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Nexus CDN/NDG

In this edition:

Éco-quartier news

Prevent bicycle theft

SNAP®

Survey on security

Latest DEP podcasts

Kiosks

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Terri's Two Cents

Project to combat sexual harassement

It is with great pleasure that we announce the awarding of funds from the Federal Government's Department for Women and Gender Equality (formerly known as Status of Women) for our project entitled "Cultivating a Culture of Consent: Towards a Systemic Change towards Sexual Harassement in High Schools."

With an aim to prevent and combat sexual harassement, while at the same time favour a culture of consent in local high schools and community centres in the boroughs of Côte-des-Neiges/NDG, Outremont and the Town of Mount Royal.

This project, now in its second year is divided up into three components:

Year One: A needs analysis and a research report were created. To date, 18 focus groups made up of youth aged 12-17, and/or those who work with youth, either in a school or community setting were met with to discuss their know-

ledge and their points of view on consent and sexual violence.

Year Two: With the information gathered in year one, tools will be created that will help meet the needs of our partners.

Year Three: The third year will be spent putting these tools into place.

The project was officially launched on Friday, May 24 with Rachel Bendayan, member of Parliament for Outremont.

The project team is made up of Ramaelle Duquette, Coordinator and Guillaume Soubeyrand-Faghel, Research Agent. Juliette Paume also worked on the project during the first year, helping with quantitative information.

More information will be forthcoming in future issues of Nexus. Stay Tuned!

- Terri Ste. Marie



(From left to right): Terri Ste.Marie, Guillaume Soubeyrand-Faghel, Ramaëlle Duquette, Rachel Bendayan and Fanny Lavigne.



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Page 2 of 8 Nexus CDN/NDG

Summer students

Once again this year, the Éco-quartier NDG was very lucky to receive generous funding from Service Canada for a number of summer positions: Green patrol, environmental camp animator, green alley agent, horticultural agent, and food waste collection agent. All positions are 9 weeks long, so the summer staff will be able to help with a variety of projects this summer.

Some of the projects that the students will be working on include: Offering weekly information kiosks in the parks, providing camp animations, helping residents with green alleys, verifying recycling and food waste bins, and the list just goes on and on!

These activities will not only benefit the borough, but the students who study in environmental fields will have the opportunity to further their learning through hands-on activities. Every year, the students tell me how much they learned from



the summer activities.

Once again this year, the CDN-NDG borough is funding ragweed removal. Last year's project removed more than 350kgs of ragweed from NDG alone, and the goal is that if ragweed is ripped up year after year, there will be less pollen and eventually there will be

no more in the neighbourhood. That should help everyone breathe a little better!

If you see the Éco-quartier NDG staff busy improving the NDG environment this summer, please say hi!

- Nikki Schiebel

Tips for a Green Moving Day!

Moving can be very stressful. Planning ahead is the best way to ensure that your move can go smoothly. I've witnessed people scrambling at the last minute to try to figure out what to do with a variety of things that they finally realized they actually no longer want or need.

With a little bit of planning, a green moving day is easier than you think! The Éco-quartier NDG has a multitude of tips to think of when you're planning your move:

Hazardous household waste:

Old batteries, printer cartridges, paint, pesticides, expired medication, burnt out neon lights, and old televisions should not go in the garbage due to their toxic nature. Check with either your local stores or the Eco-quartier to find out which stores accept these used products. The ecocentres are also a good place to dispose of these

items, but please call ahead as the ecocentres are being revamped.

Getting rid of stuff: Try offering unwanted objects to friends or other community members, or visit web sites such as Craigslist, Freecy-



cle and Kijji. You can either sell or offer things for free. As the saying goes, One man's trash is another man's treasure.

Clothing, books, toys, and small appliances: Please bring these

items to your local used item store (Renaissance, Salvation Army, etc).

Odds and ends (wool, bits of fabric, tiles, etc): Before throwing these away, look up to see if it's possible to donate them where they can be used: here (in French) for Montreal's reuse & second-hand directories!

