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Terri's Two Cents

So long for now!

Before I sat down to write this article, I asked Eero about the number of Nexus that have come out since we created the newsletter. He counted and reported that we are at about the 113th edition that has been published. Given vacations and tight missed deadlines, I can say that this is probably my around 100th two cents article that I've written and now it is my last. For those of you who may not know that I am leaving on December 31. After 30+ years, it's time to say goodbye and of course it's a bit surreal and bittersweet. I'm looking forward to spending time with my family, going on adventures, and as they say now, living my best life! But I will certainly miss the team, and the partners with whom I've worked with.



I know that I've already written about what it was like to work at Prevention NDG (as it was called then) back in the early nineties, with our Neighborhood Watch Program, and all its members in a written registry, our overflowing ash-trays, (I know, don't judge)and, our electric typewriter. No emails, no internet. One of our most important tools was our office phone. We were pretty efficient with a phone call back then.

Through the years I've seen many people go through our doors. A hundred + people have worked with me at Prevention CDN-NDG in the past thirty years. I've learned a lot from them! What a diverse group of people that sat around the Prev table, some less than a year, but Joe, for almost 20 years and Bill and Brigitte for 18 and 16 years respectively.

We've had a lot of laughs together! I've also witnessed some sad events while working at Prev. The Polytechnique attack on female students on December 6th, 1989, when I was preparing for a Board Meeting, September 11, 2001 when we spent the day in front of the television and wondering what the future would be like, and The Dawson shooting in September 2006, worrying about friends that we knew who attended the school. Another remarkable event for me was the Ice Storm of 1998. Passing by Loyola High School to see if anyone needed some help at the shelter, I was put to work as I walked in and for the next week worked with some pretty dedicated friends. I've also lost some good friends along the way. Bill Joseph, and Robert W. Brodrick, some very committed Board members, and the team's special friend Nino. I think of them often.

How many offices moves since I began at NDG Centre on 3770 Décarie? From there to Manoir on NDG Avenue to Prev Pop on Upper Lachine. In Cote-des-Neiges, we also started on Décarie, to the Upper Duplex on Kent to 6767 where we've moved around twice for renovations. How many meetings and committees? Wow! Too many to even

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How to avoid BPA?

A study from 2018 by Health Canada showed that Canadian exposure to BPA (a chemical found in plastics) has been on the decline in the past couple of years. Nevertheless, it is still important to remember that chemicals in plastics can be a risk for your health, the health of children and the environmental health. In this article, we give you some tips to limit daily exposure.

Check your kitchen

If you use plastic containers to store your food or your drinks, try to use items made of plastic with the number 2, 4 or 5 because they do not contain or they contain very trace amounts of BPA, unlike plastics 3 and 7. The best option is to use containers made of glass,

porcelain or metal. You can also replace ziplocs and plastic wrap with reusable beeswax paper.



Be careful with cold and warm

Avoid putting plastic in the dishwasher, freezer or microwave. BPAs and other chemicals found in plastics are more likely to contaminate your food when exposed to hot or cold temperatures. If you

are tea or coffee lovers, it is better to opt for a kettle or a coffee machine made with glass or metal.

Children's toys

If you have children, please pay attention to plastic toys especially for the toddlers, who tend to put everything in their mouth. Wooden or fabric toys are safer.

Paper receipts

Finally, most of the paper receipts that you are given in stores are covered with a substance that contains chemicals bad for your health. It is best to avoid them, but if you have any, put them into the garbage and not the recycling.

- Adèle Mongeau

Recycle your natural pine tree!

There are two ways to recycle and transform your holiday tree into mulch :

On **Wednesdays, January 8th & 15th, 2020**, residents can deposit their natural holiday trees on the curbside before 7am. In the case of a snowstorm, pickup will be postponed until the following Wednesday.

All of the trees collected will be recycled and turned into wood chips. Please note that natural holiday trees can be dropped off anytime



at the borough's écocentre, since they have a container for green waste.

No matter which method you

choose to recycle your holiday tree, please ensure that you remove all decorations!

