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

5580, chemin
Upper Lachine.
Montreal, QC
H4A 2A7
514.489.6567

E-MAIL:
info@preventioncdnndg.org
ecoquartier@gmail.com

VISIT US ON THE WEB:
Website:
www.preventioncdnndg.org
Facebook:
Prevention CDN/NDG
Twitter:
[@preventioncdnndg](https://twitter.com/preventioncdnndg)
Instagram:
<https://www.instagram.com/preventioncdnndg/>

Terri's Two Cents

Another AGM in the Books!

On Wednesday, March 27, Prévention CDN-NDG held their Annual General Meeting. This meeting, is defined as a “yearly gathering of a company's interested shareholders.” However in our case, we open it up to the general public for anyone interested to come and learn about our organization.



There were close to 40 people at St-Raymond's Centre during the meeting. We were happy to see Sue Montgomery, Mayor of the Borough of CDN-NDG, Peter McQueen and Christian Arsenault, city councillors in NDG and Loyola respectively, Elisabeth Prass and Chris Savard who work for David Birnbaum, MNA for Darcy McGee, as well as Margaret Guest, Marc Garneau's Political Attaché, who came out to see us.

As well as the usual AGM agenda, such as discussing our audit by Frank Santillo, by our treasurer, Rapi Sota and going over the administrative items. The programming section was animated by Joe Lambert, long time Tandem Counsellor and Jennifer Chapman of Mobilization in the form of a talk show entitled Meet the Prev, a play on words for the show Meet the Press. We had a lot of laughs and everyone learned more of our great projects at the same time. The election

of Board Members was held as well. Congrats to Steve Hreha, Simeon Pompey, Rapi Sota and Annick Munyana who are back with us this year. A big thank you to Angela Aldinucci who replaced Annick last year during her maternity leave. We still have a spot on the Board, so if you would like more information or would be interested please email me at terriprevndg@gmail.com.

We are happy to report that our event was waste free. Thanks to our Eco-quartier NDG team. Special thanks goes to The Provigo on Sherbrooke and Cavendish for the generous food donations and Boom Service for the rental of their dishes.



Our AGM is an almost six month endeavour, made a lot more palatable with our awesome internal committee: Jennifer Chapman, Brigitte Chrétien, Fanny Lavigne, Sarah Nambukarawasam, Eero Piilokivi, Miranda Potts, and Nikki Schiebel. And thanks to everyone who took the time to come and see us at the AGM, and the Prévention CDN-NDG staff, who all contribute to the success of the organization!

- Terri Ste.Marie

Glass recycling in Québec : What's going on?

The controversy surrounding the recycling of glass and the implementation of a deposit system in Québec continues to make the news. For more clarity, here is a portrait of the current situation.

In Québec, the problem with glass is its low recycling rate. Our recovery system consists of a disorderly collection, where the glass is deposited in the bin with other recyclables, metal, plastic, paper, and cardboard. Glass breaks and mixes with other materials, making it difficult or even impossible to sort and recycle. Only 14% of the glass recovered in Québec is recycled. This statistic includes glass used in cement or to cover dumps. Critics of the current recovery system disagree with this statistic, on the basis that this use does not really constitute recycling. Redesigning glass to make new bottles is an example of "true" recycling, for example. Moreover, glass is a material that can be recycled to infinity while maintaining its quality.

To remedy the low recycling rate, groups including Québec's Common Front for Ecological Waste Management (FCQGED) are proposing to introduce a deposit system for bottles of alcoholic beverages. The Société des Alcools du Québec (SAQ) is, for the moment, firmly opposed to it. Éco En-

treprises Québec (EEQ) is also positioning itself against the directive, and is proposing instead to invest in improving sorting centers. EQE has also conducted pilot projects to modernize the equipment and technology of sorting centers to make it possible to recycle broken glass in the disorderly collection. The recently released report of these pilot projects advances figures that are



hotly debated by both sides, and nuances in the interpretation of these numbers make all the difference. It is necessary to distinguish between the recovery of glass (collect the glass and put in the bin) and the recycling of glass (reintroduce the material into the production cycle). In addition, it is necessary to accompany this modernization of the sorting centers with outlets for the glass debris that are sorted there. Without a market to reuse materials, recycling does not perform its function.

What remains is to solve the issue

of recycling glass from restaurants. Restaurant wine bottles end up in landfill otherwise.

