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## Nikki's Two Cents

### *Fall is here!*

We are starting to feel that cooler weather – a sure sign that fall is here!

Students are back to school, and meeting with our animators from our various programs:

Tandem animator Joe reminds children about safety; Eco-quartier animator Nouha teaches youth about the environment; Fanny and her team return to La-voie High School to empower their groups; and the Outreach workers go between schools, the metro and other spots to see if some teens need a little encouragement or resources to get back on track.

This year, Canadian Thanksgiving is Monday, October 14th. We at Prevention CDN-NDG are grateful for our funders, for our partners and for our residents.

We are particularly grateful for the 30 years that our wonderful director, Terri St Marie, worked in CDN-NDG and paved the way for all of the programs that Prevention CDN-NDG now runs. She will step down as director at the end

of the year, but that will not affect our services as we transition to a new director.

Of course, October also includes Halloween, one of our favourite holidays at Prevention CDN-NDG! Join us on Halloween at one of our two events: at 6767 Cote Des Neiges or at the Walkley Center (6650 Cote St Luc). Our staff will be handing out candy and scaring the bigger kids! If you have any used Halloween costumes or accessories to donate, please drop them off at the Éco-quartier NDG office at 6575 Somerled until Saturday, October 19th. All costumes collected will be offered to children at the Walkley Center.

October 21st is Election Day in Canada. We encourage you to vote for what you believe in, and to make your voice heard!

So enjoy the colours of the changing leaves, curl up on the couch to read your edition of the Nexus, and try not to eat all of the Halloween candy!

- Nikki Schiebel

## Take the 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 on urban security 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.com](mailto:conseillertandemcdnndg@gmail.com).



## Save a Tree!

In NDG, we love our trees. Why wouldn't we? They are living organisms that provide us with oxygen to breathe, filter and clean the air, store carbon, provide shade, cool the air, allow for habitats for wildlife, and beautify homes and streets.

So when we see the city cutting down these precious trees, it rightfully gives way to feelings of anger and misunderstanding. However, it is important to understand that the city doesn't maliciously cut down trees for profit but instead, is doing it in order to conserve the others around them.

For instance, the pesky "emerald ash borer" is perhaps something you've already heard about in conversation or in a pamphlet dropped off at your home. Or maybe it is your first time hearing about this problem!

Either way, it is essential to get a better picture of it and its impact on Montreal trees. The emerald ash borer is an invasive insect species that was brought over to North

America from China in the 1990s and has been wreaking havoc ever since. It finds its home in ash trees and once there, makes itself comfortable. It tunnels through the inner bark and lays eggs that in turn hatch and feed off the bark of the tree, damaging the very nutrients that it needs to survive. Little by little, faster than anyone would like, the ash tree begins to die.

If the tree is beyond 30% dead, there remains no choice but to cut it down. If it is not felled, it will infect the trees around it and cause the death of more trees than necessary.

If you have an ash tree on your property that you would like to have assessed, please go to [ville.montreal.qc.ca/emeraldashborer](http://ville.montreal.qc.ca/emeraldashborer) for more information. If you do need to cut down the tree, the city provides a subsidy as long as you replace the tree with another one. All of the information on how to apply for the subsidy is also on the aforementioned website.

If your ash tree is still healthy, you can get it vaccinated to prevent the insect from damaging (or further damaging) your tree. Unfortunately, this year's deadline to apply for the subsidy has already passed, however you can still get it vaccinated and pay for it yourself. Ash trees must be vaccinated every two years. Whether your tree is healthy or not, you are obliged by the city to act by either vaccinating it or cutting it down in order to avoid fines of \$350-\$700 and impacting the others around it.

So in order to save some trees, we must sometimes cut down others- as sad as that is. Montreal is working hard to fight the emerald ash borer, and with your help, we can do our absolute best to prevent this invasive species from doing any more damage. Call Éco-quartier NDG.

**- Emma McLaughlin (summer student)**

## My very ecological sister

My sister and I did not grow up in what I would consider an environmentally-aware family. In fact, most people didn't think that much about the environment in the 80s, even though the first Earth Day was in 1970.

