



MUNICIPAL MAGAZINE

LIFE IN PIERREFONDS ROXBORO

JANUARY 2015 ■ VOL. 10, N° 1

TO KEEP
UNTIL MAY
2015



Pierrefonds
Roxboro

Montréal



LIFE IN PIERREFONDS-ROXBORO

PUBLICATION

Ville de Montréal
Public Relations and
Communications Division
Pierrefonds-Roxboro

BOROUGH HALL

13665, boulevard de Pierrefonds
Pierrefonds (Québec) H9A 2Z4

BUSINESS HOURS

Mondays to Thursdays: 8 a.m. to 5 p.m.
Fridays: 8 a.m. to 12 p.m.

Fridays, all departments close at noon.
They also close for lunch between 12 and 1 p.m.
Mondays through Thursdays except for the
Citizen Services Office, which remains open
during lunch hour.

TELEPHONE

A phone number easy to remember:



**For Public Security,
please dial 514 630-6300**

For recreational and cultural activities, please dial
the numbers published in the following pages.

FAX

514 624-1300

E-MAIL, WEBSITE AND TWITTER

pierrefonds-roxboro@ville.montreal.qc.ca
ville.montreal.qc.ca/pierrefonds-roxboro
twitter.com/pfds_rox

BOROUGH COUNCIL MEETINGS

Council room

Borough Hall
13665, boulevard de Pierrefonds
Pierrefonds

WEBCAST

ville.montreal.qc.ca/pierrefonds-roxboro

JANUARY

Monday, January 12, at 7 p.m.

FEBRUARY

Monday, February 2, at 7 p.m.

MARCH

Monday, March 2, at 7 p.m.

APRIL

Tuesday, April 7, at 7 p.m.

MAY

Monday, May 4, at 7 p.m.

To ensure that the question period during
Borough Council meetings proceeds
smoothly, residents who wish to address
council members are asked to register with
the Borough Secretary before the meeting.

The Borough Secretary will be in the
council room as of 6:45 p.m. to record your
name and address, and the nature of your
question. During the question period, you
will be asked to address your question to
the members of council.

Note

No photographic cameras, movie cameras,
recorders and similar apparatuses, except
those used by the secretary, may be used
without the mayor's authorization
(By-law CA29 0046).

Dates for **Urban Planning Advisory Committee**
meetings will be announced on the borough's
electronic billboards and website.

CITY COUNCIL MEETINGS

Montréal City Hall

275, rue Notre-Dame Est
Mondays, January 26, February 23, March 23
and April 27, at 2 p.m.

Public question period starts at 7 p.m.

CITIZENS' SATURDAYS

Citizens' Saturdays are held monthly. They are
an ideal opportunity for Pierrefonds-Roxboro
residents to meet elected officials and discuss
matters of importance to them in an informal
and friendly setting. The date, the time and
the name of the councillor will be announced
on the electronic billboards and on the
borough's website and Twitter account.

IMPORTANT NOTICE

Municipal buildings will be closed from **WEDNESDAY, DECEMBER 24, 2014** to **SUNDAY, JANUARY 4, 2015** inclusively for the Holiday Season,
on **APRIL 3 AND 6, 2015** for Easter, and on **MAY 18, 2015** for Victoria Day.



Subscribe to our RSS feed at ville.montreal.qc.ca/pierrefonds-roxboro

Life in Pierrefonds-Roxboro is published four times a year.

PRINTING: Imprimerie Norecob inc.

GRAPHIC DESIGN: Phaneuf design graphique

REGISTERED WITH: Bibliothèque et Archives nationales du Québec and Library and Archives Canada

CIRCULATION: 24,600 copies

The Municipal Magazine is printed on paper containing 10% post-consumer recycled fiber.
The Publi-sac bag is biodegradable (source: Publi-sac Ouest de Montréal, publisac.ca)

COVER PHOTOS: Upper cover photo: Soledad au hasard (photo: François-Régis Fournier)
Bottom cover photo: Carriage ride during the Winter Fun 2014 edition.



Denis Coderre
Mayor of Montréal

MESSAGE FROM THE MAYOR OF MONTRÉAL

Time passes very quickly. Already a year has gone by since you placed your trust in us and the Coderre-Desrochers administration began its mandate at Montréal city hall. Since then, your mayor, councillors and the central city have combined their forces for the benefit of residents.

Concerted action is very important to me, and that is why I would like to count on you again this year. Your borough will continue to work for you and with us to improve your daily life.

I would like to wish you Happy Holidays and a Happy New Year.



Dimitrios (Jim) Beis
Borough Mayor
Member of the Executive
Committee
Responsible for Procurement,
Sports and Recreation, and
Communities of Diverse
Origins

MESSAGE FROM THE BOROUGH MAYOR

From planning to realisation

A new year often starts with a moment of reflection, by a retrospective of progress that has been made during the year and by new objectives for the year to come in order to continue moving forward and accomplish even more. This is no different for a borough! During 2014 many changes were made and projects carried out and I keep on being motivated to ensure that the services and quality of life of the citizens continue to improve.