Your natural tree will not end up in the garbage

Écocentre de la Côte-des-Neiges
6925, chemin de la Côte-des-Neiges

Information : (514) 872-3517

Holiday hours : closed on December 25, 26, 27 et 31, 2019 as well as January 1st & 2nd, 2020.

- Nikki Schiebel

Éco-quartier NDG will be closed for the Holidays, from December 22nd, 2019 to January 6th, 2020 and will be open again on Tuesday January 7th!

No impact on collection day

Since Christmas day and New Years day both fall on Wednesdays, there will be no impact on garbage, recycling or food waste collection in NDG.

Leaving towards new horizons

On December 20th, with the beginning of the Holidays, I will be leaving my job at Prevention CDN-NDG. After 4 years working for the organization, I am spreading my wings towards a completely different life. After having worked as an Outreach worker for seniors in CDN for a year and a half, and as an Outreach worker for youth in CDN for 2 and a half years, I am working on some administrative dossiers. Sarah Mekonen has been hired as the new Outreach worker for youth, and has been with us since October 21st.

I loved my work experience in the neighborhood of Côte-des-Neiges. It's a neighborhood that I barely knew before working at Prevention CDN-NDG and it is now a neighbourhood that I love! I love the multiculturalism of the neighborhood, since there are people coming from so many different countries, there is a beautiful cohabitation of the different cultures. I especially like feeling in people the acceptance of others: I

feel that, here, everyone belongs, and it's such a wonderful thing to feel accepted. I have also appreciated the richness of the concertation in the neighborhood, it feels good to see people from different horizons coming together to work towards the enrichment of a neighborhood.

Those of you who have learned to know me well know that travelling is one of my biggest passions. For 10 years now, travelling is part of my almost day-to-day reality, in a sense that, since I caught the bug in 2010 while traveling for 2 months alone in Bolivia and Peru, I am always putting money on the side for a next trip, planning it, dreaming about it, going to discover new countries and even offering my advice to people who are close to me on their future travels.

Therefore, I have made the decision to orient my life towards travelling and discovering communities and cultures all over the world, and will be leaving next February, with no return ticket.

We have settled our choice, for the first years, on many countries in Asia, New-Zealand and Australia. Then, we would like to discover Africa, but we'll see when we're there! I have many ideas for projects with communities all over the world, we will see in due course what is realistic, but one of my ideas is to bring a bit of my outreach work experience with me on the road. Above all, I am leaving with a perspective of exchanges and mutual learning, during which I will grow as much as I hope people I meet will benefit from my experience and passion.

My passage in Côte-des-Neiges will certainly remain engraved in me and I dare imagine that what I learned here will guide me in my future experiences. It was a pleasure to work with you and to be part, for a few years, of the wonderful community life of Côte-des-Neiges.

- Annie Thifault

Intimid'ation news

As the Intimid'ation Project Officer, I did an animation on September 13th, on Self-care in the community in partnership with the beautiful Chalet Kent family! During the event, we exchanged several ideas of spaces that we can create in community. Also, young people spoke about how they take care of themselves when they face obstacles. The energy of the event was filled with comfort, confidence and resilience. We felt that the young people were themselves 100%.

At all times, slowing down and making sure to self-love individu-

ally is important because it is a show of compassion towards oneself!

Sometimes it is not enough when we face difficult situations related to oppressive actions such as bullying because they are social issues. Healing in the community becomes a very important act in order to realize that you are not alone in this situation. Whether it's the victim or the bully, one's self-esteem is generally affected.

Some young people are now part of the *Bully Action Group*. In fact, you can follow us on our Instagram page @groupeintimidation. We

started doing anti-bullying kiosks at La Voie School.

Several teenagers came to the event and a video of this animation is available on our organization's YouTube channel.

Now there are self-love activities at the Chalet Kent every Friday with Toni Fowler! Do not hesitate to check it out!

Also, in the same theme, we invite you to go listen on the TheDep-Podcast, the podcast about Self-care, available on iTunes, SoundCloud or Spotify.

