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NDG**

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## Terri's Two Cents

Do you feel safe at home during the day in Cote-des-Neiges and Notre-Dame-de-Grace? How about walking outside alone after dark? And how well do you know your neighbors? These questions are now part of a survey created by our team at Tandem.

In 2005, we initiated a needs analysis, which included a survey, as well as a number of public meetings, and focus groups. The goal was to measure peoples' feelings of security. This enabled us to create an action plan based on our citizens' needs.

Fast forward to 2019. Centre City (The Department of Social Diversity) is beginning the process of studying this 37-year old program in order to figure out the best way to continue.



It is important that everyone participates in all this wonderful borough offers. Although police statistics show us that CDN-NDG is a relatively safe area, if people refuse to go out alone, or are afraid to take public transit, or walk on certain streets in the neighborhood, then more work is needed for everyone to feel safe to use services that they so rightly deserve to use.

Today's survey differs a bit from that of

2005 and the biggest difference is the growth in technology. The survey is now created using Survey Monkey, which compiles answers at the touch of a keystroke. Confidentiality is ensured this way, so people can feel comfortable answering all the questions. The only identifying information that we request is postal code, so that we are able to divide up the answers. The survey is open to all residents in the borough, as well as those of us who work here.



We are in the process of sharing this survey with our partners and the survey has been added to our website, <https://preventioncdnndg.org>. You can also fill out the survey by visiting it at: <https://fr.surveymonkey.com/r/3NLTF5B>.

This survey will close on November 1st, 2019. If you have any questions about this or the Tandem program in general, feel free to email us at [conseillertandem-cdnndg@gmail.com](mailto:conseillertandem-cdnndg@gmail.com).

- Terri Ste.Marie

## My experience in Montreal and with Eco-quartier NDG

After completing four months of language school in Montreal, I started volunteering with Éco-quartier NDG for a period of eight weeks. I had decided to come to Canada because I wanted to travel, discover and improve my English skills before entering university. Since I already spoke better French than English, Montreal was the perfect choice. However, it turned out that French was the dominant language.

I had been interested in environmental topics for a while, therefore the opportunity to work with Éco-quartier was great, and appeared at the right time because I had not decided yet what I wanted to do in the future, and what to study at university. Therefore, the volunteer program gave me an insight into a field I am interested in, and at the same time, I could see how working for an organization actually is because I had never volunteered

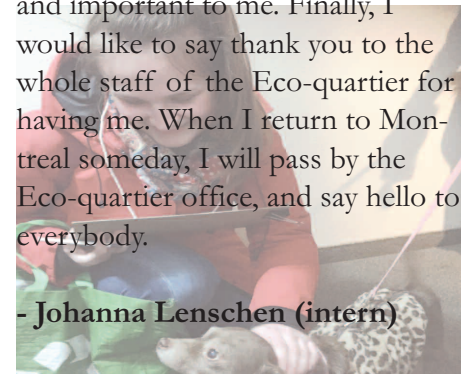
with a company for more than three weeks before.

Regretting that I had to leave school and all the great students from all over the world, I was also looking forward to beginning the second part of my experience in Montreal. On the first day, I already took part in what would become one of my favorite activities at Eco-quartier: going door-to-door to talk to residents about recycling. It was always a bit exciting to knock at somebody else's door, and talk to them, and I will certainly take home some cheerful memories from those evenings. During my internship at Eco-quartier, I wrote some articles for the newsletter, which helped me improve my writing in English. I also really enjoyed this kind of work because I derive much pleasure from writing texts in any language. Moreover, I had the chance to attend many meetings, such as Prévention CDN-NDG's

Annual General Meeting, which was an interesting event for me to see. It gave me an idea of the organization's structure and how they work. They offered very good food as well.

The time passed so quickly that I cannot believe my time in Montreal is almost over. I guess when people do things they like time flies; I therefore genuinely enjoyed my experience with Eco-quartier and the whole trip to Canada. Even if I still have not figured out what I want to study, the protection of our planet has become even more imperative and important to me. Finally, I would like to say thank you to the whole staff of the Eco-quartier for having me. When I return to Montreal someday, I will pass by the Eco-quartier office, and say hello to everybody.