At the very beginning of 2014 and throughout the year, the website of Pierrefonds-Roxboro has evolved to reflect current issues. Useful information, both financial and operational, related to the temporal activities of the borough has been added. Speaking of technology, I would like to remind everyone about the webcasting of our council meetings starting next January.

Moreover, over the last few months, before starting the monthly Council meetings, we inform the citizens about the recent highlights of the borough through a monthly column that you can also find on our website, under the "Highlights" section.

In 2015, the implementation of the 2015-2019 Strategic Plan will be part of our priorities; a huge team effort that took place throughout 2014, during which all members of Council, directors and employees of the borough have been asked to contribute to.

This plan defines a common vision and short, medium and long term strategic objectives in the areas of Urban Planning, Culture, Sports, Leisure and Social Development, Public Works, Financial Services, Transport, Citizens' Services and Economic Development. And as I have always said: The citizen's participation is essential for the growth of our community, therefore at the beginning of the year, we will seek your cooperation towards the implementation of the Pierrefonds-Roxboro Strategic Plan.

Many other projects are our core priorities such as improving the public transit network, the Pierrefonds-Ouest development and the improvement of our roads, parks and citizens' services.

I wish to thank and congratulate all the directors and employees of our borough and also every citizen who has at heart the quality of life of Pierrefonds-Roxboro and look forward to receiving your suggestions.

In Pierrefonds-Roxboro, everyone can be an integral part of many decisions!

To all, a great 2015 year!



Dimitrios (Jim) Beis
Borough Mayor



Catherine Clément-Talbot
City Councillor
Cap-Saint-Jacques District



Justine McIntyre
City Councillor
Bois-de-Liesse District



Yves Gignac
Borough Councillor
Cap-Saint-Jacques District



Roger Trottier
Borough Councillor
Bois-de-Liesse District

**THE BOROUGH COUNCIL EXTENDS
ITS BEST WISHES FOR THE HOLIDAY SEASON!**



SNOW ALERT: SNOWPLOW IN THE STREET, CARS IN THE DRIVEWAY!

Don't forget that in Pierrefonds-Roxboro it is illegal to park a vehicle on the street during a "Snow Alert".

Failure to comply with a no-parking obligation during a "Snow Alert" is considered an offence liable to a minimum \$40 fine.

LAUNCHING AND ENDING A "SNOW ALERT"

During heavy snowfalls and once the precipitation quantity reaches the snow clearing operations launching level, a "Snow Alert" will be announced on the borough's electronic billboards, website, Twitter as well as by e-mail via the borough's mailing list. The alert must be respected until its end which will be announced the same way.

NOTE: This no-parking obligation does not apply to streets where alternative parking is allowed.

PERMITS AND CERTIFICATES

Winter is the ideal time to submit requests for renovation or construction projects you are planning to undertake in the spring given that delays are required to analyze requests and issue permits.

For any information, to request a permit or to verify its terms, or to obtain a certificate of authorization, you can either call the Construction and Occupancy Division at 311 or come to the Borough Hall, 13665, boul. de Pierrefonds during business hours. The employees will gladly inform you on applicable by-laws and standards. You can also consult by-laws online at:

ville.montreal.qc.ca/pierrefonds-roxboro

- > Services for residents
- > By-laws

SERVICE IN RELATION WITH SUSTAINABLE DEVELOPMENT

You can send us your drawings and documents required for a permit or certificate of authorization application electronically (PDF format), saving paper, time and money. The e-mail address is the following: permis@pierrefonds-roxboro.qc.ca. However, the request and the payment must be made in person at the Borough Hall.



NEW: WEBCAST OF THE BOROUGH COUNCIL SITTINGS

Starting Monday, January 12, 2015, you can watch the whole Borough Council meeting from the comfort of your home.

In fact, you can watch live or in replay all the Borough Council sittings on the Borough's website: ville.montreal.qc.ca/pierrefonds-roxboro.

NIGHT PARKING REGULATION

Don't forget that it is illegal to park on the street between 1 a.m. and 7 a.m., until April 1.

MONTREAL ARCHITECTURAL HERITAGE CAMPAIGN



During a public ceremony held on October 9, 2014 in the Hall of Honour in Montréal City Hall, 18 home owners received a Heritage Emeritus Award for the meticulous care of their properties. Congratulations to the owners of the house located at 45, 9^e Rue, in the Borough of Pierrefonds-Roxboro who were awarded this great honour.