- Alison Abrego

Get to know our new director!

NEXUS: Hello Camille! You've just started your new role in our organization. Welcome to our lovely team! Can you tell us more about your professional background and what brought you to apply for the position at Prevention CDN—NDG?

CAMILLE: Good day. First of all, thank you for this warm welcome. To tell you about my professional background, I have to say that I am a sociologist by training. I did a Masters in economic sociology, studying in depth responsible consumption. I then started a PhD, also in sociology, on the evolution of romantic relationships, but this project is on the ice for now. At the professional level, I worked for a long time in restaurant business, which confirms my Foodie tendencies, I was assistant professor at the University and I did philanthropic development, administration, personnel management, which gradually led me to take up a position as Executive Director of a youth organization in Little-Burgundy. This position has been one of the most instructive for my professional career. I discovered a passion for social impact and an enormous ambition for community work. As part of this role, I have served as on boards of directors for many organizations, directed strategic planning, and succeeded in sustaining an organization that was in danger of going bankrupt when I arrived. Over time, I have also become a consultant to various organizations with temporary needs in governance, administration or social responsibility.

In October 2019, I was looking for a new professional challenge. I knew Prevention CDN-NDG from

afar, having heard excellent comments on various projects. The research I did confirmed that. So I did not hesitate to send my application and since then the nice surprises follow one after the other, both in the interview and since my arrival in office.



NEXUS: What interests you the most about working as an executive director?

CAMILLE: Of course, I already had the experience and the skills to occupy the position of executive manager, but by seeing the work done by Prevention CND-NDG, I sincerely felt that I could be of great contribution to pursue the mission of the organization. I would say that my greatest asset is certainly my ability to have a macro analysis of an organization, in order to maximize its coherence, impact and effectiveness. Here, it is obviously the sociologist in me who speaks. 😊

NEXUS: What excites you most about your new position? And what is the biggest challenge you face?

CAMILLE: What excites me most is getting to know the community, the employees, the projects, the partners. I look forward to participating in team meetings and contributing to projects to the best of my ability.

One of the greatest challenges I

can foresee is getting used to working in such a large and diverse territory. We'll have to endure my multiple questions for a while. 😊

NEXUS: What are your interests and hobbies outside of work?

CAMILLE: I have multiple interests, I'm a very curious person, but to name a few I would prioritize CrossFit, running, art (especially the Museum of Contemporary art), solo travelling, music shows and festivals, restaurants, books of all kinds, board games, social innovation (especially in education, the environment and work).

NEXUS: What can you tell us to help people know you better?

CAMILLE: To tell you a little bit more about me, well, I have to tell you about my son, Leo. He will often follow me to events or meetings, so you will have the chance to meet him. Leo is 8 years old, has no filter and wants to become a DJ when he's older. He attends an alternative school that prioritizes outdoors activities, so he wants to save the planet, like a lot of kids his age, so I encourage him.

I could of course say a lot more, but I'll keep a little suspense for future discussions

NEXUS: How can people contact you?

CAMILLE: I sincerely encourage anybody to contact me for any questions, concerns, impressions, ideas. I am available and easy to talk with. If I don't answer immediately, leave me a message.

Phone or text message: 514-937-9263

Office: 514-736-2732 # 22

Facebook-Messenger: Camille Vailancourt de Jocas

Email: direction.prevention-cdnndg@gmail.com

Celebrate your Holidays in a safe manner

'Tis the season to deck the halls ... falalalala lala la la! Yes ... it is already that time of year again! Holiday festivities (and chaos!) are just around the corner and there is no better time to ensure that you and your family are safe.



Around the house ...

- Remove snow and ice, and put sand or salt on walkways and driveways. Arrange to have this done even when you are away and for a neighbour to pick-up your mail.
- Discard packaging from big-ticket items carefully, bundling cardboard boxes to conceal the nature of their contents.
- Keep a record of your valuables. Identify property by engraving an identifying mark.