Please consult the City's site, Info collecte here to learn on which days you can throw out large items like mattresses or fridges. The CDN-NDG borough has a weekly bulky item collection.

Consider renting reusable plastic bins as an eco-friendly alternative to buying cardboard boxes. The Go Bac initiative offers durable and eco-friendly moving boxes.

Need more advice? Any other questions? Contact us.

- Nikki Schiebel



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Page 3 of 8 Nexus CDN/NDG

Natural beauty

If you're tired of spending money on name brand cosmetics that haven't had the desired effect, if you do not want to buy expensive natural cosmetics or simply avoid using the products whose ingredients most often contain chemicals, then it's time to try making your own natural care products in your home.

Below are some simple ideas on how to use fruits, vegetables or plants for your beauty routine.

Carrots. Use the carrot juice by squeezing it in a juice extractor. Apply as is on the face or mixed with sour cream, it is a real miracle on sensitive skin and acne. Due to its high vitamin A content, carrot juice softens and revitalizes the skin.

Tomatoes. Due to the acid content, tomato masks are recommended for seborrhea or dilated pores. You can apply a slice of fresh red tomatoes to the cheek. Leave to dry then rinse thoroughly with lukewarm water. Tomato juice is also used for dry skin. After rinsing apply a nutritional cream.

Strawberries. Crush a strawberry on the cheek and let it dry. Then rinse with water. Apply the strawberry mask 2 to 3 times a week on cleaned skin. In the case of oily skin, mix the strawberries with a little lemon juice.

Peaches, nectarines and apricots. They are used as is, applying slices of fresh fruit to cleansed skin. It is a very good natural mask for oily skin with pores or acne. In the case of dry skin, mix the fruits with the sour cream.

Watermelons. For dehydrated or tired skin, yellow melon juice can be very effective for moisturizing.

Apply in the evening, let stand for 20 minutes, then rinse with warm water and cold water.

Bananas. A banana mask is very effective to help with dry skin. Mix ½ a banana with a spoonful of honey and 1 spoon of fresh lemon juice. Leave the mask on for 15 minutes and rinse. Banana masks have a very important role in the prevention of wrinkles, but they are also suitable for young skin.



Cucumbers. have exceptional properties, and thus cucumber masks are very popular. Cut the slices of a cucumber and gently massage the cheeks with them. After an hour, rinse your face or wipe it with a touch of rose water. For dry and dehydrated skin, mix the cucumber juice with olive oil and remove the mixture with a facecloth moistened with chamomile tea.

Cleansing lotion made from cucumber. Mix the juice of a cucumber and 20 ml of yogourt. Apply the mixture to the face and neck and leave on for 10 minutes. Rinse with warm water.

Grapes. Blend fresh grape juice with yogourt until you get a cream. The mask is applied to the face and neck and left to act for 30 minutes. Then rinse with warm water. Because of its moisturizing and tonic

properties, the mask is recommended for dehydrated, irritated and dry skin.

Cherries. Mix a handful of cherries with an egg yolk in the blender. Apply to face and neck and leave on for 60 minutes to clean the skin thoroughly.

Avocado. Crush avocado until it becomes a creamy paste. Add 1 tablespoon of honey. Add 1 tablespoon of yogurt and mix well. Apply the mask on your face and neck, leaving the outline of your eyes free. Place a slice of cucumber on each eye. Leave the mask on for 10 minutes then rinse with warm water. Dab the skin with a towel to dry it. Avocado facial masks are particularly suitable for dry, sensitive and wrinkled skin..