Information: operationpatrimoine.com

"NO FLYERS AND ADVERTISEMENTS" STICKER



You don't want to receive flyers and advertisements? You can get a "no flyers and advertisements" sticker at the Borough Hall.

The stickers are on sale for \$0.25 each.

BY-LAWS

DOGS AND CATS :

FOR YOUR ANIMAL'S WELL-BEING, GET A PERMIT

A LOST ANIMAL MAY BE FOUND QUICKLY THANKS TO THE PERMIT RECORDS KEPT BY THE CITY

Let's recall that obtaining a permit is mandatory. No one can keep a dog or a cat within the borough limits without obtaining such a permit in accordance with by-law CA29 0068. This permit must be obtained within 15 days after acquiring the dog or cat or the day when the dog or cat reaches the age of 3 months, the longest period applies.

NUMBER OF CATS AND DOGS

The maximum number of animals allowed in a dwelling is four (4) while limiting the number of kept dogs to a maximum of two (2).

However, it is possible to keep a maximum of three (3) dogs by obtaining a special permit delivered by the borough.

These restrictions do not apply when an animal gives birth. In this case, the puppies and kittens can be kept for three months.

PERMIT DURATION

The permit is issued on an annual basis. It is valid from January 1 to December 31 of each year.

PROCEDURE FOR OBTAINING DIFFERENT TYPES OF PERMIT

REGULAR ANNUAL PERMIT

Citizens wishing to renew a regular permit or apply for a new one must complete the form below and mail it to the Borough Hall along with the certificate of sterilization. Permits can also be obtained or renewed in person at the Borough Hall (see page 2 for address and business hours).

SPECIAL PERMIT AUTHORIZING TO KEEP THREE (3) DOGS

It is possible to apply for a special permit to keep three (3) dogs in a dwelling provided:

1. the dogs are sterilized and vaccinated against rabies;
2. the keeper does not reside in a building of three (3) dwelling units and more;
3. the permit application must not be related to a dangerous dog or presented by a dog keeper who has been convicted of a nuisance according to the by-law on animal control.

IDENTIFICATION OF THE OWNER



Name:

Address:

Postal code:

Telephone:

☐ Person of legal age ☐ Minor

.....
(Signature of a parent or guardian)

COST OF THE PERMIT

Sterilized dog* ☐ \$25

Non-sterilized dog ☐ \$50

Sterilized cat* ☐ \$20

Non-sterilized cat ☐ \$40

Special permit ☐ \$50

* Sterilized dog and cat: Sterilization certificate must be submitted – photocopy accepted – with every new application.

Enclosed, a cheque (to the order of Ville de Montréal) in the amount of:

IDENTIFICATION OF THE ANIMAL



Name:

Race:

Color: Sex:

Provenance:

Age:

Signature

Date

CULTURAL PROGRAMMING

SHOWS FOR CHILDREN AND FAMILIES

All shows for children and families:
Regular: \$2
Subscription: \$1.70

ONDIN L'illusion, Théâtre de marionnettes

(3-year-olds and up)

Friday, February 6, at 7 p.m.
East Community Centre
illusiontheatre.com

This event is subsidized by the Conseil des arts de Montréal.

MONSIEUR MUTE ! Jugglery and acrobatics

(wordless show, for 4-to 12-year-olds)

Friday, February 20, at 7 p.m.
East Community Centre
mrmute.com

A JOURNEY TO DIXIELAND Les Jeunesses Musicales du Canada

(For 6-to 12-year-olds)

Friday, March 27, at 7 p.m.
East Community Centre
jmcandada.ca

SPRING BREAK

ATELIER BRICO-MUSIQUE : PORTE-VOIX Les Jeunesses Musicales du Canada

(In French, for 3-to 6-year-olds)

Friday, March 5, at 10:30 a.m.
East Community Centre
jmcandada.ca

FREE OF CHARGE!
Passes required, available as of
February 18.



L'HISTOIRE DE BABAR Les Jeunesses Musicales du Canada

(In French, for 3-to 8-year-olds)

Friday, March 6, at 7 p.m.
East Community Centre
jmcandada.ca

FREE OF CHARGE!
Passes required, available as of
February 18.

CLASSICAL MUSIC

STUDIO DE MUSIQUE ANCIENNE DE MONTRÉAL Joyaux d'Angleterre

Sunday, February 8, at 2 p.m.
Pierrefonds Cultural Centre
smamontreal.ca

This event is subsidized by the Conseil des arts de Montréal.

Adult	Senior-student
Regular: \$15	Regular: \$12
Subscription: \$12.75	Subscription: \$10.20

ATELIER LYRIQUE DE L'OPÉRA DE MONTRÉAL Les Amoureux célèbres

Sunday, March 29, at 2 p.m.
Pierrefonds Cultural Centre
operademontreal.com

This event is subsidized by the Conseil des arts de Montréal.