- Johanna Lenschen (intern)



## The Annual General Meeting

As we were attending our first Annual General Meeting (AGM) we were both excited to see how it works and how it would progress and unfold throughout the few hours the meeting would last. To see not only the whole staff of Prevention CDN-NDG all together, the network of people who work within the community and residents interested in seeing the work that's being done by this great organization. There were booths exhibiting pamphlets, posters, videos and photos as well as The Dep podcast allowing people to leave a voicemail or little message for Prevention CDN-NDG. The room was definitely lively, full of smiles and great food!

The AGM gave an insight into the organization's structure, allowing every program to present itself and their work. What we found a little surprising was the Jen and Joe show, a creative way to make the meeting a bit more relaxed. We really enjoyed the way they spoke about each program, by interviewing one team member of each program instead of just giving a speech. This made the assembly lighter with a nice touch of comedy while also letting the non-for-profit organization tell the public about the highlights in 2018. We also got a little sneak peek at the new exciting initiatives that are coming up this year.

Although the AGM was a good

time for the staff of Prevention and other community members it was a productive day as well. It was an opportunity for everyone to reflect on the progress made in 2018 and what can be improved on in the upcoming year. It allowed everyone to take a step back and see how far Prevention CDN-NDG has come in the last 30 years. After being repetitively thanked for her work at Prevention CDN-NDG, Kadi Diop who has now decided to continue her education, shared a motivating story about the importance of community and everybody's place in it.

- Johanna and Rose (Éco-quartier NDG interns)

## Binner's Project

Did you know that in Quebec, we throw the equivalent of \$28 million dollars of refundable deposits in the trash? Imagine if we could instead redistribute that money to those who needed it most. The refundable deposit hook program has been designed just for that, to help those who need it most!

Based on the 'Binner's Project' from Vancouver, last September 28th, the program was launched in a partnership between La Coop Les Valoristes, le Regroupement des éco-quartiers et la Société de Développement Social. They are inviting Montrealers to participate in this new program.

La Coopérative les Valoristes' mission is to make Montrealers aware of the importance of the collectors who contribute to recycling refundable deposit containers. The 'Valoristes' (collectors) are people who are usually in financial difficulty, often also with health problems that restrict their access to employment. The cans that they collect help to pay for some of their basic needs. The collectors collect the cans on a voluntary basis, and they act as experts in regards to questions about refundable deposit items.

### How it works:

Residents can buy a \$1 sticker (costs are only for printing) at the

local Éco-quartier office. They can then hang a hook outside, next to the sticker. On recycling day, residents are invited to put their refundable cans in a bag and hang it on the hook. The people who collect cans will see the sticker, and understand that they are permitted to take those cans back to the store so that they can benefit from the money collected. In an average week at my place, they might earn between \$0.10 and \$0.50 which is definitely not very much money.



The idea however, is that they will find a number of such hooks, and thus be able to make a decent wage for the day.

### Advantages:

The advantage of separating out refundable items from your usual recycling has benefits for both the resident and the can collector :

The resident: sometimes when we put out our recycling bin, people

go through the bin looking for refundable cans. Depending on how careful and neat the person is, this might leave a mess if they simply take everything out of the bin and don't put it back. By removing refundable cans and placing them in a bag instead, the can collectors will know not to bother going through the recycling bin.

The can collector: The obvious benefit to the can collector is that they have access to the refundable cans more easily when they are separated out. Collectors may also be safer, as there can be glass or sharp metal edges on items in the recycling bin. If they don't have to stick their hands in the bin to get the recyclables, they aren't exposed to those sharp edges.

### Project objectives:

- Make it easier for those in difficulty to collect refundable cans; increase the number of refundable containers returned in Montreal;
- Help people in difficulty meet their needs through collecting refundable cans;
- Encourage Montrealers to participate in saving refundable cans.

Would you like to participate in the refundable deposit hook project? If so, please contact Eco-quartier NDG to purchase your sticker.

- **Nikki Schiebel**

## A tree for my borough

A tree for my neighborhood is back this spring for a 7th edition!

