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Back to school

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## Terri's Two Cents

### *Time to step down!*

After 30 years at Prevention CDN-NDG, I will be stepping down as Executive Director, effective December 31st, 2019.

*"I've had the pleasure to work with Terri for close to thirty years", says Dr. Steve Hreha, President of Board of Directors. "During that time I have come to appreciate, and admire her commitment and passion to the community. She has inspired others to work tirelessly in the various programs and projects now comprising Prevention CDN-NDG. She will not be easily replaced nor soon forgotten. Good luck Terri as you embrace new challenges! You will be missed!"*

It is time for me to hand over the

"reins" to new blood who will be able to bring the organization to the next level. No one has been as lucky as I have to work with the best team on the most interesting projects and with great partners! It has been an enormous pleasure, for which I will always be grateful.

A job opening will be posted later in September with a goal of having a replacement in place by the end of November.

Please watch for this posting on our website at [preventioncdndng.org](http://preventioncdndng.org), on our social media sites or in this newsletter.

- Terri Ste.Marie

## Get Prepared for Back to School Safety!

### It's back to school time!

As school doors open, traffic gets a little heavier on our streets. People are back from holidays, school buses and public transit are on regular routes, and people are walking, cycling or driving to school. To help with the transition and share the roads safely, read our safety tips. Help everyone stay safe this school year!

#### 1) Observe School Zone Speeds

Although you should always obey posted speed limits, it is especially important during the school year. Children crossing the road on their way to and from school can easily get distracted and step into harm's way. Slowing down and being vigilant is crucial to keeping kids safe. Children are often out throughout the day at recess, lunch, and for certain classes, so it's important to drive slowly throughout the day.

#### 2) Obey the Crossing Guard

A crossing guard is there to keep children safe. If you come up to a set of lights, and the light turns green, but the crossing guard still says stop, follow his/her direction and not the traffic light. There might be a child still crossing the street that you can't see.



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## Nexus exit interview with Adina Badescu

Hello Adina!

It is with regret that we learn that you are leaving Prev after almost 15 years!

**Nexus:** Where are you going and what attracted you to this new phase?

**Adina:** I wanted to become a teacher to be able to make a positive difference on the future of children. For me, it is great and fulfilling challenge: Stimulating the next generation to become lifelong learners. I can't think of any job as important to society as teaching. I have always loved to give young people the best start in life. Interacting with kids is great.

**Nexus:** What did you like the most during these years at Éco-quartier?

**Adina:** For me working in the environmental field at the Éco-quartier NDG every day for 14 years was an honor. I know that while we may not be changing the entire planet or solving major world problems, each step we take sensitize kids or adults can help to make the world a better place, one person at a time. To know we are a part of that is more than we could ever ask for.

**Nexus:** What will you be miss the most?

**Adina:** First, I am going to miss my colleagues who in time became my friends. We spend a lot of time together, we worked, we laughed, we cried and we had fun, but most important we never gave up and we always were there one for another for good and for bad. I like to think that the Eco TEAM is one of the BEST I ever worked with.

**Nexus:** Do you have an anecdote to tell us?

**Adina:** I remember over 10 years ago, my colleague Bill, and I thought of planting flowers on Queen- Mary, around the trees. At that time, we were very upset be-

vironment. And we have to start at young age beginning with the toddlers. Well, there is another way, of course which is a better legislation concerning the environment protection, but this is another story, right.



cause many people were chaining their bicycles around the trees or leaving their dogs to poop there. I was 6 months pregnant at the time but that didn't stop me from finishing this amazing project. We were very happy because we changed the look of the street and we saw the people stopping by and admire our work. Unfortunately, not everybody understands and appreciate the effort and work of others and everything was destroyed after two months. It's sad. It's sad because you wanted to give the community something beautiful, you wanted to make a difference in their lives but this is not for everybody. And sometimes in our job you feel weak because you don't have enough power to change the rules. All we can do is to sensitize the people, and make them understand the importance of taking care of the en-

**Nexus:** Do you have other projects that you would like to talk about?

**Adina:** For the next years, teaching kids is my only project.

**Nexus:** Your biggest wish for Éco-NDG and Prevention CDN-NDG?

**Adina:** Friends are forever but sometimes it is important to depart for making the bonds stronger. In the journey of life, you meet several people who are hard to forget. I am glad that I met my colleagues and wish them all the best, stick together and never give up on your dreams!