Adult	Senior-student
Regular: \$15	Regular: \$12
Subscription: \$12.75	Subscription: \$10.20

ORCHESTRE MÉTROPOLITAIN English Gardens

Thursday, April 23, at 8 p.m.
Preparatory meeting at 7 p.m.
Marie-Reine-de-la-Paix Church
orchestremetropolitain.com

This event is subsidized by the Conseil des arts de Montréal.

Adult	Senior-student
Regular: \$17	Regular: \$14
Subscription: \$14.45	Subscription: \$11.90

Buy a Pierrefonds-Roxboro's Orchestre Métropolitain special ticket package (two Orchestre Métropolitain concerts and one concert of your choice from the Pierrefonds-Roxboro classic series) and get 15% discount on individual tickets price for Orchestre Métropolitain concerts presented in Pointe-Claire.

JAZZ AND BLUES

Adult	Senior-student
Regular: \$15	Regular: \$12
Subscription: \$12.75	Subscription: \$10.20

RANDALL SPEAR INVITED ARTISTS: IAN KELLY AND ROB LUTTES Song Series

Friday, February 13, at 7:30 p.m.
Pierrefonds Cultural Centre
myspace.com/randallspear



GUY BÉLANGER Dusty Trails

Friday, March 20, at 7:30 p.m.
Pierrefonds Cultural Centre
guybelangermusic.com

CULTURAL PROGRAMMING

JOEL MILLER

Joel Miller & Honeycomb

Friday, April 10, at 7:30 p.m.

Pierrefonds Cultural Centre

joelmillermusic.com

WORLD MUSIC

Adult	Senior-student
Regular: \$15	Regular: \$12
Subscription: \$12.75	Subscription: \$10.20



PATRICIA CANO

Ilusión

Friday, March 13, at 7:30 p.m.

Pierrefonds Cultural Centre

patriciacano.com

TRIO EXPRESSO

Parfum du Brésil

Friday, April 17, at 7:30 p.m.

Pierrefonds Cultural Centre

facebook.com/TrioExpresso

NEW: SPECIAL EDITION

SOLEDAD AU HASARD
Singulier pluriel

Friday, February 27, at 7:30 p.m.

East Community Centre

This event is subsidized by the Conseil des arts de Montréal.

Free of charge! Passes required,
available as of February 10.

THÉÂTRE À RELIRE :
JEAN-PIERRE RONFARD,
MISE EN LECTURE
D'ALEXIS MARTIN
Centre des auteurs
dramatiques (CEAD)

Friday, April 24, at 7:30 p.m.

Pierrefonds Cultural Centre

This event is subsidized by the Conseil des arts de Montréal.

Free of charge! Passes required,
available as of April 7.

GENERAL INFORMATION

SUBSCRIPTIONS

- 15% off with the purchase of five (5) different shows per person, including shows for families and children.
- With the purchase of two (2) subscriptions, **get two (2) free tickets for the presentation of your choice.**

INDIVIDUAL TICKETS

Individual tickets are already on sale at the Citizen's Office. They can be also purchased on-site 45 minutes before the presentation if available.

TICKET SALES OFFICE

In person

CITIZEN'S OFFICE

13665, boul. de Pierrefonds

Mondays to Thursdays: 8 a.m. to 5 p.m.

Fridays: 8 a.m. to 12 p.m.

By phone (VISA, MasterCard)

CITIZEN'S OFFICE

(no service charge): 311*

ADMISSION NETWORK (SERVICE CHARGE):

1 855 790-1245

* For a quick telephone service, you must clearly mention the name of your borough, when requested by the 311 automated response. 311 incoming calls are distributed throughout Ville de Montréal and only Pierrefonds-Roxboro Borough's Social Communications Agents are authorized to sell tickets for shows in Pierrefonds-Roxboro. It is imperative to **CLEARLY** answer Pierrefonds or Roxboro when asked by the 311 automated response service.

ACCÈS MONTRÉAL CARD

Present your Accès Montréal Card (*in person only*) to obtain a **10% discount on the purchase of regular tickets** (excluding subscriptions and seniors/students prices).

UNIVERSAL ACCESSIBILITY

Bring your radio or your MP3 player and tune the frequency 93.7 FM.



INFORMATION



VENUES

East Community Centre

9665, boulevard Gouin Ouest

Pierrefonds Cultural Centre

13850, boulevard Gouin Ouest

Marie-Reine-de-la-Paix Church

11075, boulevard Gouin Ouest

THANKS TO ALL OUR PARTNERS

CONSEIL DES ARTS
DE MONTRÉAL



Montréal



Desjardins



NOTES

Program and prices are subject to change.

Students: 20 years old and under

Seniors: 65 years old and up

ACTIVITIES FOR SENIORS



PUBLIC SKATING FOR SENIORS

This activity is reserved for seniors aged 50 years old and over.