**From April 5th to June 2nd**, residents who live on the island of Montreal can buy trees at a low

price from a choice of 26 species, including some new ones this year again.

Regular trees are for sale at \$25, and fruit trees \$35.

Visit [uapmq.org](http://uapmq.org) for more details and to order your trees.

Make the most of it!



## To grow green in 30 hours

My name is Étienne Desrosiers and I am a francophone doing a 30-hour internship with Éco-quartier. I am a student at Cégep André-Lauréndeau (located in LaSalle) in Art, Letters and Communication, Profile Trilingualism, and I am very passionate about sports, animals and life in general. However, I did not think I was interested in the environment until my internship at Éco-quartier. It really helped me to improve my commitment to the environment.

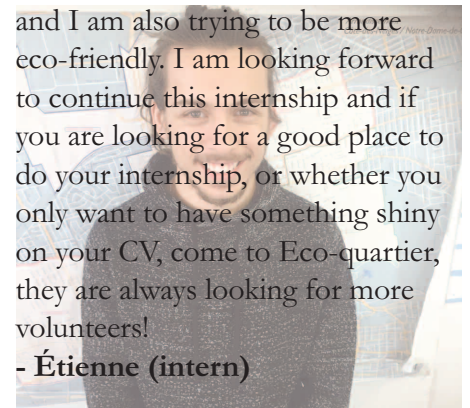
For my last semester in relation of obtaining my diploma, I had the great opportunity to have an English course related to an internship. The first step for the course called Community Internship, (taught by Professor Christi Milsom) was to fill out a form listing my preferences among organizations throughout Montreal and the South Shore, where it was possible for me to do an internship. The main objective of the internship is to be able to improve my English, in a mainly English-speaking environment. The second objective of this internship is to allow the students to open their horizons and to get out of

their comfort zone while also being able to help the organization in which they are interning. I had the chance to choose the organization myself where I wanted to do my internship. With a strong recommendation from my teacher, I decided to go to an eco-friendly organization located in Notre-Dame de Grâce called Éco-Quartier. Like their brochure says: “Éco-quartier is an organization that encourages the residents of NDG to reduce their impact on the environment and to improve their quality of life through adopting an eco-friendly lifestyle”.

Of course, Éco-quartier is a lot more than that. This organization is extremely focused not only on the environment, but also on how to improve the quality of life in the community. Many workshops and prevention activities are offered throughout the year. Also, if you do not go to the Éco-quartier (which is located at 6575 Somerled) Éco-quartier will come to you. Indeed, if you live in the NDG area, it is very likely that you will find many volunteers and interns working together. This could include verifying if the

residents are using the compost bins to the norms of the city, or even just going door-to-door to give some information about what to recycle and what not to recycle (by the way, plastic 6 cannot be recycled in Montreal). Since we are very passionate about our cause, don't be afraid to ask us some questions if you see us. We normally have brown jerseys with the City logo on it. We will be more than happy to answer your questions. In addition, I also helped to separate the different plants seeds such as white echinacea, violets, morning glory as well vegetables plants such as peppers, broccoli and carrots. I have only done about 15 hours so far, but I am very feeling involved in the community. I already know a lot more now about the environment and I am also trying to be more eco-friendly. I am looking forward to continue this internship and if you are looking for a good place to do your internship, or whether you only want to have something shiny on your CV, come to Eco-quartier, they are always looking for more volunteers!

- Étienne (intern)



## Downspouts

It is important to evacuate standing water around your foundation walls to prevent the basement from flooding. One of the best ways to do that is to ensure that your downspouts are connected correctly:

- Don't connect your gutters directly to sewer pipes as it can increase the risk of sewer overflow and flooding. This can be especially problematic in the winter when ice can back up;
- Don't connect downspouts to a French drain. In the connection

process, you might cross underground water with the sewer pipe. You would need a space of at least 12 inches, in order to arrange it prettier and greener;



- Redirect the flow of your gutters to a grassy area (garden) so that the water can percolate directly into the

ground. This is especially beneficial during rainy periods. The City of Montreal's sewer system cannot handle all of the water during rainstorms, thus all gutters orienting rain towards grassy or porous surfaces is helpful;

- Adopt a rain-barrel which can capture up to 200 L of rainwater that you can use when you need it.