Our grandparents had lived in Germany during World War II, and, as you can imagine, resources were limited, thus people learned to repair, reuse, and take care of what little they had. Inevitably, this influenced us without our knowing. We saw them save little bits of materials, repair things, and not buy useless stuff; actions that we started to imitate in our own lives.

Throughout the years, I've been so

impressed with some of the ways that my sister has found to reduce her environmental impact. When she started to have a family, she used cloth diapers, made reusable wipes, and mixed her own cleaning solutions. We sewed almost all of the children's clothes from old material and scraps of fabric. Now all grown up, the teens are happy to go to a used clothing store to buy what's 'new' to them! .

A few years ago, my sister introduced me to 'plarn' - a way of knitting with plastic bags. She made me a few beautiful plarn bags that I bring to workshops. Everyone is so impressed! This past Christmas, she wanted to make her son new curtains, but he already had some that were perfectly

good. My creative sister then used the material to make produce bags - one of my Christmas presents! Now I don't need any more plastic bags for grapes or such at the grocery store. She recently went to a clothing swap. Knowing that no one would select the stained t-shirts on a table in the back, she made a bee-line for them and transformed them into a small crocheted bag, which I received as a gift. I love it! It's a great bag, and a great example of reuse.

Even though I am the paid environmentalist in the family, she inspires me all the time! And she shows that everyone can make a little difference, with a bit of ingenuity.

**- Nikki Schiebel**

## Adventures in Improving My French

My summer trip to Montreal was outstanding, and has changed me in many ways. It wasn't only about improving my French, but also about improving as a person.

I really love and respect my host family, as they managed to break down the barriers of fear I had when speaking French. I remember when the plane ride to Montreal was almost over, and how nervous I felt. In the first few days there was a lot of listening, and shaking and nodding my head. I knew I had a lot to learn, but I had no idea just how easy it is for a person to improve when they push themselves. Fast forward to today and communicating with strangers, my host family, or people at work is no problem at all. Fear is not an element of learning French. It goes to show how kindness and patience can make such a big difference when learning a language. It's not like a classroom, where everything you say or write can be critiqued for a mark. In real life, on a student work exchange like this one, you have nothing to lose, and it makes it a whole lot more fun to make mistakes.

My first couple of weeks at work were challenging, while also easy.

My co-workers spoke English and French, and I knew I took time out of their work day to hear me attempt to speak in French, so it was tough for me to choose between expressing myself in English, and barely being able to in French.

After meeting with co-workers outside of the office, I could see just how much they were there to help me. My work environment was no longer difficult or scary, but relaxing, and served as an excellent opportunity for me to learn and improve.

Home was where I spoke French with the most ease. My host family turned out to be some of the most open and patient people I met on the trip, and in my life. They also adapted to my needs. Whenever I was too exhausted, they would give me space, so I never felt like I had to act any way I was not feeling. Gradually throughout the trip, I began to feel more at home with my host family, until I could speak as freely in French as I could in English (even if it wasn't nearly as grammatically correct!)

Going out on weekends and weeknights with my YMCA group was another great aspect of the experience. We made so many won-

derful memories, and it didn't take long for us to realize that the trip wasn't only about improving in French, but also improving as a person, and having trust in yourself and the people around you, so you could have a good time.

Montreal forced me to stop second guessing myself, and go with the flow of things, no matter what happens. I developed a lot more trust in people than I ever would have in Edmonton, where I came from. In Montreal, everyone could get along without understanding all the languages people spoke. It became much easier to approach people knowing that we all spoke different languages, and were trying to understand one another. Diversity is accepted and encouraged, whereas in Edmonton, I am constantly surrounded by only English. I would love to live in Montreal, or a place like it in the future, just to have that challenge of language and other cultures, and the constant reminder that humans are diverse, and we all owe it to each other to interact and learn from one another.

**- Jack Walker (YMCA summer student)**

## Free Compost! Saturday, October 12th, Park NDG (10am-noon)

Looking for the ideal way to add nutrients to your garden or houseplants? Forget synthetic products-home-grown compost (or humus) is the answer!

The city has transformed its green waste into fantastic compost over the course of the year.