Elsewhere in Canada, glass deposit systems are in place as well as separate glass collections. For example, in British Columbia, non-returnable glass containers can be collected separately door-to-door or reported at drop-off locations. Returned glass bottles (wine, spirits, beer, juice) must be returned to merchants or drop-off points. Thanks to a citizens' initiative, the municipality of Saint-Denis-de-Brompton in Québec has installed a glass drop-off point, and a few other municipalities have also set up similar programs. However, we are still far from offering such a program across the province.

So what path will Québec take? Investments in sorting centers or in an entirely different collection system? For now, and despite the low recycling rate, people must continue to put the glass in the recycling bin. To be continued.

To sign the petition and demand a deposit system:

<https://recyclage.cauzio.org/fr/actions/tous-pour-la-consigne-maintenant>

- Lysiane Chagnon Fontaine

Ecological Questions: fridge magnets

Would you like a fridge magnet to remind you where to look on-line for answers to your ecological questions?

Would you like a sticker that reminds you what is and is not recyclable?

Either one would be a handy reminder to stick on your fridge.

Both are available free at your Éco-quartier NDG.



Water workshop

As a new intern at Eco-quartier NDG and with World Water Day approaching fast on March 22, my first task was to prepare and plan a workshop focusing on the importance of water conservation. I had the pleasure of offering this workshop to the 85th Montreal Girl Guides who meet at the Wesley United Church on Wednesday evenings. The workshop offered animation on the water cycle, responsible water consumption and encouraged the girls to help save

our bodies of water by picking up any trash they may see floating around. They were very involved, and I was happy to hear the knowledge and also the passion the Guides have to save the environment. They were not shy to voice their disagreement with how water



is being wasted or polluted and to share their own tips and tricks with me and with their fellow guiders on how we all can become greener by doing small actions in our everyday lives. To close the workshop we finished off with a fun activity of creating our own jellyfish out of used plastic water bottles in a way to show our appreciation for the creatures who make the bodies of water around this planet their homes.

- Rose Gagnon (intern)

Differences in recycling in Canada and Germany

I am a language student from Germany volunteering with Eco-quartier NDG for eight weeks. It gives me the opportunity to improve my English skills, and to learn about environmental issues and solutions; such as garbage and recycling. I started thinking about how the German waste system differs from the one in Montreal.

Our German way of dealing with waste might confuse foreigners, but it is not always clear for us either. Everything is based on separating waste. Depending on the region, each apartment building or house has two or three sorting bins, which are emptied by the city workers regularly.

A black bin usually receives all non-recyclable materials such as porcelain, used hygiene products and vacuum-cleaner bags. This is still quite simple. However, for the recycling materials it becomes a bit more complicated. Packaging (except metal, glass and paper) is gathered in a yellow bag, which people put in front of their doors when the garbage/ recycling collection passes by. Materials included in

these yellow bags are all kinds of plastic, yogurt cups and milk cartons, for example. At some houses one can find another blue or green bin used to recycle paper and cardboard. Not every city offers a collection of recycling bins for paper, so they set up big paper dumpsters in the streets, where everybody brings their paper waste.



Unfortunately, they often do not have enough space for all the waste, so sometimes people just put it next to the containers. Finally, the food waste has to be disposed of somehow. For that purpose, we use a brown bin like in Montreal. Nevertheless, many Germans compost on their own in their garden in order to produce their own compost, which contains more nutrients for the plants than the

store-bought fertilizers.

The German deposit system encompasses another big aspect of waste separation in Germany. We distinguish between disposable and returnable bottles, which is indicated on each of them. The disposable ones get recycled, but they cannot be used as bottles or cans anymore. The returnable bottles, get refilled and resold again. Hence, they embody the better option for the environment because they are usually made of glass, which is better than plastic anyway. When people bring either type back to the supermarket, they get up to 0.25€ (38¢) back. Non-reusable glass bottles have to be disposed of in three different containers: brown, white and stained glass. All other special items must be brought to a recycling depot.

When I think about all of this it sounds like we don't do anything else than collecting, separating and sorting waste all day but it is not that hard.

- Johanna Lenschen (intern)

Earth Day 2019

Earth Day (April 22nd yearly) is an important day to reflect on the importance of keeping a clean and safe environment. While we at the Eco-quartier NDG believe that every day is Earth Day, we also like to celebrate this important day with the community.

This year, Eco-quartier NDG will be doing a variety of Earth Day activities with NDG schools (clean-ups, workshops and volunteering). We believe that it is important to foster the love of the environment in our youngest residents, so that they can keep that love for their whole lives.