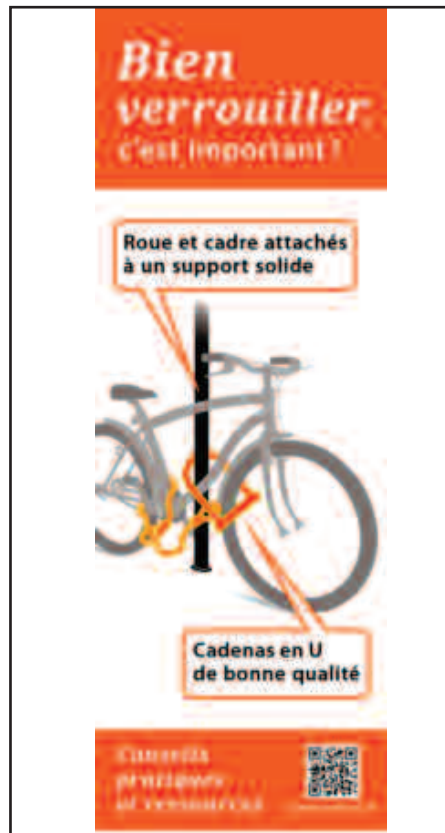
- Hannah Monster (volunteer) & Nikki Schiebel

## Bicycle theft prevention

Biking is often more than just a leisure activity for urban cyclists. It's an economical and eco-friendly way to get around. Unfortunately, a lot of bikes are declared stolen to the police every year in Montreal. Here are a few steps you can take to make sure your very valuable method of transportation – your bike – doesn't get stolen.

1. Choose the right lock!
2. Always lock your bike to a solid object that it cannot be lifted over.
3. Lock your bike in a well-lit area with high foot traffic.
4. Make sure whatever you lock to cannot be cut.
5. Lock according to value - frame first, then back wheel, and finally front wheel.
6. Get the tightest fit possible!

Engraving remains a good theft prevention option. Have your bike engraved at your neighbourhood police station or your local Tandem office. Once the



bike is engraved, the police enter the data in an in-house register. Thus, when an engraved bike is found, it is possible to quickly locate its owner and return it. Write down the bike's serial number when you buy it and keep it with the inventory of your belongings. And remember to keep the invoice. You can also contact your local Tandem office to get your bike engraved for free!

If your bike is stolen, what can you do?

Report the theft to your neighbourhood police station or call 514-280-2222.

Contact your insurer. Your bike might be covered under your home insurance policy.

Contact Tandem CDN-NDG 514-736-2732 or email us at [info@preventioncdnndg.org](mailto:info@preventioncdnndg.org)

## Precautions when using Uber

Uber is one of the many ways people get around our amazing city, however, just like every other mode of transportation there are things to consider with regards to your safety. To help keep you safe, Uber screens drivers and built the technology with safety in mind. But there are also actions that you can take to help keep yourself safe. The following tips were created in collaboration with law enforcement to help you stay safe while riding with Uber.

### 1. Request your ride inside

Minimize the time that you're standing outside by yourself with your phone in your hand. Instead, wait inside until the app shows that your driver has arrived.

### 2. Check Your Ride

Every time you take a trip with

Uber, please make sure you're getting into the right car with the right driver by matching the license plate, car make and model, and driver photo with what's provided in your app. Uber trips can only be requested through the app, so never get in a car where the vehicle or driver identity doesn't match what's displayed in your app.

### 3. Have the driver confirm your name

In addition to the Check Your Ride safety steps, you can also ask the driver to confirm your name before you get in the car. Your driver sees your first name in their app, and your driver's first name is displayed to you in your app. To safely exchange names, you can ask, "Who are you here to pick up?" The driver may also ask you to confirm their name for their own peace of

mind.

### 4. Be a back-seat rider

Whenever possible, sit in the back seat, especially if you're riding alone. This helps ensure that you can safely exit on either side of the vehicle to avoid moving traffic, and it gives you and your driver some personal space.