Schedule

Mondays and Wednesdays, from 11 a.m. to 12 p.m.
Until Monday, March 30, 2015

Location

Sportplexe Pierrefonds
14700, boul. de Pierrefonds

Cost

Free of charge!

Information

514 624-1100
ville.montreal.qc.ca/pierrefonds-roxboro

ARTHRITIS WEST ISLAND SELF-HELP ASSOCIATION

Exercise classes for arthritis with a qualified instructor at the East Community Centre, 9665, boul. Gouin Ouest every Monday morning starting on Monday, January 5, 2015.

Information

514 631-3288
awishmontreal.org

CARREFOUR DES ÂÎNÉS DE PIERREFONDS

A bilingual meeting place where seniors 50 years of age and over can participate in more than 25 activities plus special events, while making friends with their peers in a fun, safe and peaceful environment.

Schedule

Mondays to Thursdays, from 8:30 a.m. to 4 p.m.
Fridays, from 8:30 a.m. to 12 p.m.

Location

Marcel Morin Community Centre
14068, boul. Gouin Ouest

Membership fees

Resident of Ville de Montréal: \$25
Non-resident of Ville de Montréal: \$35

Information

514 624-1449
sites.google.com/site/carrefourdesainesdepierrefonds

THE WEST ISLAND 50+ CLUB

Chair yoga, table tennis, sand bags, restaurant outings and more for seniors 50 years of age and over.

Information

Mrs. Joann Murphy: 514 630-7285

THE ROXBORO 60+ CLUB

IMAX THEATRE

Bus trip to IMAX Theatre

Date

Wednesday, January 28, 2015

Information

Mrs. Anne Kowal: 514 624-5018

FRIENDSHIP CLUB 55+

Card games, Bingo and monthly outings.
The Club is seeking new members!

Schedule

Thursdays, from 1 p.m. to 4 p.m.

Location

Marie-Reine-de-la-Paix Church (basement)
11075, boul. Gouin Ouest, Roxboro

Information

Mr. Donald Savage: 514 685-1292

CLUB DES ÂÎNÉS SAINTE-SUZANNE

CARD GAMES

Schedule

Thursdays, from 1 p.m. to 5 p.m.

MILITARY WHIST

Schedule

Wednesdays, January 14, February 11, March 11
and April 8, 2015, from 7:30 p.m. to 10 p.m.

Location

East Community Centre
9665, boul. Gouin Ouest

Information

Mrs. Pierrette Lefebvre: 514 695-6466

HOME AID SERVICE

A non-profit organization offering the borough seniors home aid services such as dusting, vacuuming, cleaning and washing floors, bathrooms and windows.

Hourly rate

\$14 to \$16

Membership fees

\$12 per year

Information

514 624-1448

COMMUNITY MEDIATION

This service offered by the YMCA West Island, promotes harmony to those who wish to choose mediation as a way to deal with conflicts.

IT IS FREE AND STRICTLY CONFIDENTIAL!

Accepted cases

- neighborhood disputes: Noise, property boundaries, landlord-tenant and co-owner disputes;
- interpersonal conflicts between family, friends, etc.

514 630-9864, ext. 5215
mediation@ymcaquebec.org

 Pierrefonds
Roxboro
Montréal 
Métropole AMIE des aînés

HALL RENTAL

For wedding receptions, anniversaries, conferences, meetings, etc.

514 624-1118 or locationspierrefonds-roxboro@ville.montreal.qc.ca

PUBLIC LIBRARIES ACTIVITIES

INFORMATION ABOUT ACTIVITIES

Access to activities

Resident and non-resident library members as well as all members of the Montréal Public Libraries Network are welcome to participate in the Pierrefonds and Roxboro public libraries activities. However, in case of limited places, priority will be given to Pierrefonds-Roxboro residents.

Cost of activities

All activities are free of charge unless stated otherwise.

Registration

Registration prior to the activity is compulsory. Registration may be done by phone or in person.

MEMBERSHIP AT THE LIBRARIES IS FREE OF CHARGE FOR VILLE DE MONTRÉAL RESIDENTS.

ENJOY ALL THE SERVICES WE OFFER!



bibliomontreal.com



See the plans of the new Pierrefonds Public Library on the Design Montréal website: mtlunescodesign.com.

PIERREFONDS PUBLIC LIBRARY



13555, boul. de Pierrefonds
☎ 514 620-4181, ext. 2203
ville.montreal.qc.ca/pierrefonds-roxboro

Bus routes:

68 / 201 / 205 / 208 / 209 / 409 / 468 / 470

Opening hours

Mondays to Thursdays: 10 a.m. to 9 p.m.

Fridays: 10 a.m. to 6 p.m.

Saturdays and Sundays: 10 a.m. to 5 p.m.