This Earth Day, we ask that you:

- Participate in the borough's food



waste collection program. The new City of Montreal program makes it so easy – all you have to do is put out your food waste each Thursday (Loyola district) and each Friday (NDG). This simple action will greatly reduce greenhouse gases (particularly methane, one of the worst!) while reducing the amount

of garbage sent to landfill;

- Clean out your place from toxic items: burnt out CFL bulbs, old chemical cleaners, dead batteries, old paint and empty aerosol cans should all be brought to the éco-centre;
- Consider hosting a neighborhood clean-up. You can receive a free kit with bags, gloves and t-shirts.

No matter how you celebrate this Earth Day, please remember that none of us can make it without a healthy planet!

Happy Earth Day

- Nikki Schiebel

CDN-NDG Annual Flower give-away

When?: Saturday, May 25th 9 AM

Where?: Park NDG (Sherbrooke West & Girouard), William Bowie Park (Patricia & Fielding) & William Hurst Park (Terrebonne & Grand) in the park chalets.

The activity takes place as long as supplies last.

Compost available as well (30L per



address, please bring your own containers). Wood chips are also available from trees felled in NDG over the course of the year.

Bring your own containers.

Proof of residence from CDN-NDG is required.

Household Hazardous Waste Collection 2019

The 2018 annual Hazardous Household Waste (HHW) collection will take place on May 26th, 2018 at the Madison yards (2140 Madison, corner St Jacques) from 9am-5pm.

ATTENTION: This waste collection is reserved for citizens of the City of Montreal only. A proof of residence is required. Please note that tires are not accepted.



Victim of a fraud or a scam?

How can I recognize a fraud or a scam?

1. It sounds too good to be true.

You've won a big prize in a contest you don't recall entering. You're offered a once-in-a-lifetime investment that offers a huge return. You're told that you can buy into a lottery ticket pool that cannot lose.

2. You must pay or you can't play.

"You're a winner!" but you must agree to send money to the caller in order to pay for delivery, processing, taxes, duties or some other fee in order to receive your prize. Sometimes the caller will even send a courier to pick up your money.

3. You must give them your private financial information.

The caller asks for all your confidential banking and/or credit card information. Honest businesses do not require these details unless you are using that specific method of payment.

4. Will that be cash... or cash?

Often criminal telemarketers ask you to send cash or a money order, rather than a cheque or credit card. Cash is untraceable and can't be cancelled. Crooks also have difficulty in establishing themselves as merchants with legitimate credit card companies.

5. The caller is more excited than you are.

The crooks want to get you excited about this "opportunity" so that you won't be able to think clearly.

6. The manager is calling.

The person calling claims to be a government official, tax officer, banking official, lawyer or some other person in authority. The person calls you by your first name and asks you a lot of personal or lifestyle questions (like how often do your grown children visit you).

7. The stranger calling wants to become your best friend.

Criminals love finding out if you're lonely and willing to talk. Once

they know that, they'll try to convince you that they are your friend – after all, we don't normally suspect our friends of being crooks.



8. It's a limited opportunity and you're going to miss out.

If you are pressured to make a big purchase decision immediately, it's probably not a legitimate deal. Real businesses or charities will give you a chance to check them out or think about it.

What can I do to protect myself?

Remember, legitimate telemarketers have nothing to hide. Criminals will say anything to part you from your hard-earned money. Be cautious. You have the right to check out any caller by requesting written information, a call back number, references and time to think over the offer. Legitimate business people will be happy to provide you with that information. After all, they want the "bad guys" out of business too. Always be careful about providing confidential personal information, especially banking or credit card details, unless you are certain the company is legitimate. And, if you have doubts about a caller, your best defence is to simply hang up. It's not rude – it's smart. If you're in doubt, it's wise to ask the advice of a close friend or relative, or even your banker. Rely on people you can trust. Remember, you can Stop Phone Fraud -

Just Hang Up!

I suspect that a relative or friend is being targeted by unscrupulous telemarketers. What can I do?

Watch for any of these warning signs

- A marked increase in the amount of mail with too-good-to-be-true offers.
- Frequent calls offering get-rich-quick schemes or valuable awards, or numerous calls for donations to unfamiliar charities.
- A sudden inability to pay normal bills.
- Requests for loans or cash.
- Banking records that show cheques or withdrawals made to unfamiliar companies.
- Secretive behaviour regarding phone calls.