### 5. Always wear your seat belt

Seat belt use is the most effective way to save lives and reduce injuries related to car accidents, according to the World Health Organization.

### 6. Share your trip details with loved ones

While en route, tap Share trip status in the app to share your driver's name, photo, license plate, and location with a friend or family member. They will receive a text or push notification that tracks your trip and ETA.

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## Once upon a time a homeless person

Last month, I wrote an article on the invisibility of homeless people. That inspired me to share with you a few stories of homeless people who have told me about their life journey. Hearing these stories has of course touched me but also made me realize to what point it can be easy to judge these people before knowing their stories. I hope that reading these stories will help make homeless people be, as it did for me, more visible to you, and to limit the prejudices which sometimes come naturally to our minds. \*For purposes of keeping the anonymity of the people presented in this article, all names are fictitious.

→ **Sylvain** is from Montreal. After having met his girlfriend, he followed her to Gaspésie, despite the few job opportunities in that region. He found an ordinary job to pay the bills while he waited to find a job in his field. A few months later, Sylvain learned that his girlfriend was pregnant and he was thrilled. However, their relationship wasn't at its best and, a few weeks before giving birth, Sylvain's girlfriend kicked him out and told him she never wanted to see him again and that she will raise the kid on her own. All his attempts to contact her have been unsuccessful, as she completely cut ties. Sylvain decided to go back to Montreal where he thought he had a better chance to find a paying job in his field. A friend accepted to host him for 2 weeks but after 2 weeks he still hasn't found a job and, having no savings, he has nowhere to go but the streets. In the period of time that I knew him, Sylvain was never able to be in contact with his ex. He continued his job search since,

even if he realized that it would be difficult for him to see his child, it was a priority for him to contribute financially.

→ **Candy's** dad left when she was very young. At 8 years old, when she was alone with her mother's new boyfriend, he sexually assaulted her for the first time. Fortunately, she was expecting a friend, who rang the doorbell before things went too far. As soon as she opened the door, Candy pulled her friend outside, told her everything and immediately went to the police station to file a complaint. A file is opened and the police asked Candy to go back to the station to follow-up on the complaint. That morning, before heading to the police



station, her mother asks her: "Are you sure you want to do that? You know, without your step-father, I'm not able to pay for everything, we really need him." Candy doesn't follow through with the complaint. From the ages 8 to 17, she was sexually abused by her step-father and never talked about it again with her mother, who chose to ignore these gestures. At 17 years old, Candy left home but has trouble paying for everything. Feeling already like her body doesn't belong to her anymore, she starts prostitution. Having trouble accepting her

reality, she uses drugs more and more frequently to escape, and quickly falls into a vicious circle that costs her more and more.

→ **Farzad** is suffering from paranoid schizophrenia. Around the age of 40, he is confined to a mental institution against his will. He stays there for many months, during which some medication is injected into him. When he got out of the mental institution, having nowhere to go, he became homeless, and has been for over 16 years. His experience having been very unpleasant for him, even traumatizing, he is now very distrustful towards any institution. Having no treatment nor taking any medication, he lives according to a conspiracy theory and is convinced that 99% of all people, consciously or not, are part of the conspiracy. His mental disorder causes him "to blackout", from which he doesn't remember anything, and brings him to believe that other people enter his head and take possession of his body and mind. It is then very hard for him to trust people, and the idea of a conspiracy takes an enormous amount of space in his head, and in his life. It is hard to undertake reinsertion endeavors with Farzad since, not only being completely disorganized, he is disconnected from reality and does not seem conscious that he wouldn't be able to manage having an apartment on his own.

→ **Caro** was abandoned at birth by her biological parents, who were aged 17 at the time. She spends her first 8 years traveling from foster family to another, from youth centers to another, until she is adopted by a foster family. Aged 8, she has already learned to mistrust adults

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## 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 free 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](mailto:snapprev@gmail.com)

**- Jennifer Chapman**

## A day tube sliding

Last Wednesday March 6th, during the March break, Annie, outreach worker and Juliette, animator for Place aux filles! project, went with a group of 19 teenagers to an outing at the Super tube sliding in Saint-Jean-de-Matha.