Now it's ready to be picked up to improve the quality of your soil-



come and get some! Your garden will reward you!

**Please bring your own container (30L Max / address).**

**Proof of residence from NDG is required.**



## Getting Energy From Compost? Breaking Down Biomethanation in Montreal

Brown bins have become a fixture in NDG, and thanks to residential support, we are now able to divert tons of organic waste away from landfills. While we know that composting is good for the environment, it's not always exactly clear what happens to your kitchen scraps once your brown bin has been picked up.

Montreal's food waste collection system is currently in a transition period. Collected waste is normally transported off-island to fields to decompose naturally and become fertilizer for farms. However, a new composting facility in St Laurent, slated to be finished in 2021, will allow us to compost most of our waste on-island. This will reduce our greenhouse gas emissions because it will lessen the number of kilometers travelled by the compost trucks. Even more exciting, however, is the construction of a biomethanation plant in Montreal East.

Essentially, biomethanation is a composting method that harvests the energy produced by decomposing materials. When organic matter

breaks down, it either occurs aerobically (in the presence of oxygen-rich environments) or anaerobically (in oxygen-poor environments). Typically, open-air composting is mostly aerobic, however, biomethanation itself uses anaerobic decomposition. By keeping compost in controlled facilities and reducing oxygen levels, matter can break down within 2-6 weeks. This type of decomposition process releases methane and carbon dioxide.



These natural gases can then be collected and purified (instead of being released into the atmosphere), and used as fuel! As we transition away from fossil fuels, biomethane produced from natural

composting can be an important fuel source for vehicles that are hard to electrify, such as transport trucks. It can also be used for central heating. Another benefit of biomethanation, then, is that we can generate revenue from our composting by collecting the biogas and selling it to energy companies!

Lastly, these two composting facilities will be supplemented by three more in the future, one of which will also be a biomethanation plant in Lasalle. This is great news for businesses and citizens living in apartment buildings with more than eight units, because the expanded composting capacity will allow the city to start collecting compost from them! They are likely to be invited to join the food waste collection program by 2021.

And if you can participate in the composting program now, there's never been a better time to start.

**- Allison Lalla (summer student)**

## The Dep Podcast : The latest episodes

**Emilio Orellana-Côté**



The Coordinator of the Hip Hop You Don't Stop festival, Emilio Orellana-Côté shares his story of growing up in the NDG community, how he got involved with the festival and much more.

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, or

have ideas for others episodes, contact Karl Thomas at [thedeppodcast@gmail.com](mailto:thedeppodcast@gmail.com)

iTunes:

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

Soundcloud:

<https://soundcloud.com/the-deppodcast>

**- Karl Thomas**

## Pedestrian Safety in Question

### Pedestrians: What the Law Says

The Highway Safety Code also applies to pedestrians. It is important to obey it in order to stay safe and avoid fines while travelling on foot.

### Obligations and Prohibitions

According to the Highway Safety Code, pedestrians must:

- use the sidewalk bordering the roadway. If there is no sidewalk, pedestrians can walk along the side of the roadway or on the shoulder. Although it is preferable that pedestrians face oncoming traffic, they can walk on either side of the road, whichever is safest.
- cross at intersections and pedestrian crosswalks. Pedestrians should check traffic before crossing by first looking left, then right, then left again and behind themselves
- obey the pedestrian lights at intersections. If there are no pedestrian lights, pedestrians must obey traffic lights.

According to the Highway Safety Code, pedestrians must not:

- cross an intersection diagonally, unless authorized to do so by a peace officer, school crossing guard or a sign or signal
- hitchhike on the roadway or in an area where passing is prohibited
- walk on highways or access ramps

### Signs and Signals

#### Where there are pedestrian lights

The white silhouette authorizes pedestrians to cross the street carefully, while watching for vehicles that are turning, especially at intersections where



turning right on red is allowed. A countdown timer often indicates the time pedestrians have left to cross.

The flashing orange hand, which may be accompanied by a countdown timer, indicates that pedestrians should cross only if they have enough time to reach the other side or the safety zone before the orange hand stops flashing. If pedestrians have already started to cross, they should hurry up.