Spinach. contains the full range of vitamins (pro-vitamin A, vitamins B1, B6, C, K) and a lot of iron. The juice or infusion of fresh spinach leaves has nutritional, emollient and tonic properties. It can also be used in combination with other plants, which provide additional nutritional support. **Cabbage**. is used in the treatment of acne skin and an infusion of cabbage leaves as such is indicated against frostbite. Cabbage juice obtained by pressing cabbage leaves (white) contains, among others, vitamin C, antimicrobial sulphide derivatives and an active ingredient with antithyroid action. In cosmetics, fresh fruit juice is part of the masks; It is also used for compresses and sprays because it has nutritive, moisturizing, healing and tonic effects. Grilled cabbage leaves, easily crushed with dandelion, can be applied to the face as poultices. It has an emollient and

continued on page 5



Page 4 of 8 Nexus CDN/NDG

Preventing bicycle theft

When you purchase your bicycle, make sure to note (by writing or by taking a photo) the serial number, that can usually be found under the main frame of the bike. Take a picture of your bicycle as well for future reference.

1: When you need to lock your bike, make sure to lock it with and onto something solid and reliable.

This is an important detail in order to avoid bike theft whether it be at your school, in your back yard or porch, in your garage as well as on the street.

Locking your bike with just a cable is not necessarily the best idea and it's muchmore preferable to purchase a good quality U or D lock or at least a thick chain (at least 10mm thick) to make it tougher for a thief. The difference between a cable and a U or D lock is that a cable can be cut by using simple tools while quality U or D locks has to be cut with an electric tool/grinder. Some additional recommendations are the use of a seat post lock and anti-theft wheel bolts, like for example PinHead or IXOW.

2: Bring your bike inside to prevent theft and decrease risk of losing parts.

It's somewhat evident and efficient but it can make a big difference if you can bring your bike inside, either at home or at your working place.

3: Install a security camera at home or make sure to lock your bike in an area where there are security cameras installed.

Cameras can be a very good idea as it can deter a potential thief and

can also catch the thief in the act of theft. Most cameras can also be controlled through apps that can alert you directly when someone is approaching the area where your bike is. Some of the better security cameras include IP Reolink 4MP and 5MP Super HD.

4: Protect your bike with a GPS tracker.

The anti theft tracker systems are

Call your local police station or local Tandem office to assure that they offer this service.

Several kiosks are also offered by SPVM and Tandem throughout the year that not only gives you a chance to get your bike engraved but also discuss any safety aspects of biking.

You need to, obviously, bring your bike in order to get it engraved as

Venez faire buriner votre vélo GRATUITMENT Come get your bicycle engraved for FREE



- Aide à réduire les vols de vélo/ Helps reduce bicycle thefts
- Améliore les chances de trouver un vélo volé / Improves the chances of finding a stolen bicycle
- Numéro unique donné par la SPVM associé à vos informations et ceux de votre vélo/ Unique number given by the SPVM associated to your information, as well as your bicycles

Ce dont vous aurez besoin : ID VALIDE ET VOTRE VÉLO What you will need: <u>A VALID ID & YOUR BICYCLE</u>

PRÉVENTION CDN·NDG



usually equipped with a GPS tracker and can be installed discreetly inside the handle bar on your bike. This is a very good way to protect your bike as the thief does usually not know how to disable the signal.

The police can then track your bike in real time and be able to arrest the thief as well as return your bike.

The most popular tracking devices are Sherlock and Spybike.

5: Protect your bike by engraving it.

The SPVM's Projet Numéro can prevent bike theft and increase the chance of getting your bike back incase it gets stolen.

This engraving service can be obtained **free of cost** at most police stations in Montreal as well as by some of your local Tandem offices.

well as piece of I.D.

For more info on the engraving in the Cote-des-Neiges and Notre-Dame-de-Grace borough call SPVM station 11 – 514-280-0111, SPVM station 26 - 514-280-0126 Tandem CDN—NDG 514-736-2732.