For the past few years, Table Jeunesse CDN has been offering tickets for the low price of 6\$ each to organizations working with youth in the neighborhood, allowing a large number of teens to live the experience of a wonderful day sliding. Two full school buses brought us to Saint-Jean-de-Matha for us to spend the day. Youth had the chan-

ce to try many different slides, even rafting on snow! Good times were certainly present, as well as a cold weather: it was -17° with the wind! By chance, the sun was out to warm us and make the day even

better. Allowing teenagers to live positive experiences is very precious, and we thank Table Jeunesse CDN to help us do so.

**- Annie Thifault and Juliette Paume**



## Where The Heart Is

We have had to leave our current location at Sherbrooke Forest (the government took the not for profit housing buildings back and all is in major flux) and that Tuesday, April 30th, will be our last day there. Essentially, we are shutting down for the summer six weeks early.

That said, one of our members, Stefano, has started a vibrant group

at his residence, Chez Soi (3825 Cavendish, just above Sherbrooke, behind the Provigo) in the common area, from 2:30pm-4pm on Mondays. All are welcome. And they do plan to continue through the summer.

The Where The Heart Is Team will work throughout the summer to find a viable new location and we will be looking at revamping some

aspects. Change is good and stay tuned for an exciting update in August!

We will take this opportunity to thank Jill at Sherbrooke Forest for her accommodating support and wish her well on her future endeavours.

A huge thank you goes out to Elsie for her all her dedicated hard work

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## The Dep Podcast : The latest episodes

### Alexandra Moise

Alexandra Moise is the founder of Maven Management, a model and artist agency created in 2011, based in Montreal. The mission of the agency is to develop talents.



ming active citizens and strengthening their leadership.



### Juliette Paume

Juliette Paume runs the project Place aux Filles ! This project aims to empower girls aged 12 to 17, by encouraging these girls to get involved in their community, by beco-

### Jean-Edouard Toussaint

For more than 15 years, Jean-Edouard Toussaint has been working to empower youth. Jean-Edouard's work has been recognized throughout the Côte-des-Neiges community in a significant way.

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

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### 7. Protect your personal information

Our technology anonymizes your phone number when you call or message your driver through the app\* and also masks your pickup and drop-off addresses in a driver's trip history. In select areas, the Driver app will only show the general area where a trip started and ended.

### 8. Follow your intuition

Trust your instincts and use your best judgment when riding with Uber. If you ever feel that you're in

an urgent situation, you can call emergency services by using the emergency button located in your app. Anytime you call emergency services from the Uber app, the app provides you with your real-time location and trip details that you can share with the dispatcher.

### 9. Be kind and respectful

As outlined in Uber's Community Guideline, please respect fellow passengers and your driver and their car.

### 10. Give feedback about your trip

After each trip, you're asked in the app to rate your trip. Your feedback helps keep Uber safe and enjoyable

for everyone. If you ever experience a safety issue on a trip, please report it to Uber. Our 24/7 response team will follow up.

And remember, on every trip you can tap the shield icon in the app to access Uber's Safety Toolkit and get help whenever you need it.

Source:

<https://www.uber.com/ca/en/ride/safety/tips/>

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with our group, her creative brilliance, and her caring heart. And Thank You! Merci! Mahalo! to our magnificent Creators! You have all worked so hard to create fabulous items for our neighbours in

need. Donations were brought to NDG Auberge Transition, Head & Hands Young Parent Program, Chez Doris, St. James Drop-In and others, with final donations for the season being delivered next week. Wishing everyone an amazing sum-

mer and look forward to connecting with each and everyone of you again in the fall season.