A steady orange hand indicates that pedestrians may not cross.



#### Where there are only traffic lights

Pedestrians have the right of way on the green light only.

#### Where there is a stop sign

Pedestrians have priority and drivers and cyclists must stop in order to yield the right of way.

#### Where there are pedestrian crosswalks that are not located at an intersection

Pedestrians have priority at crosswalks and drivers and cyclists must yield the right of way. However, pedestrians must make sure they can cross safely, in other words, that the vehicles and cyclists have seen them and are yielding the right of way.



#### Where there are no intersections and no pedestrian crosswalks

### nearby

Pedestrians may cross, but they must yield the right of way to vehicles and cyclists.

### Pedestrians: Common Sense

In order to get around safely, pedestrians must not only obey the Highway Safety Code, but also adopt responsible behaviour.

### Being a good pedestrian

To ensure your safety, you should:

- cross at the closest intersection or pedestrian crosswalk
- obey pedestrian lights
- walk on the sidewalk or, if there is no sidewalk, on the side of the road, facing oncoming traffic
- check traffic before crossing (look left, then right, then left again and behind you)
- make eye contact with drivers, otherwise assume they have not seen you
- avoid sources of distraction (talking or texting on a cell phone, using earphones) when walking, especially when crossing an intersection
- be visible at all times (for example, wear bright or light-coloured clothing and reflective strips at night)

### Around heavy vehicles

- Avoid placing yourself in the heavy vehicle's blind spots.
- Be sure to make eye contact with the driver. Even if the driver is higher up, he or she can't see everything and a heavy vehicle's blind spots are much larger than those of a car. If you can't see the driver, the driver can't see you either. When in doubt, let the heavy vehicle go by.
- Pay attention to the turn signal lights of heavy vehicles at intersections.

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# Climate Strike

Nearly half a million people went to Montreal's Climate Strike on September 27th. Among them were the employees of Prévention CDN-NDG. If our staff was and still is mobilized, it is to denounce the fact that those who are first affected by the climate change are the most vulnerable people from an economic and health standpoint.

As the TRPOCB reminds us in this open letter, "here as elsewhere, the most economically and health-vulnerable people are by far the first victims. The heatwave of 2018, which caused more than a hundred deaths in Quebec, is a painful illustration. According to the report made by the Montreal Public Health Department, the victims were people aged 65 and over

(two-thirds), living alone; chronically ill (66% of victims) people living with a mental health disorder (including schizophrenia: 18% of victims); or with problems related



to alcohol and drug use. And the vast majority lived in disadvantaged environments, where most of the heat islands are found in urban areas. "

Reading these few statistics, you will understand that Prévention CDN-NDG has taken the initiative to represent the most vulnerable and marginalized people who are at the forefront of the upheavals caused by the climate crisis we are facing.

If you live in CDN or NDG, we invite you to visit our website, Prévention CDN-NDG offers a wide range of services, especially for people who are homeless, seniors as well as teenagers, etc. Note that we also run an Eco-quartier in NDG: Éco-quartier NDG. If you would

like to have information on the environmental activities that exist in the neighborhood, do not hesitate to contact them.

**- Genres et Égalité**

## from page 5

Remember that the driver won't hear you if you try to signal your presence by shouting.

## Safety Tips Regarding Blind Spots

Blind spots are a great danger for pedestrians, cyclists and other road users, because these areas of the road are outside the driver's field of vision. Here are some tips to better take them into account and avoid accidents.

### Pedestrians and blind spots

- Avoid being in a vehicle's blind spot, especially trucks and buses.
- Make eye contact with the driver. Otherwise, assume the driver cannot see you.
- Be alert at intersections, even when you have the right of way, e.g.

on a green light or pedestrian crossing signal.

- Pay attention to the turn signal lights used by vehicles at intersections.
- Do not cross behind a vehicle as it could back up without noticing you.
- Be visible: wear bright clothing, reflective strips, etc.
- If you are trying to make your presence known, keep in mind that the driver cannot hear you.
- Walk on the sidewalk, or, if there isn't one, on the side of the road, facing traffic.

### Heavy vehicle drivers

- Be mindful of those around your vehicle, especially at urban intersections.
- Watch and anticipate people's movements around your vehicle.