Upcoming engraving kiosks:

June 25th: 10 am to noon, NDG park corner of de Cote St.Antoine and Girouard

July 2nd: 10 am to noon, corner of Girouard and Monkland

July 4th: 10 am to noon, corner of

Monkland and Cavendish

July 8th: 10 am to noon, corner of

Terrebonne and Grand

July 10th: 1 pm to 3 pm, NDG park corner of Cote St.Antoine and Girouard

continued on page 6



Page 5 of 8 Nexus CDN/NDG

Stop Now And Plan (SNAP®)

The Walkley Community Center and Prevention CDN-NDG are collaborating to bring a new program to serve the families in the community. SNAP® which stands for STOP NOW AND PLAN is an evidenced-based, cognitive-behavioral model, which helps children and their families learn how to effectively manage their emotions and "keep problems small". The SNAP® boys group and SNAP® parenting group are weekly concurrent group sessions for 13 weeks. The SNAP® boys program helps boys aged 6-11 who



are engaging in aggressive, anti-social behavior and/or have come into contact with authority figures at school or the community. In the SNAP® program, the boys learn self-control and problem solving strategies to help keep them in school and out of trouble, while, parents learn effective child management and SNAP® strategies.

We are currently seeking families to attend our SNAP® group sessions. For more information, please contact us.

Tel: 438-622-1007

Email: snapprev@gmail.com

- Jennifer Chapman

Survey on urban security

Thank you for taking the time to help us better help you by taking a few minutes to complete the survey below!

https://www.surveymonkey.com/r/sondagetandem

This survey will end on Friday November 1st, 2019. If you have any questions about the Tandem program, please send an email to conseillertandemcdnndg@gmail.co m.



continued from page 3

anti-inflammatory effect.

Chamomile. has a tonic action in skin care, skin cleansing, anti-irritant, but also prevents premature skin aging because it protects hyaluronic acid from the epidermis. It is particularly recommended for reddened and wrinkled skin. Because it reduces the fragility of capillaries, chamomile extract can also be used in antiperspirant product. In addition, it protects against irritation and inflammation, soothes and softens your skin.

Lavender. it is recommended to

wear the following mask against the seborrhea of the skin and dilated pores: 4 tablespoons of infused lavender flowers, a tablespoon of starch, a tablespoon of wheat bran. Shake until you have a paste. Apply to the face for 15 minutes, then rinse with warm water. Lavender compresses can also be used in the treatment of acne or oily skin. Basil. contains volatile oils with antiseptic, bactericidal, anti-inflammatory and healing properties. In cosmetics, the infusion is used in the form of compresses or sprays on oily and acne skin.

Hazelnuts. The hazelnut mask is recommended for seborrheic skin. Masks are prepared with ground hazelnuts, and honey to give the consistency of dough. After removing the mask, wash your cheek with chamomile tea.

Yeast. Mix 20 grams of yeast with a little hot water, then add wheat germ oil, to form a paste. Once the composition is well-mixed and the yeast completely dissolved, add a tablespoon of honey. Apply on clean skin and enjoy the fine and velvety sensation.

- Adina Badescu



Page 6 of 8 Nexus CDN/NDG

The Dep Podcast: The latest episodes

Ambrose Hamilton

Being a Community worker is only a chapter in Ambrose Hamilton's book. He is an artist and business owner who started from scratch. He shares his story about growing up in St-Vincent and the several struggles he had to endure, about having a hustler's mentality to be able to push himself to thrive in the difficult times of his life.



Jessica Rouillier

Jessica Rouillier is an Urban security counsellor with Prevention CDN-NDG. Jessica graduated in 2017 from Dawson College in Community Recreation and Leadership Training (CRLT). She has pre-

vious experience in the field of recreation with many different clienteles; children, adults, seniors and people with intellectual difficulties.



Diana Oproiu

The Story of Diana Oproiu, from Roumania to Canada. She talks about the reality of the language barrier, on having key individuals in her surroundings and how the best teachers are the ones who adapt to their clientele.



You can find the episodes at the links below. Do not hesitate to subscribe and leave your opinion.

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

iTunes:

https://itunes.apple.com/ca/pod-cast/the-dep-podcast/id1435754230?mt=2 Soundcloud: https://soundcloud.com/the-dep-podcast

- Karl Thomas

continued from page 4

July 16th: 10am to noon at Métro Vendome on de Maisonneuve

July 18th: 10am to noon, corner of Girouard and Monkland.