Holidays - closed

Christmas and New Year: December 24, 25, 26 and 31, 2014, January 1 and 2, 2015

Good Friday: April 3, 2015

Easter: Sunday, April 5, 2015

Easter Monday: April 6, 2015

Victoria Day: Monday, May 18, 2015

Le Portillon: Home delivery service

The Pierrefonds Public Library has a delivery service: "Le Portillon".

Are you temporarily or permanently housebound? This service is for you!

Novels, non-fiction books and talking books delivered right to your door! Sign up by calling 514 620-4181, ext. 2203, **it's free of charge!**

Special activities for teenagers

É-LISEZ-MOI CONTEST AT THE PIERREFONDS AND ROXBORO PUBLIC LIBRARIES

For 10- to 14-year-olds, either residing or attending a school in the Borough of Pierrefonds-Roxboro.

From a list of eight young adult books published during the past year, participants will have to choose their favorite book and write a critique of it. Several prizes to be won!

Until January 25, 2015

É-LISEZ-MOI CONTEST'S QUIZ AT THE PIERREFONDS CULTURAL CENTRE

For 10- to 14-year-olds, either residing or attending a school in the Borough of Pierrefonds-Roxboro.

At the end of the É-Lisez-moi contest, we will determine which book is the Pierrefonds-Roxboro Borough teens' favorite. A quiz will be proposed on this book. Many prizes to be won!

Sunday, February 22, 2015, at 1:30 p.m.

Compulsory registration as of January 27 at the Pierrefonds Public Library.

Lectures and workshops

INVESTMENT STRATEGIES

(In French)

with Daniel Dansereau, MBA

Types of investments, portfolio diversification, fiscal, financial planning for retirement, post retirement financial planning, and estate planning aspects.

Thursday, January 22, at 7 p.m.

Compulsory registration

WELLNESS YOUR WAY

with Sandra MacDougall

Why don't people always do what they know is good for them? Although there is no magic formula for wellness, Sandra MacDougall will share with you some fundamental principles that drive lifestyle change so that you can function at your best and live life to the fullest.

Wednesday, February 18, at 7 p.m.

Compulsory registration

PUBLIC LIBRARIES ACTIVITIES

MONTREAL PLAYS FESTIVAL



Come play various games! On the program:

LEGO

(Bilingual activity for 5-year-olds and up)
Play activity with suggestions of constructions to do. The child is free to build a suggested model or call upon his imagination!

Sunday, March 1, at 10:30 a.m.
Compulsory registration

FUN CARAVAN

(Bilingual activity for everyone)

During this event, the library will become a gigantic playground for all. A great initiation to the game culture world.

Monday, March 2, from 1 p.m. to 4 p.m.
Compulsory registration

TABLE HOCKEY

(Bilingual activity for 8-year-olds and up)

Table hockey game for children and adults. Guaranteed fun for the whole family.

Thursday, March 5, at 1:30 p.m.
Compulsory registration

LECTURE: BEHIND THE SCREEN

(In French)

with Éric Perron

Éric Perron, editor-in-chief of the magazine Ciné-Bulles, will explain the steps involved in the making of a movie, the importance of festivals, distribution strategies and revenue sharing without forgetting the various financing methods available to the Quebec film industry.

Wednesday, March 18, at 7 p.m.
Compulsory registration

MOZART ON BICYCLE

(In French)

with Jean Deschênes

This lecture proposes a bicycle visit of Austria, including its majestic mountains and legendary rivers. At the same time, the musician cyclist, Jean Deschênes, pays tribute to the great traveler and Austrian composer, Wolfgang Amadeus Mozart.

Wednesday, April 8, at 7 p.m.
Compulsory registration

CREATIVE BIBLIOTHERAPY: BURST INTO READING

(In French, for the World Book and Copyright Day)

with Katy Roy

How can our relationship with stories restore movement in our identities and our lives? How does poetry open us up to new opportunities and "burst into reading"? During this conference/workshop, Katy Roy invites you to experience a lively reading.

Tuesday, April 21, at 7 p.m.
Compulsory registration



BODY BUTTER WORKSHOP

(For Earth Day)

with EnviroArtWorx

Smooth, creamy and non-toxic, EnviroArtWorx presents a workshop on how to make your own body butter.

Wednesday, April 22, at 7 p.m.
Compulsory registration

Regular activities for children

INVITATION TO ALL PIERREFONDS-ROXBORO DAYCARES

Sign up your group for a story time on Monday mornings. Maximum of 20 children per visit. First come, first served!

Reserve your spot now by calling
514 620-4181, ext. 2203.

SONGS AND RHYMES FOR BABIES

(For 0-to 18-month-olds accompanied by an adult)

Help your baby discover songs, nursery rhymes and the love of books.