- Do not assume that others can predict your manoeuvres.
- Make sure your rearview mirrors are clear, in good condition and properly adjusted.
- Keep your headlights on at all times.
- Use your turn signal lights to clearly indicate your intentions.
- Be careful when turning right at an intersection if your vehicle has to drift into the other lane or onto the shoulder to make the turn.
- If your vehicle has an additional blind spot caused by auxiliary equipment, be sure to position this equipment so as to minimize the blind spot.

*These safety tips are from the SAAQ website.*

<https://saaq.gouv.qc.ca/en/road-safety/>



## Hip Hop You Don't Stop Festival - 14th edition

This year we had the opportunity to celebrate the end of the summer with the Hip Hop You Do not Stop (HHYDS) Festival from September 19th to 22nd, 2019. For a few years now, the festival has been co-hosted by Prévention CDN-NDG (<https://prevention-cdnndg.org>) and Elementality Media (<http://elementality.ca/>), with the support of the City of Montreal and Heritage Canada.



The festival offered free events for the whole community and for all ages: workshops of all kinds, con-

certs, streetdance competitions and many other things.



The artists Micros Armés, Trinisha Browne, Lotus Collective, Que



Rock and Sans Pression were among the many performers. There was the break dance competition (Crew Battle), the truck graffiti competition and the presentation by Day of the Movement with Giant - founder of the Bartendaznyc movement.



We thank all the participants who came to enjoy this festival in its 14th consecutive year.

- Sarah Nambukarawasam



## Job opening - Executive Director

We are now searching for an Executive Director who is responsible for the successful leadership and management of the organization in partnership with the Board of Directors.

Roles and responsibilities include but are not limited to: (A more detailed job description on our website [www.preventioncdnndg.org](http://www.preventioncdnndg.org))

### Administration

- Overseeing the day-to-day operations of the organization and delivery of services;
  - Contributing to establishing and maintaining a long-term strategic plan complete with specific goals, objectives, performance targets and timeframes as well as an annual plan;
  - Ensure and demonstrate that the organization meets the needs and expectations of its stakeholders;
  - Oversees and participates in internal committees (Communications, Training, Working Relations, Team Building, AGM).
- Human resources
- Providing leadership and support to the team;
  - Determining staffing requirements for organizational management and program delivery;
  - Ensuring that all staff receives an orientation to the organization and appropriate training/support as well as a annual performance review.

### Funding and Financial Planning

- Responsible for financial planning, and annual budget preparation for Board approval as well as work with the auditor to prepare the annual audit;
- Ensuring that sound bookkeeping and accounting procedures are followed;
- Securing adequate funding by writing funding proposals and case for support to increase the funds of the organization as well as to ensure proper spending.

### Board of Directors

- Ensuring that the Board is well informed (eg. policy changes, service trends, community needs, and potential liabilities) in order that it

can exercise its governance responsibilities;

- Preparing Board meetings;
- Working with the Board in the recruitment of potential Board members.

### Community relations

- Acting as a spokesperson for the organization;
- Establish partnerships and collaborative working relationships with community partners, funders, other organizations to help achieve the goals of the organization;
- Support local community initiatives and events that are aligned with our mission statement.

### Qualifications

#### Education and Experience

- University degree in a related field;
- 3-5 years of experience and skills in human resource management, financial management, administration and program management, in a non-profit context.

#### Knowledge, skills and abilities

- Excellent leadership skills;
- Great relationship abilities and professional ethics;
- Fundraising and Grant writing abilities;
- Computer proficiency an asset;
- Experience in Financial management software;
- Proficiency for spoken and written French and English is mandatory.

#### Working Conditions

- Flexible schedule, but will sometimes be called to work evenings and weekends;
- Salary range will be based on our wage policy;
- Some expenses paid (travel, cell phone);
- Group benefits.

*Please send a letter of intent as well as a CV to [cperreault@loisirssportifscdn-ndg.com](mailto:cperreault@loisirssportifscdn-ndg.com) before October 11th. Interviews will be held during the week of October 21 and the person chosen will begin the week of November 18.*