**- Miranda Potts and the Where The Heart Is Team**



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and, mostly, not to get attached. Her behavior is often bothersome and her foster parents end up asking for her to go back to a center. Very young, Caro discovers alcohol and, at 13 years old, she drinks on a regular basis. When she reaches the age of 16, her biological parents reconnect with her. She soon realizes that they are both drug addicts, and it's her biological father who gave her her first speed. Living in the country, as soon as she turns 18, Caro goes to Montreal, where she experiences for the first time life on the streets. She met a lot of people who live a similar reality to hers and she created her own little family, the streets. Drug use is very present in her life and she experienced a vast array of drugs. In her early twenties, Caro becomes pregnant and this is the turning point she needed to take control over her life. She found a subsidized apartment, created a family nest and, after the birth of her son, she found herself a job. The father of her son quickly disappears and Caro raises her son alone. Between her responsibilities as a mother, her full time job and her friends always partying, Caro feels the first signs of a burn-out. She starts using drugs again, when her son is at daycare or when someone else is babysitting. She reaches out to get help from a community organization and the worker in charge of her follow-up, worrying for the child, calls the DPJ to report the situation. Caro admits to the social worker at DPJ that she uses drugs from time to time when her son is not with her, and that quickly ends up in her son being placed in a foster center. Caro feels her world fall apart, the depression taking over and she stops working. Having lost her

“anchor”, Caro returns to her old drug habits. She misses payments on her rent, loses her apartment and finds herself back on the streets. Despite the disorganization around her life, Caro has never missed an appointment with her son and is always very implicated in anything concerning him. → **Abdel** is the father of 2 kids. A little over a year before I met him, his wife divorced him. The procedures were difficult, in part because both parents wanted custody of the children. Abdel was considering shared custody but his ex-wife wanted full custody, at all costs. That went all the way to Court and, to Abdel's great surprise, he was suddenly accused of violence



against his wife and children. He not only lost custody of his kids, but also the right to see them. That was the worst thing that could happen to him. When he told me that story, we were in a park, surrounded by people, and I saw his eyes fill with tears, which he quickly repressed. Abdel's life turned upside down. With the help of a good friend, he was able to see his kids twice but realized how risky that is and decided instead to continue the legal procedures and to appeal the judgement. The system being what it is, it's very long ... Abdel has lost his bearings and falls into depres-

sion. He doesn't take care of himself, nor his apartment anymore, misses days of work, to the point where he is fired. At the deepest of his depression, Abdel starts taking drugs and is soon unable to pay his rent. Despite his new situation as a homeless person, he goes on with the procedures, doesn't miss a Court date, and always stays hopeful.

I wish to end this article by telling you a story that I have lived myself. On December 23th 2016, my apartment went through a fire, and, from one day to the next, my boyfriend and I didn't have a place to sleep. In the days that followed the fire, we had to use Red Cross accommodation services and, having no food, we went to Sun Youth's food bank, an organization to which I usually refer my clients. As was the case for the people presented in this article, my life shifted in only a few hours. Fortunately, my family is in Montreal and we have good friends who helped us out. In the crazy vortex created by one event, I had many moments of gratitude for the luck we have to be surrounded by such good people. Without the help of our friends and family, I would have inevitably ended up on the streets, at least for a few nights, and, without the understanding of my wonderful boss Terri, I could have lost my job since, for many weeks, I was not able to work full time. Which goes to show that it could happen to anyone... I thus invite you once again to try as much as possible to limit your judgments towards homeless people because there is a story behind each and every one of them.

- Annie Thifault

## Éco-quartier NDG summer jobs

Éco-quartier NDG is looking for summer employees. All positions are funded by Service Canada and have the following Requirements:

- be between 17 and 30 years old (INCLUSIVE) when starting employment;
- be a Canadian citizen, permanent resident or designated as a refugee under the Immigration and Refugee Protection Act;
- be legally authorized to work in Canada in accordance with the laws and regulations in force in the province or territory;
- Study (or have studied) in a field related to the environment (biology, development, ecology, horticulture, geography ...) or any other relevant field.

Salary: \$ 13.00 per hour at a rate of 30 hours per week

Tuesday to Saturday from 10h to 18h (including some evenings)

Send your CV and cover letter by email: [ecoquartier@gmail.com](mailto:ecoquartier@gmail.com)

### The job descriptions are:

#### **Green patroller:**

Inform the residents about the best environmental practices, including waste management (garden waste collection and home composting), water consumption and recycling. Work is done through different activities such as foot and bike patrols, information booths, door-to-door visits, day camp activities, and other events.