July 22nd: 10am to noon, corner of Fielding and West Broadway

*kiosks could be cancelled incase of bad weather.

If you are already a victim of bike theft.

Here some important steps to complete in order to increase your chance of getting your bike back:

1. Make a police report on the SPVM website:

https://spvm.qc.ca/.../Signale.../R apport-de-police-en-ligne

2. Add the information of your stolen bike on the website: http://www.velocalisateur.com/ Velocalisateur is a complementary resource that gives all interested persons to view which bikes are being reported stolen and if seen who to contact.

3. Go to the Facebook group Vélo Volé

https://www.facebook.com/group s/velovolemtl/ and post information about your stolen bike.

4. Verify for any security cameras

in and around the the area around where your bike was stolen as the SPVM does not do it all the time. If you can get video images of the theft add it to your bike theft report with the SPVM.

5. Create alerts on Kijiji and Craiglist with your bike information and also verify on groupes like Blackmarket and Marketplace for possible postings about your bike being offered there.

A thank you to Jacques Cabana for being the source of some of the information in this article.



Page 7 of 8 Nexus CDN/NDG

Images from our recent events







The Training and Team Building Committee hosted a self-care day for the staff that included information and a excellent lunch of healthy food as well as home made shampoo ideas, massages and yoga.



The Tandem staff have been busy with the Cycliste Averti program at the Simonne-Monet School teaching the 5th grade kids how to bicycle on the streets.



Prevention CDN-NDG were the winners of the CJNDG's bowling challenge. A special prize was awarded to the Walkley Centre for Best dressed team!



Prevention CDN-NDG would like to take the opportunity to wish Ambrose Hamilton the best of luck in his future endeavours.

Ambrose will be concentrating on his other projects and was with Prev for almost 12 years! If you have any comments about the content or maybe some ideas in order to improve our newsletter then do not hesitate to get in touch with us!

514-736-2732 or email

info@preventioncdnndg.org

A french poem from a citizen

Les itinérants sont courageux

À tout ceux et celles qui vivent dans la rue

Pauvre, malade, alcoolique, drogué ou qui se prostituent

Qui souffre de froid de faim ayant le ventre creux

C'est tous des gens courageux

Ils se font juger chaque instant

Dans la rue par plusieurs passants Qui les regardent d'un air hautain Leur faisant sentir comme s'ils étaient moins bon que rien

Quelques itinérants se sentent très déprimé

Ils ne voient plus la vie du bon côté Ils souffrent en silence

Faisant face à un vide intérieur immense

La vérité sur les gens dans la rue C'est qu'ils ont beaucoup de résistance et de vécu

Ce sont des gens sensible et qui ont tellement souffert

Ils ont un coeur grand comme l'univers

- Elinor Cohen



Page 8 of 8 Nexus CDN/NDG



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VENEZ RENCONTRER L'ÉQUIPE DE PRÉVENTION CDN-NDG DANS LES PARCS



MEET THE PREVENTION CDN-NDG TEAM AT OUR PARK KIOSKS

PARC NOTRE DAME DE GRÂCE

PARC JEAN-BRILLANT

PARC KENT

PARC COFFEE

PARC GEORGE ST-PIERRE

PARC NELSON-MANDELA

PARC BENNY

PARC MACKENZIE

PARC LOYOLA

PARC PAUL-DOYON

PARC KENT

PARC JEAN-BRILLANT

PARC GEORGE ST- PIERRE

PARC VAN HORNE

11 juin: 16-18h

12 juin: 12-14h

18 juin: 17-19h

21 juin: 16h-18h

27 juin: 17h-19h

2 juillet: 17h-19h

9 juillet: 17h-19h

11 juillet: 17h-19h

18 juillet: 17h-19h

19 juillet: 17h-19h

23 juillet: 12h-14h

30 juillet: 17h-19h

8 août: 12h-14h

13 août: 16h-18h

Annulés en cas de pluie/ Cancelled in case of rain





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