Christmas Tree:

- Buy a bright green and fragrant freshly cut tree. The high moisture content makes it less of a fire hazard; just make sure you always keep the trunk immersed in water.
- Use a tree stand with wide legs for stability.
- Keep the tree away from heat sources (fireplaces, radiators, TV's, heating ducts, etc.) and ensure it does not block any windows or doors.
- Remove the tree in 10 to 14 days.



Decorations:

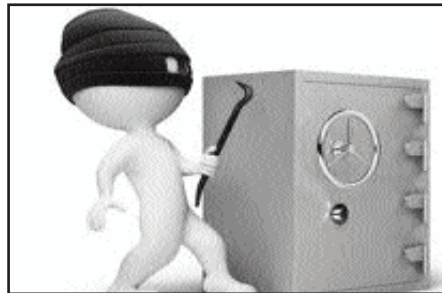
- Choose ones that are flame retardant, non-combustible, and non-conductive.
- Avoid the highly combustible

combination of angel hair (glass wool) and spray snow.

- Use Canadian Standards Association (CSA) certified lights and string sets and make sure they are the proper lights for the environment. Outside lights may burn too hot for indoor use and indoor lights are not weatherproof.
- Be careful not to overload electrical outlets.
- Cut candle wicks short to prevent high flame.

Fireplace:

- Don't burn gift wrappings, boxes, carton, or other types of packaging.
- Don't use gasoline or any other flammable liquids to start a fire.
- Always use a screen.
- Remove stockings from mantel when the fireplace is in use.



Do NOT enter your home if you suspect you have been broken into.

- Use your cell or a neighbour's phone to call the police (9-1-1).
- Do NOT touch anything or clean up until the police have inspected for evidence.
- Note the licence plate number of any suspicious vehicles.
- Note the description of any suspicious person(s).

Avoid charity scams!

Fraudsters can take advantage of the holiday season by creating bogus fundraising operations. Ensure your donations are going to legitimate charities by logging onto the Better Business Bureau (www.bbb.org). The web site has information on charities and businesses.

Secure your mail!

Put a temporary halt to your mail and paper delivery if you are travelling this holiday season. Always pick deliveries up promptly. Unattended mail is a treasure trove of personal information for potential

thieves.

Having a party ...

With holiday parties about to swing into full gear, are you prepared to be a responsible host? Follow these tips to ensure your party is a hit and your guests make it home safe:

- Never serve alcohol to minors.
- Post a standard drinks guide on the fridge or near the food and drink areas so guests are aware.
- Have a plan to prevent drinking and driving.
- Encourage guests to name designated drivers or leave vehicles at home and take taxis, public transit or walk.
- Either don't drink or limit your own drinking of alcohol so you can be aware of how much your guests are drinking.
- Know your guests. It makes it much easier to monitor changes in behaviour.
- Monitor and supervise the serving of alcohol or designate a responsible adult "bartender".
- Stop serving alcohol at least one hour before the party ends.
- See guests in and out. Greeting everyone gives you the opportunity to assess their condition.
- Keep cash and numbers of cab companies handy.
- Keep the focus off alcohol.
- Serve food with protein and fat. Salt makes people drink more and sugar does not mix well with alcohol.
- Have lots of non-alcoholic choices.



514-256-2510

Operation
Red Nose™

What to do if a guest is drunk:

- Encourage them to give you their car keys. Teaming up with a buddy can help.
- Inform them a cab has been called. Asking them if you can call them a cab gives them the opportunity to refuse.
- If they are very drunk keep them with you until they have sobered up or can be left with another sober, responsible adult.

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- Remember that only time, and not food or drink, sobers someone. Be prepared to offer a spare bed.
- If the person insists on driving, call the police. This could be the difference between an upset friend and far more tragic consequences.



Out Having Fun ...

Remember, drinking and driving kills. The choice to drive or not to drive is yours. Please be a responsible adult and make the right choice. You could be saving a life and it might be yours. Get a free ride from Operation Red Nose:

Operation Red Nose is a nationwide volunteer driving service and awareness campaign, dedicated to preventing drinking and driving. Three person teams can be called to drive you and your vehicle home safely between the hours of 9 pm and 3 am, with donations being redistributed to local youth organizations.

