Naimur Rahman Pledges to Rebuild Neighborhood Community Through Small, Everyday Actions

Naimur Rahman, a ground crew member from Verdun, Montreal, commits to fighting the isolation created by convenience culture with a personal pledge to strengthen face-to-face connections in his community.

Montreal, Quebec Nov 4, 2026 (Issuewire.com) - Why This Pledge Matters Now

Convenience has transformed daily life, but it has also quietly eroded the small interactions that once held neighborhoods together. Montreal resident Naimur Rahman believes too many people are losing the chance to know their neighbors and build real relationships.

"Convenience has made many parts of life easier, but it shouldn't replace the moments that help us know our neighbors and build relationships," Rahman said. "Some of the best conversations I've had started because someone recognized my old Montreal Expos cap or struck up a conversation after a pickleball game."

Rahman sees the shift happening around him. Delivery apps replace trips to the corner store. Streaming replaces community gatherings. People drive short distances instead of walking. The result is fewer spontaneous conversations and weaker neighborhood ties.

"Community doesn't have to be complicated," he explained. "Take a walk around your neighborhood instead of driving everywhere. Visit a local café. Watch your child's game. Stay a few extra minutes after a community event instead of rushing home. Those small moments add up."

Rahman's observations come from his own life. His daughter's swim meets have introduced his family to people they never would have met otherwise. Pickleball has done the same.

"You start by playing a game, and before long you're sharing stories over coffee," he said. "Those relationships don't happen because someone planned them. They happen because people show up."

Seven Personal Commitments

Rahman has translated his concern into specific actions he will take over the next year. These commitments are designed to prioritize face-to-face connection over convenience.

Walk to the local bakery every Saturday morning instead of ordering online. Rahman will make a weekly trip on foot to support a neighborhood business and create opportunities for casual conversation.

Host a monthly pickleball open play session at the local court. He will invite neighbors of all skill levels to join, with no fees or registration required.

Attend every one of his daughter's swim meets and stay for at least 30 minutes afterward. Rather than rushing home, he will use the time to talk with other parents and strengthen those connections.

Shop at the Verdun farmers market twice a month instead of using grocery delivery. Rahman

will prioritize vendors he knows by name and introduce himself to new ones.

Organize a neighborhood potluck dinner twice a year. He will invite families from his block to share food and stories in person.

Take a different walking route through Verdun each week. By varying his path, he will learn more about his neighborhood and increase the chance of running into familiar faces.

Say hello to at least three neighbors during every walk. This simple habit will replace the tendency to walk with headphones on or eyes down.

Lessons From Aviation and Montreal Winters

Rahman has worked as a ground crew member at Montréal–Trudeau International Airport since March 2010. His role involves ramp operations, aircraft de-icing, cargo handling, and ground safety. Over 14 years, he has built a reputation for reliability and has earned recognition for zero safety incidents over 10 years.

"It's a fast-paced environment. Every day is different. Weather changes. Schedules change. You learn very quickly that teamwork is everything," he said.

The same principles that apply on the ramp apply in neighborhoods. Trust, communication, and showing up matter.

"Nobody succeeds alone out there," Rahman noted. "The best crews are the ones that trust each other and communicate clearly."

Working through Montreal winters has also taught him resilience. Early-morning shifts in freezing temperatures require focus and support from coworkers.

"When you're standing outside during a January cold snap, you learn resilience pretty quickly," he said. "You focus on the job, support your coworkers, and keep moving forward."

Do It Yourself: 10 Actions Anyone Can Take

Rahman has developed a toolkit for anyone who wants to strengthen community connections without paying for services or programs. These actions require only time and intention.

Walk your neighborhood regularly. Choose a consistent route or vary it each week. Leave your phone in your pocket and notice who you see.

Introduce yourself to one new neighbor each month. A simple hello and exchange of names can open the door to future conversations.

Attend local events even if you go alone. Community meetings, farmers markets, and park gatherings offer low-pressure opportunities to meet people.

Support the same local businesses consistently. Becoming a regular at a café, bakery, or shop makes it easier to build familiarity with staff and other customers.

Join a free recreational activity. Many parks offer pickup sports, walking groups, or outdoor fitness classes that require no fees.

Volunteer at a neighborhood event. Helping with setup, cleanup, or activities puts you in contact with other volunteers and organizers.

Strike up conversations in everyday settings. Talk to someone at the bus stop, in line at the grocery store, or at your child's school pickup.

Host a simple gathering. Invite neighbors for coffee, a backyard barbecue, or a potluck. Keep it casual and low-cost.

Stay after events instead of rushing home. Linger for a few minutes to talk with other attendees. Those extra moments often lead to meaningful connections.

Share something you love with others. Whether it's baking, sports, gardening, or music, inviting people to join you creates natural opportunities for connection.

30-Day Progress Tracker

Rahman recommends tracking progress over 30 days to build new habits. This simple tracker helps measure consistency.

Week 1: Walk your neighborhood three times. Introduce yourself to one new neighbor. Attend one local event.

Week 2: Visit a local business twice. Say hello to at least five neighbors during walks. Join or organize one recreational activity.

Week 3: Volunteer at a neighborhood event or offer to help a neighbor. Host a small gathering or invite someone for coffee. Continue weekly walks.

Week 4: Reflect on which actions felt most natural. Identify two habits to continue beyond the 30 days. Plan one larger community activity for the next month.

At the end of 30 days, count how many new people you have met or reconnected with. Note which actions led to the most meaningful interactions.

About Naimur Rahman

Naimur Rahman is a ground crew member at Montréal–Trudeau International Airport, where he has worked since March 2010. He has earned recognition for zero safety incidents over 10 years and consistent attendance. Born and raised in Montreal, Rahman lives in Verdun with his wife Layla and their daughter Sophia. He is passionate about Montreal sports culture, pickleball, and neighborhood community. Rahman balances his aviation career with active involvement in local events and recreational sports.

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