We wish you the best of luck for the future.

Hoping that you will come to see us from time to time!



## Perennial Plant exchange: 15th edition

**On Saturday, September 14th 2019 (11am-1pm)**, the Éco-quartier NDG will host a perennial plant exchange in Somerled Park (in case of rain, the event will take place at the Éco-quartier NDG at 6575 Somerled, suite 206).

All Montreal residents are invited to bring a perennial to exchange! It is a great opportunity to increase your garden's variety as well as meet other people who are equally as passionate about gardening. Perennial plants provide numerous



benefits.

In addition to the fact that they don't have to be replanted every year (reducing transport, containers,...work! etc), these plants often have deep, extensive root systems

which hold soil and prevent erosion. They also capture dissolved nitrogen before it can contaminate the ground and surface water, out-compete weeds (reducing the need for herbicides), and help to mitigate global warming by carbon sequestration.

The Éco-quartier NDG welcomes those looking to freshen up their gardens, as well as those simply looking for tips to get their gardens started. Register now at [eco-quartier@gmail.com](mailto:eco-quartier@gmail.com) or call (514) 486-2727.

## Somerled placotoir

You may have noticed new outdoor seating available on Somerled right near the Éco-quartier NDG office. The borough installed a former storage container, containing wooden benches for seating.

The Éco-quartier NDG staff and volunteers stained the wood, added



soil and flowers to the flower boxes, and are now watering the flowers and making sure it stays clean.

It will be there until the end of October, so next time that you're on Somerled, check them out!

- Nikki Schiebel

## A Tree For My Neighborhood–2019 edition

The UAPMQ ("Un arbre pour mon quartier") spring 2019 campaign sold 55 trees in Notre-Dame-de-Grâce : 30 regular trees and 25 fruit trees will contribute to greening our neighborhood!

Sad you missed your chance to have one of your very own? Don't worry!

It is possible to purchase a tree for



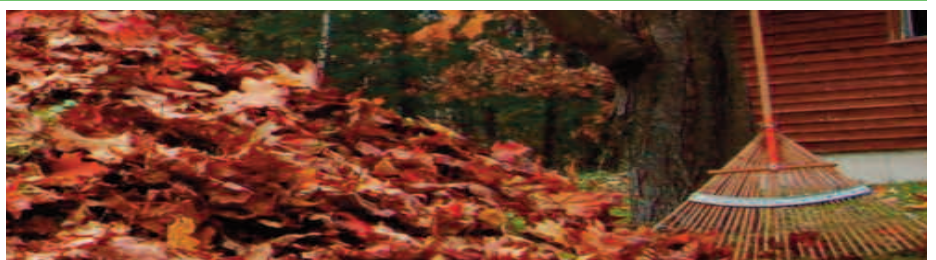
your property!

The fall campaign officially begins on August 23, however some species have been in presale since July 5th.

For all the details, visit the website A tree for my neighborhood : <https://www.unarbrepourmon-quartier.org/>

## Green waste collection CDN-NDG

The green waste collection this fall starts September 25th and will continue every Wednesday until November 27th.



## Reusing Old school supplies

Our fourth edition of the school supplies collection program was a big success! We collected over 750 pounds of supplies, which were then distributed to 42 kids in 18 families. The program helps diverting waste from landfills, particularly items that are still in good shape, and promote the reduce-reuse-recycle mentality: It also helps out families that benefit from receiving free supplies, which can be expensive otherwise.

We would like to extend our sincerest thanks to the schools who participated: Lower Canada College, Loyola High School, École NDG, Prep International, École Étoile Filante, Greaves Academy, Kells Academy Elementary, Royal Vale, and Willingdon. We would also like to thank the individuals who donated supplies.



teers with beverages and snacks during the cleaning and sorting activity:

Boulangerie Molisana, Élémentaire Café, and Provigo Mehdi Taalah were all very generous and

Our landlord, Marius Serrao, generously offered us a storage space for all the supplies. We are also grateful to the volunteers who helped bring the supplies from the schools to our storage.

