrow are involved in the issue of sexual violence!

**- Juliette Paume**



## The new project called The Dep

What can be better than an outreach worker with a podcast? Please, take a second and think about it.



As an outreach worker, I meet people every day, new clients, old clients, people with incredible redemption stories and some with the painful truth of chasing an unreachable dream. After working in the community for 10 years I start noticing some stories are similar to others, and you start thinking, as the person is sharing, did I hear this before? You quickly learn that the majority of us go through the same struggles in life. As an outreach worker, I can tell you hundred similar stories of people I have encountered. What if I said I had a way to keep your narrative, to save it permanently, to share it with the community of Côte-des-Neiges – Notre-Dame-de-Grâce in order to inspire other people.



I started this Podcast because I wanted people to share a piece of themselves, the good, the bad, the ugly and the truth behind who

we are as workers as mothers, fathers, brothers, sisters and more. I want to leave a trace of something good in this big world of ours, something people can tune in and say this is my story. I want people to relate to the individuals we interview, for people or should I say, for you to listen and say I am not alone.

Do you see it now? A Podcast sharing not only our stories but the work we do in our community of Côte-des-Neiges – Notre-Dame-de-Grâce to make it a better place. I present to you The Dep Podcast.

You can find the episodes at the following link:  
The Dep (itunes link ).  
Do not hesitate to subscribe and leave your opinion.

### The Dep Podcast : the last episodes



Brandon Dawson Jarvis shares his life story, from childhood trauma to prison to a changed man.



Joe Lambert and Sarah Nambukarawasam, two employees of Prevention CDN-NDG share why

they work for the community of Côte-des-Neiges – Notre-Dame-de-Grâce. Joe has been working in the community for 18 years as an Urban Security counsellor, and Sarah is the new member of Prevention CDN-NDG that will take the organization to the next level for the communication and the development.



It's not always so simple to know what you want to do in life, especially when that decision has to be made out of high school. Hazel Marie who attended St-Luc high school in NDG shares her story about finding her true calling.



Gregory Duran, a young man who grew up in NDG, shares his story about how it took a whole community to raise him. What do you do when all odds are stacked against you ?

If you want to share your story, contact Karl Thomas at [thedep-podcast@gmail.com](mailto:thedep-podcast@gmail.com)

**- Karl Thomas**

## CDN-NDG Youth Council

The CDN-NDG Youth Council is an advisory body, a place for citizen participation, aimed at all youth in the borough from 15 to 30 years old. Members will be chosen to reflect the cultural and social diversity of CDN-NDG as well as the gender balance.

It is a space for non-partisan discussion but also for reflection and the mission of the Youth Council is to enlighten the elected representatives and bring to their attention issues affecting youth.

For more information, click [here](#).



## L'ARRONDISSEMENT CRÉE SON CONSEIL JEUNESSE

**Engage-toi pour  
porter la voix des jeunes  
auprès du Conseil  
d'arrondissement.**

Envoie ta candidature  
en remplissant le formulaire  
en ligne accompagné d'une  
vidéo ou d'une lettre à  
cdsids-cdn-ndg@ville.montreal.qc.ca

**DATE LIMITE LE 10 NOVEMBRE 2018**

Appel de candidatures :  
ville.montreal.qc.ca/cdn-ndg/  
conseiljeunesse



Pour en savoir plus,  
la mairesse  
Sue Montgomery  
t'invite pour un **5 à 7**

**Mercredi  
24  
octobre**

au pavillon  
du parc NDG,  
3501, avenue Marcell  
dans le Parc NDG

**Jeudi  
25  
octobre**

à la Maison  
de la culture  
Côte-des-Neiges,  
5290, chemin CDN

## Naloxone to overcome overdoses

On August 25th, someone from the Association québécoise pour la promotion de la santé des personnes utilisatrices de drogues (AQPSUD) came to give us a training on Naloxone. Many members of Prévention CDN-NDG's team received the training and are now formed to administer Naloxone to a person who is in a situation of overdose.



The last 2 years have been marked by a higher rate of overdoses, mainly due to a higher presence of Fentanyl in opiate drugs. Many drug users take Fentanyl without knowing (or knowingly) and face higher risks of having an overdose. Fentanyl is a very powerful opiate which acts on the nervous system and can cause a respiratory depression, which can lead to apnoea, and to death. In case of an overdose, Naloxone acts as a "counter poison". Anyone can get a free Naloxone kit at a pharmacy. In the kit is a small instruction booklet on how to administer the product. The AQPSUD is also available to go and give free training to anyone who is interested, for harm reduction purposes.

## Now, Place aux filles !

Last year, the success of the Place aux Filles ! project encouraged us to relaunch it. This was made possible with the financial support of the Côte-des-Neiges- Notre-Dame-de-Grâce borough and the city of Montreal! Thus, Ramaëlle Duquette, the previous coordinator, passed the torch to Juliette Paume for this beautiful project, which resumed on October 11, the date on which took place its 4 to 6 launch!

As a reminder, Place aux Filles ! is an "empowerment" project for girls aged 12 to 17, whose objective is to encourage them to take their rightful place in society, becoming citizens and strengthening their "leadership" skills. In this context, they will meet inspiring women throughout the year, while participating in various activities!

The official launch took place on October 11, and we now meet every Tuesday between 3:30 and 6:30. Registration is always open, so do not hesitate to contact us to attend a meeting ... or more!

You can contact Juliette Paume by phone or email at : [placefilles@gmail.com](mailto:placefilles@gmail.com) or by phone: (438) 829-2221