If you suspect that someone you know has fallen prey to a deceptive telemarketer, don't criticize them for being naïve. Encourage that person to share their concerns with you about unsolicited calls or any new business or charitable dealings. Assure them it is not rude to hang up on suspicious calls. Keep in mind that criminal telemarketers are relentless in hounding people – some victims report receiving 5 or more calls a day, wearing down their resistance. And, once a person has succumbed to this ruthless fraud, their name and number will likely go on a "sucker list," which is sold from one crook to another.

How To Report Fraud

It's not always easy to spot a scam, and new ones are invented every day.

If you suspect you may be a target of fraud, or if you have already sent funds, don't be embarrassed - you're not alone.

If you want to report a fraud, or if you need more information, contact The Canadian Anti-Fraud Centre, that is also the source of this article:

On-line: <https://www.antifraudcentre-centreantifraude.ca>
Toll Free: 1-888-495-8501
Toll Free Fax: 1-888-654-9426
Email: info@antifraudcentre.ca

The Invisible Homeless People



For the last Nexus edition, I interviewed Bernard Besancenot from Multicaf. During the interview, we mostly talked about homelessness and one of the aspects that we discussed made me want to write an article on the subject. I'm talking about the invisibility of the homeless people. Bernard was saying that what is the hardest for homeless people is often feeling like they are invisible to others. This is a phenomenon that I have also witnessed.

Last week, I was in the metro and a man who seemed homeless (no jacket, dirty clothes) started talking to a young couple. He asked them if they had already tasted a certain kind of salad, and was telling them about all the good stuff that was in that salad. The girl and the guy never looked at the man, they looked at each other and laughed, and the girl turned her head away; the man eventually left.

I don't know exactly what it is that brings these people to react this

way, maybe they are scared to talk to homeless people, maybe they simply don't know how to address them, maybe they would feel obligated to help them if they talked to them. Many hypotheses appear and I don't want to judge these people who are clearly living a form of discomfort.

What I do know, however, is the impact it has on the people who suffer the fact of being completely ignored. I know it because I have heard it from more than one person who has lived it. I can thus assure you that a simple smile or a simple hello can change everything in the way these marginalized people feel in our society. I myself experience it quite frequently: I don't always give to people who ask for money but I almost always answer them by apologizing for not being able to help them, or sometimes, just by wishing them a good day. Most of the times, they thank me and wish me a good day in return with a big smile! I also sometimes

take a bit more time to talk to them and these people to whom I talked to have often told me: "I don't mind that you don't give me anything, it feels so good to have someone who takes the time to talk with me and who is interested in me."

I would be lying if I told you I only had good experiences. It happened to me to become the subject of someone's frustrations because I didn't give them anything. In these moments, I try to keep in mind that their life is not easy, that I don't know what they have been through, and that I would find it very difficult to be in their position. It is sometimes necessary to put yourself in someone's position in order to better understand that person. I invite you to do the test and to simply offer a smile or a good day next time you meet someone in need. After all, these people are also part of our community.

- Annie Thifault

Survey on Urban Security in the CDN - NDG Borough

Tandem CDN-NDG is the city of Montreal's Crime Prevention program for the Borough of Côte-des-Neiges-Notre-Dame-de-Grâce.

It has been administered by Prévention CDN-NDG since 1988. We offer citizens both individual and collective strategies to reduce their risk of becoming victims of crime, as well as increase their feelings of security.

We created a survey to better identify the expectations, concerns and needs of the citizens of Côte-des-Neiges-Notre-Dame-de-Grâce with regards to urban security. Once this survey is completed, we will reformulate our action plan and interventions based on the elements identified. All the information will remain anonymous.

This survey will close on November 1st, 2019.

If you have any questions about the Tandem program feel free to email us at conseillertandem-cdnndg@gmail.com or call us at 514-736-2732 at ext:30.

Thank you for taking the time to help us better help you!

Link to the online survey:
<https://fr.surveymonkey.com/r/3NLTF5B>

Anonymous questions

On January 28th and 29th 2019, students at La Voie were asked to participate in a kiosk about consent in relationships (love, friendship, sexuality, family, ...).

With Marysabelle Neuveu, intern in social work at the school, we asked students to write anonymous questions about these topics. We had close to 200 students coming to the kiosk to either write questions, take pamphlets or discuss with us. We selected 146 anonymous questions, not keeping those that were off-topics. WOW! We were impressed by the students' participation.