Big thanks go out as well to our sponsors for providing our volun-

we appreciated the treats!

As always, the used school supplies program is a community effort and we are blown away by the support every year. Thank you!

- Allison Lalla

## The Dep Podcast : The latest episodes

### Priska Laurent

Priska is the owner and founder of Priska & Co, a beauty salon located at 4030 St- Ambroise room 400. She shares her story on how she managed to put her business together, including how her beauty salon became the go-to spot in Montreal. From uncertainty to full acceptance of her craft, we give you the story of Priska Laurent.



### Serena Tchida

Concordia recruit, Serena Tchida shares a part of her basketball journey with us. She talks about stepping into her first tryouts in high school, the work she had to put in to be able to play at the next level, and she visits the aspect of being able to see further than basketball.



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 [thedepodcast@gmail.com](mailto:thedepodcast@gmail.com)

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podcast

- Karl Thomas



## 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).



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### 3) Watch for Darting Children

Kids are small and easily distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a sidewalk. Your fast reflexes might be needed to prevent an accident.

### 4) School Buses

Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they can wander or get into mischief. Make sure children wait well away from the road and stay back until the school bus makes a full stop and the doors open. Explain that they must walk at least three metres (10 feet) away when crossing in front of the bus so the driver can see them. When driving your car near a school bus please note that extra caution is needed. You shouldn't pass a school bus when the signal lights are flashing (as children are often crossing the road at that time), and drive slowly as a general precaution.

**The following information is useful for school bus passengers**

**and their parents.**

#### Rules for getting on the bus safely:

- Be at the bus stop on time. Never run to or from the bus.
- Wait at the designated stop in a safe place well back from the side of the road.
- Remember the danger zone around the bus. The danger zone is anywhere close enough to touch the bus. The bus driver cannot see you when you are in the danger zone.
- If you cross the street to get on the bus: when the bus comes, wait until it has come to a complete stop. The bus driver will make sure all the traffic stops. The stop arm will be out and the red lights will be flashing. Watch the driver. When the driver knows it is safe, he or she will signal you to cross, but watch for traffic yourself. Walk, don't run.
- Hold the hand rail as you get on the bus. Don't push or shove.

#### Rules for on the bus:

- Take your seat as quickly as possible and sit properly, facing forward at all times.
- Hold bags and parcels in your lap.
- Do not put your feet into the aisle: someone might trip.

- Keep your head, arms and everything inside the bus. Don't throw anything out the windows or around in the bus.
- Talk quietly. The driver must concentrate to drive the bus safely.
- Save snacks for snack time at school or for when you get home. They may spill or you may choke if the bus goes over a big bump.
- No fighting, shouting or playing in or around the bus.
- Always follow the bus driver's instructions.

#### Rules for leaving the bus safely:

- When you leave the bus, hold the handrail and step away from the bus.
- To cross the street in front of the bus, walk ahead at least 10 giant steps (three metres). Cross only when the driver gives a signal. Cross the street in single file.
- If you drop something near the bus, don't pick it up. Tell the driver or another adult first.
- If everyone is getting off the bus, the people at the front leave first. Do not push.
- Be familiar with the bus driver's rules for emergencies.

*\*This safety tip was prepared by Public Safety Canada in collaboration with the Canada Safety Council.*

## Park Animators

The park animators of Côte-des-Neiges had another nice summer in the parks.

They have met and animated the youth all through the summer, mainly in Nelson-Mandela and Martin-Luther-King (Kent) parks. The animators mostly enjoyed animating in Nelson-Mandela park.

The activities that were most popular with the teenagers were soccer, basketball, card games and Frisbee. For the first time this summer, the group animated at the pool in Martin-Luther-King (Kent) park, which was very crowded with teens, especially on very hot days.

A few teenagers of Côte-des-Neiges enjoyed an outing at Laser Quest, where we had a lot of fun and spent a lot of energy.