Avoid making a mistake that could harm yourself and others, and instead give to those in need. Talk about getting into the holiday spirit!

Local phone numbers for Operation Red Nose can be found on their website at: www.operationnezrouge.com/en

When doing your shopping ...

At a store:

- Keep an eye on anyone who handles your debit or credit card.
- Be sure a cashier only swipes your card once - identity criminals sometimes use small devices that look like store equipment to copy your card information and then use it fraudulently.
- Get your card back promptly and shred all credit card receipts.
- Don't leave valuables unattended in your vehicle while shopping.

Shopping on the internet!

Before providing credit card information online, verify the validity of the site and make sure it's secure. Go to the company website directly and be cautious of unsolicited e-mail links. Read the company's privacy and security policies. Log onto phonebusters.com to learn more about internet crime.



Enjoying the Outdoors ...

A winter wonderland can pose many hazards for pedestrians and vehicles alike. Consider the following safety tips this winter before leaving the house.

Winter walking - not only is walking a great way to stay fit, there is no better time to do it than when the air is crisp, the ground is covered in snow, and you can really enjoy the beauty of the season.

- Remove snow and ice, and put sand or salt on walkways. Report sidewalk or pathway hazards to your landlord or city (3-1-1).



- Wear appropriate footwear. Invest in a good pair of waterproof winter boots with a thick, non-slip sole and low wide heel.

- Ice grippers can be helpful on packed snow and ice.
- Use caution! Remember that bad falls on ice can have long-term consequences such as chronic pain, disabling injury, and fear of another fall.

Going on a road trip?

- Wear your seatbelt correctly. Lap belts should be low and snug

over the hips, while shoulder belts should be worn across the chest.

- Use a restraint system that is appropriate for your child's height and weight. Remember, the safest place for children 12 and under is in the rear side of your vehicle.
- Install four identical snow tires.
- Clear all snow and ice from all windows, hood, roof, and lights before driving.
- Make sure you have lots of windshield fluid.
- Keep an emergency kit and warm blankets in the trunk.
- Let someone know your travel plans before you leave and be aware of travel and road conditions.



Safeguard your vehicle!

Thousands of dollars of merchandise is stolen from vehicles each year, not including damage to vehicles, insurance costs, or the personal costs to victims.

- Always close all windows, lock all doors, and park somewhere well lit.
- Don't leave valuables, including wallets, purses, cell phones, and shopping bags in cars.
- Ensure nothing of value is visible from the windows. Lock valuables in the trunk.
- Know the make, model and serial numbers of all stereo and technical equipment in your car so that it can be provided to police in the event of a theft.

These safety tips were taken from the RCMP website:

www.rcmp-grc.gc.ca/



Images from our Halloween event and First-Aid training!



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begin counting! I think I've been lucky to be involved in some great projects with some great people.

Now it's time to say so long, and to welcome Prevention CDN-NDG's

new Director Camille Vaillancourt. We are in the middle of a transition, and she will be taking the reins at the beginning of the year officially. She can be reached at direction.preventioncdnndg@gmail.o

rg while I will still be able to be reached for a while at terriprevndg@gmail.com.

- Terri Ste. Marie

Happy end of the year to all!

A beautiful year is about to end. Many projects have been carried out by our various programs to meet the needs of the CDN-NDG population. These have been carried out thanks to employees who are engaged, the support of our partners but also of residents who donated their time voluntarily. We thank our funders without whom the realization of our projects would not be possible.

We wish all of you a great end-of-year holiday. Do not forget to celebrate safely, ecologically and share with those around you.

Our three CDN-NDG offices will be closed on December 22nd and will open again on Monday, January 6th and Tuesday 7th for our Éco-quartier NDG.

Enjoy the holidays, have a Happy New Year !

See you in 2020!

Prevention CDN-NDG's team