In French: Wednesdays, at 9:30 a.m.
In English: Tuesdays, at 9:30 a.m.
This activity begins the week of
February 9, 2015.
Compulsory registration

TINY TALES FOR TINY TOTS

(For 18-to 36-month-olds accompanied by an adult)

An introduction to picture books in a group setting. Stories, songs, finger plays, felt board, rhymes and puppets. 30 minutes of fun!

In French: Wednesdays, at 10:05 a.m.
In English: Tuesdays, at 10:05 a.m.
This activity begins the week of
February 9, 2015.
Compulsory registration

WEEKLY STORY TIME

(For 3-to 5-year-olds)

Forty-five minutes of stories, songs, rhymes and crafts. Come and enjoy books and the library!

In French: Wednesdays, at 10:45 a.m.
In English: Tuesdays, at 10:45 a.m.
Winter session begins the week of
January 19, 2015.
Compulsory registration

PUBLIC LIBRARIES ACTIVITIES

SATURDAY TINY TALES FOR TINY TOTS

(For 2½-to 3-year-olds)

An introduction to picture books in a group setting. Stories, songs, finger plays, rhymes and puppets. 30 minutes of fun!

In French: Saturdays, February 7, March 14 and April 11, 2015, at 10:15 a.m.
In English: Saturdays, February 21, March 28 and April 25, 2015, at 10:15 a.m.
 Compulsory registration

SATURDAY STORY TIME

(For 4-to 5-year-olds)

Once a month for children who do not attend the regular Weekly Story Time.

In French: Saturdays, February 7, March 14 and April 11, 2015, at 11 a.m.
In English: Saturdays, February 21, March 28 and April 25, 2015, at 11 a.m.
 Compulsory registration

ONCE UPON A TIME

(For 6-to 8-year-olds)

Once a month, discover funny, serious or crazy stories!

In French: Saturdays, February 7, March 14 and April 11, 2015, at 1 p.m.
In English: Saturdays, February 21, March 28 and April 25, 2015, at 1 p.m.
 Compulsory registration

BETWEEN FRIENDS

(For 9-to 12-year-olds)

Have fun playing board games, solving mysteries, doing some arts and crafts... and discovering books too!

In French: Saturdays, February 7, March 14 and April 11, 2015, at 2:15 p.m.
In English: Saturdays, February 21, March 28 and April 25, 2015, at 2:15 p.m.
 Compulsory registration

Special activities for children

PYJAMA STORY TIME

(For 3-to 5-year-olds)

In French: Thursday, March 19, at 6:45 p.m.
In English: Thursday, February 19, at 6:45 p.m.
 Compulsory registration

EDUCAZOO VISIT

(For 5-year-olds and up, during Spring break) with Éducazoo

The Éducazoo team will come to your library! They will present some impressive and charming specimens from their big family of varied animals. A rare opportunity to see and touch exotic or pet animals. An activity that will please everyone!

Tuesday, March 3, at 1:30 p.m.
 Places are limited. Compulsory registration as of February 3, 2015.

ROXBORO PUBLIC LIBRARY



110, rue Cartier
 ☎ 514 684-8247
ville.montreal.qc.ca/pierrefonds-roxboro
 Bus routes: 206 / 208 / 209 / 409

OPENING HOURS

Mondays to Wednesdays: 1 p.m. to 9 p.m.
 Thursdays: 10 a.m. to 9 p.m.
 Fridays: 10 a.m. to 6 p.m.
 Saturdays: 10 a.m. to 5 p.m.
 Sundays: 1 p.m. to 5 p.m.

HOLIDAYS - CLOSED

Christmas and New Year: December 24, 25, 26 and 31, 2014, January 1 and 2, 2015
 Good Friday: April 3, 2015
 Easter: Sunday, April 5, 2015
 Easter Monday: April 6, 2015
 Victoria Day: Monday, May 18, 2015

Lectures and workshops

2015 PREDICTIONS FOR THE 12 SIGNS OF THE ZODIAC

with Alexandre Aubry

Alexandre Aubry, astrologer and columnist at the Rhythm FM radio station for several years, will reveal his predictions for 2015 for each zodiac sign.

Wednesday, January 28, at 7 p.m.
 Compulsory registration

AUTHOR VISIT: MARY SODERSTROM

Come and meet the author of Making Waves: the continuing Portuguese Adventure (2010), Desire Lines: Stories of Love and Geography (2013) and River Music (2014).

Wednesday, February 4, at 7 p.m.
 Compulsory registration

MONTRÉAL PLAYS FESTIVAL



Come play various games! On the program:

LA CHASSE AUX LUTINS

(In French, for 5-to 8-year-olds)

"Chasse aux lutins" game, animated role playing game.

Saturday, February 28, at 1:30 p.m. or at 2:45 p.m.
 Compulsory registration

LEGO

(Bilingual activity for 5-year-olds and up)

Play activity with suggestions of constructions to do. The child is free to build a suggested model or call upon his imagination!