During the summer, the park ani-



mators also visited the youth in Chalet Kent and in the day camps for teenagers of Centre communautaire Mountain-Sights and CELO.

The only thing that the animation team was disappointed about was to have not met more teenagers during their summer. Indeed, compared to the previous years, there was a big decrease of youth attendance in the parks of Côte-des-Neiges this summer.

Despite that, a total of 315 teenagers participated in the activities offered by the team of animators in the parks.

## Legalization of cannabis: workshop by GRIP

On June 3rd, Prevention CDN-NDG's training committee invited GRIP (Groupe de recherche et d'intervention psychosociale) to give us a workshop on the legalization of cannabis. Alexane Langevin, from GRIP, talked about the new law and the approach GRIP is using in its intervention, harm (or risk) reduction. This organization focuses on educating people on developing their critical thinking and make more informed choices about psychoactive substances.



Because we are working with different clienteles, Alexane, from GRIP, made sure to cover multiple aspects of the new law concerning

cannabis. She talked about aspects regarding teenagers (17 years old and younger), adults (18 years old and older), tenants and landlords, drivers of either cars and bicycles, about using cannabis in public spaces and about the charges and fines one could face when breaking this law.

Members of Prevention CDN-NDG who attended this workshop now have more tools and information to answer questions related to this topic. Also, each outreach worker received information and fact cards on different substances so they can hand them out to people they are working with or answer their questions.

GRIP is a key organization for educating on the use of psychoactive substances and we were very pleased to host them for a workshop as we learned a lot!

If you want more information on this subject, you can visit GRIP's website : <http://grip->



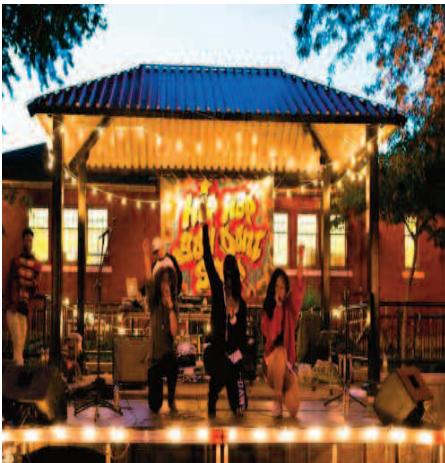
[prevention.ca/](http://prevention.ca/) or contact the Drugs : Help and referral phone line (514-527-2626 / 1-800-265-2626 – 24 hours a day, 7 days a week, in french and English) It is free, anonymous, confidential and for everyone : users, their friends and family, social workers, outreach workers and more. You can also visit their website : <http://www.drogue-aidereference.qc.ca>.

**- Fanny Lavigne**



## Programming of the Hip Hop You Don't Stop Festival

You were waiting for it? You could not attend the festival previously? This year is the opportunity to attend the Hip Hop You Don't Stop Festival (HHYDS) from September 19th to the 22nd, 2019. Since 2005, the festival has been co-presented by Prevention CDN-NDG (<https://preventioncdnndg.org>) and Elementality Media (<http://elementality.ca/>), with the support of the City of Montreal and Heritage Canada.



As every year, the festival will offer free events for the whole community and for all ages: workshops, concerts, streetdance competitions and many other things. Here a little idea of the programming:

**September 19th:** Community Talk at Jean Brillant Park from 5pm to 7pm. A community conversation about the topics of hip hop and youth mental health. This is an open conversation with a large number of guests.

**September 20:** Inauguration of the mural at Nelson Mandela Park from 5pm to 7pm. This inauguration will be done in collaboration with the Black Community Association of Côte-des-Neiges (BCA-CDN) as well as the artists Maliciouz and Zek One (known as Guillaume Lapointe, muralist at Prevention CDN-NDG).



**September 21:** Block Party at Martin Luther King Jr Park (formerly Kent Park) from 3pm to 8pm. There will be the AllStyles 2 vs 2 dance competition and the performance of several artists such as Naya Ali, Obia Le Chef, Lyrikilla, and NBS Studio youth.