#### **Environmental camp + Food waste animator:**

Will work with NDG day campers and teach them about the environment (including 3R themes, composting, responsible consumption,

etc). The children will have the opportunity to learn about the environment in an outdoor setting, through workshops, games and activities. In addition, the animator will offer the camps resources such as recycling bins, brown bins or vermicomposters, to allow the campers hands-on experience. Food waste collection: When there are no workshops planned at the day-camps, the animator will promote the food waste collection throughout NDG. In this way, the animator will greatly contribute to the ecological health of NDG.

#### **Green alley + Horticulture agent:**

Will ensure the link between residents and the borough, and advise resident groups on the plantings and activities possible. Tasks include: organize activities with residents and the borough for green alleys; Cleanliness, planting flowers, greening, installation of equipment, etc.; Motivate residents to get involved in their lanes; Follow up on the project (signs, documentation, pot-holes, etc.); creating digital maps; Writing articles, blogs, etc. to promote the project; Prepare leaflets and other resources for use during the year; Horticulture agent (1/2 time): will contribute to the greening of the neighbourhood (mini-gardens, balcony pots, vines to discourage graffiti, reduction of heat islands, etc). Work with local community groups as well as residents (including those in the Walkley, Westhaven-Elmhurst, Benny, Sherbrooke Forest areas) to increase their garden and green spaces, favouring perennials and other ecological choices; Offer workshops on ecological gardening and

how to grow herbs; Help with the intergenerational gardening program (allows youth to learn from more senior gardeners who need help with the physical side of gardening); Ensure the proper functioning of the 2 Incredible Edible gardens on Somerled (in partnership with Transition NDG); Promote the perennial plant exchange as well as the Tree for my Borough.

#### **School supplies + Water conservation agent:**

Every year, hundreds of pounds of gently used school supplies are needlessly thrown into the garbage at the end of the school year. Éco-quartier NDG needs help in continuing its school supply collection program. The employee will be responsible for following up with NDG schools to ensure:

- They are aware of the program and have received a poster if interested;
- Boxes of school supplies are collected from schools and other organizations in a timely manner;
- Volunteers are invited to participate in a cleaning & sorting activity;
- Needy families are added to a list and followed-up with.

Water conservation: the employee will host workshops, kiosks, etc in an effort to sensitize residents to water wastage. S/he will be responsible for providing dynamic presentations which sensitize the residents to how much water can be wasted at home. S/he will offer low-cost suggestions which residents can purchase on their own (tap aerator, rain-barrel, etc).

#### **Assets:**

- Employment experience related to environment, nature, ecology,

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## CDN-NDG Annual Flower giveaway

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, 2019 at the Madison yards ( 2140 Madison, corner St-Jacques) from 9am-5pm.**

**ATTENTION:** This waste collection is reserved for residents of the City of Montreal only.

A proof of residence is required.

Please note that tires are not accepted.



## Community cleanup

### Walkley-Fielding Community Cleanup

Come on out and bring along your spring-cleaning attitude! We will provide gloves, bags, and t-shirts.

**Where:** Walkley Center, 6650 Côte-St-Luc Road

**When:** Saturday May 18 from

10am-noon  
Help Clean Up Our Neighbour-

hood! (cancelled in case of heavy rain)



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land use or horticulture;

- Member of an Aboriginal community or a visible minority, or handicapped student;
- Teamwork and group animation experience;
- Able to carry on a conversation in French and English;
- Have a bicycle;
- Previous animation experience;
- Can work independently or as part of a team;

- Ease in communicating with the public;
- Organized;
- Responsible / dynamic.

### Other tasks for all posts:

- Help cover the Éco-quartier NDG office during business hours;
- Organize and participate in activities and mobilization events in the neighborhood;
- Support other projects as needed (kiosks, door-to-door, clean-ups,

etc.).

- Recruit volunteers;
- Work on communication tools such as leaflets, posters, electronic journal;
- Promote recycling and food waste collection;

Please contact [ecoquartier@gmail.com](mailto:ecoquartier@gmail.com) should you require further information.

- **Nikki Schiebel**