We already knew that the youth had questions about sexuality, consent, relationships, friendships and family, but we were pleasantly surprised to receive so many questions! We divided them into categories : Sharing intimate pictures without consent, Sexual Orientation and Gender Identity, Sexual Harassment and Sexual Assault, Pornography, Condoms, Puberty, Questions about relationships, Philosophical questions, Consent, Consent and How to Say No, Consent and Changing your mind/Withdrawing your Consent, Consent and Drugs/Alcohol, Virginity, Virginity and Age to Have Sex.

Here are some of the questions we received:

- What should I do if someone sends me nudes without my consent?
- How would you explain that my family and I act differently?
- Is it bad to be lesbian, gay or bisexual?
- During sex, what to do if even if you say "no", you are forced?
- Does masturbating have a negative effect on your body?
- How to control my jealousy without being too invasive?
- What is sex?
- Who can consent for me, about sex?
- How to say "no" to my boyfriend without hurting his feelings?
- Can I say "no" during sex, after it has started?
- At what age can we have sex?
- Does virginity exist or is it a concept invented by society?



Marysabelle and I developed short answers for all categories and questions. So the students can see the answer to their questions, we made posters that are displayed throughout the entrance of the school during

the month of February. Even though it is hard to present the subtleties to every situation with such short answers, we are very proud to have contributed to the student's sexual education. We made sure to have posters with school's resources and how to talk to them if the students have more questions or feel the need to share their stories. Be on the lookout on my social media accounts for what's next with this activity!



We believe this activity was a success because we believe sexual education is very important in schools. Youth have so many questions and they want honest and reliable answers and information, they want to talk about these subjects with adults whom they trust and know won't judge them. My role, as an outreach worker in the school, aims to fulfil these needs : With such activities, students at the school know they can come to me to talk about these issues. They know I'm comfortable talking about sexuality, relationships, sexual violence and talking together makes them develop critical thinking. For Prevention CDN-NDG, this is an important part of our work in prevention of sexual exploitation and sexual violence.

- Fanny Lavigne

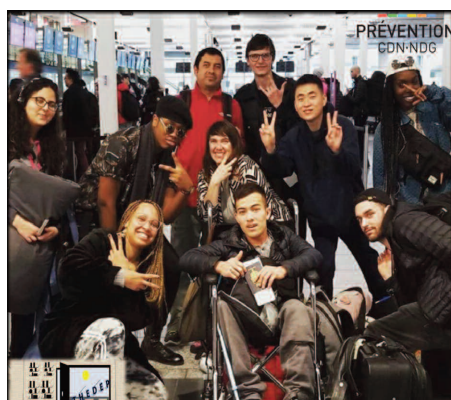
The Dep Podcast : The latest episodes

Nicole Schiebel



Nicole Schiebel is the Coordinator for the Éco-quartier NDG, she became interested in the environment after completing her studies in fashion design, having realized just how wasteful the fashion industry can be. Nikki is drawn to her work because it gives her the opportunity to teach aspects of the environment and to discuss these aspects with the citizens of NDG.

Before leaving to Togo Africa



Kane White House, Jamin Sim, Hugo Giovannangeli, Kayshawna N'Kansan, Mayda Neyod, Ricardo Gomez. We got to sit down with this incredible group of young people before their departure to Togo Africa. This 10-week project to Togo Africa focuses on building life skills and teamwork competencies for youth who are planning to

return to school or looking for employment. These young people will attend repair workshops in the host village and then use these skills to repair bicycles in different Togolese communities.

Citizens of the World team at Carrefour jeunesse-emploi Notre-Dame-de-Grâce is proud to announce their 4th group international project Cyclo Recycle in Togo, Africa.

Eric Pedersen



Eric Pederson shares his story about his basketball journey the ups, the downs and how he ended up playing professional basketball in Peru. A heartfelt story about following your dream. About falling at the bottom of the pit and being able to rise back up.

Akané Kouassi

The story of a young man from France who chased his dream of becoming a fashion model. Although he has all the tools on his side, the height, the looks, and incredible positive energy, he shares how the modeling industry is not

always a fair game.



School in Bethlehem, New Hampshire



Students at White Mountain immerse themselves in a week-long, off-campus Field Course each semester. For the 7th year in a row, the Éco-quartier NDG had the pleasure of hosting a dozen high school students from The white mountain school in New Hampshire.

If you want to share your story, contact Karl Thomas at thedep-podcast@gmail.com

iTunes:

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

Soundcloud:

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

- Karl Thomas