**September 22:** Elementakiza at NDG Park (also known as Girouard Park) from noon to 7pm. Performance for all ages will take place. Artists Micros Armés, Trinisha Browne, Lotus Collective,

Que Rock will be part of the many performers.

Youth from the Maison des Jeunes in Lasalle and Côte-des-Neiges will perform. There will also be the Crew Battle break dance competition, truck graffiti competition, Day of the Movement with Giant founder of the Bartendaznyc movement in New York, and a grand opening cypher with End of the Weak.



Apart from the performances you will be able to enjoy the several workshops present on the site (food to fill your stomach, refreshments if you're thirsty, barbers to have the new trendy cut, etc.) and a farmer's market! Come for this 14th edition to enjoy the end of the summer!

- Sarah Nambukarawasam

## Intimid'action

This project is BY and FOR teenagers aged from 12 to 17 years old and aims to increase the teenagers' critical spirit, their leadership and their creativity so that they can take a stand against bullying. Intimid'action will offer activi-

ties and workshops for teens to learn more about how to be active in their community. How can they change things in their neighborhood? From September 2019, the teenagers will deconstruct together the

subject of bullying in relation to gender inequalities through CREATIVE ideas.

- Alison Abrego



## Offre d'emploi : Travailleur.euse de rue jeunesse

Prévention CDN-NDG est à la recherche d'un.e travailleur.euse de rue pour intervenir auprès des jeunes de 12 à 25 ans dans le quartier Côte-des-Neiges.

### DESCRIPTION DE TÂCHES :

- ♦ Assurer une présence dans les milieux fréquentés par les jeunes
- ♦ Identifier les jeunes vulnérables et créer des liens de confiance avec elles et eux afin de créer un climat propice à l'intervention
- ♦ Identifier les besoins des jeunes rencontré.e.s et intervenir en fonction de ces besoins
- ♦ Effectuer des suivis et accompagner les jeunes dans leurs démarches vers une meilleure qualité de vie
- ♦ Référer et accompagner les jeunes vers les ressources adéquates
- ♦ Participer à la coordination d'un projet d'animation dans les parcs durant l'été, et superviser l'équipe d'animation
- ♦ Animer des ateliers de passage primaire-secondaire dans les classes de 6<sup>e</sup> année des écoles du quartier
- ♦ Travailler en collaboration avec les membres de l'équipe de Prévention CDN-NDG
- ♦ Travailler en partenariat et entretenir un réseautage avec les organismes et institutions du quartier
- ♦ Participer aux rencontres de l'équipe d'intervention de proximité
- ♦ Participer aux rencontres du comité d'intervenant.e.s terrain en itinérance du quartier
- ♦ Produire un rapport d'activités mensuel et annuel

### EXIGENCES :

- ♦ Posséder une expérience pertinente en intervention
- ♦ Posséder une expérience pertinente auprès des jeunes ou avoir une bonne connaissance des enjeux jeunesse
- ♦ Diplôme collégial ou universitaire en intervention ou dans un domaine connexe (un atout)
- ♦ Faire preuve d'ouverture et d'empathie et avoir une bonne capacité de non-jugement
- ♦ Autonomie, initiative, organisation, sens des responsabilités et grande capacité d'adaptation
- ♦ Avoir une expérience ou une connaissance du milieu communautaire et multiculturel
- ♦ Être bilingue (français et anglais), une troisième langue est un atout
- ♦ Connaître le quartier Côte-des-Neiges (un atout)

### CONDITIONS DE TRAVAIL :

- 35 heures/semaine
- Salaire : 18,00 \$ / heure
- Début de l'emploi : 21 octobre 2019
- Horaire de travail flexible de jour et de soir, occasionnellement la fin de semaine

Les personnes intéressées doivent faire parvenir leur CV et une lettre de présentation **en spécifiant le titre** à l'attention de **Annie Thifault** à l'adresse [annieprevndg@gmail.com](mailto:annieprevndg@gmail.com)

Date limite pour déposer une candidature : **lundi 23 septembre**

Les personnes retenues devront être disponibles pour une entrevue dans la semaine du 30 septembre

**Prière de ne pas nous contacter. Seuls les candidat.e.s retenu.e.s seront contacté.e.s.**