Sunday, March 1, at 1:30 p.m.
 Compulsory registration

PUBLIC LIBRARIES ACTIVITIES

TABLE HOCKEY

(Bilingual activity for 8-year-olds and up)
Table hockey game for children and adults.
Guaranteed fun for the whole family.

Thursday, March 5, at 10:30 a.m.
Compulsory registration

FRENCH WORD GAME

(For adults)
French language game that requires proofreading texts.

Friday, March 6, at 1:30 p.m.
Compulsory registration

CHESSBOARD HOCKEY GAME

(Bilingual activity for 11-year-olds and up)
Strategy game for hockey and chess fans.

Friday, March 6, at 3 p.m.
Compulsory registration

LECTURE ON VITAMIN D

with Amel Kaid Ali, dietitian-nutritionist

What is Vitamin D? How useful is it? Is too much Vitamin D dangerous? How to get enough vitamin D? This lecture will answer all these questions and many more.

Wednesday, March 25, at 7 p.m.
Compulsory registration

Regular activities for children

SONGS AND RHYMES FOR BABIES

(For 0-to 18-month-olds accompanied by an adult)

Help your baby discover songs, nursery rhymes and the love of books.

In French: Thursdays, at 9:30 a.m.
In English: Fridays, at 9:30 a.m.
This activity begins the week of February 9, 2015.
Compulsory registration

TINY TALES FOR TINY TOTS

(For 18-to 36-month-olds accompanied by an adult)

An introduction to picture books in a group setting. Stories, songs, finger plays, felt board, rhymes and puppets. 30 minutes of fun!

In French: Thursdays, at 10:05 a.m.
In English: Fridays, at 10:05 a.m.
This activity begins the week of February 9, 2015.
Compulsory registration

WEEKLY STORY TIME

(For 3-to 5-year-olds)
Forty-five minutes of stories, songs, rhymes and crafts. Come and enjoy books and the library!

In French: Thursdays, at 10:45 a.m.
In English: Fridays, at 10:45 a.m.
This activity begins the week of January 19, 2015.
Compulsory registration

SATURDAY TINY TALES FOR TINY TOTS

(For 2½-to 3-year-olds)
An introduction to picture books in a group setting. Stories, songs, finger plays, rhymes and puppets. 30 minutes of fun!

In French: Saturday, February 14, at 10:15 a.m.
In English: Saturday, March 21, at 10:15 a.m.
Compulsory registration

SATURDAY STORY TIME

(For 4-to 5-year-olds)
Once a month for children who do not attend the regular Weekly Story Time.

In French: Saturday, February 14, at 11 a.m.
In English: Saturday, March 21, at 11 a.m.
Compulsory registration

ONCE UPON A TIME

(For 6-to 8-year-olds)
Once a month, discover funny, serious or crazy stories!
In French: Saturday, February 14, at 1 p.m.
In English: Saturday, March 21, at 1 p.m.
Compulsory registration

BETWEEN FRIENDS

(For 9-to 12-year-olds)
Have fun playing board games, solving mysteries, doing some arts and crafts... and discovering books too!
In French: Saturday, February 14, at 2:15 a.m.
In English: Saturday, March 21, at 2:15 a.m.
Compulsory registration

VIDEO GAMES

(Bilingual activity for 9-to 12-year-olds)
Come and play Wii, PS3 or XBOX 360 video games.
Fridays, at 4 p.m.
2015 winter session: From January 16 to May 29 (except the weeks of February 24 and March 3)
Compulsory registration

Special activity for children

A HOUSE FOR LINTON

(For 2-to 7-year-olds, during Spring break)
with La Petite Valise Théâtre
Paprika is very special. She can time travel. Moreover, during her last journey, she found herself in prehistoric times: the age of dinosaurs! As always she had touching encounters, but she also had a very special surprise upon her return. A clandestine traveler hid in her suitcase... None other than Linton the triceratops! As she is nomadic and goes away a lot, she can't take care of the dinosaur adequately. Will she manage to find him a house?

Wednesday, March 4, at 1:30 p.m.
Places are limited. Compulsory registration as of February 4.



STAY CONNECTED!

Subscribe to the Pierrefonds-Roxboro Borough's mailing list to receive by e-mail from time to time municipal news, alerts, press releases, information about shows and events, etc.

Subscription:
ville.montreal.qc.ca/pierrefonds-roxboro

CULTURAL ACTIVITIES

Courses are given by totally independent specialists. The role of the Cultural Activities Division is limited to the coordination and the improvement of cultural activities in our borough.

General registration to cultural activities:

WINTER 2015

Wednesday, January 7, 2015, from 6 p.m. to 9 p.m.

Pierrefonds Cultural Centre

13850, boul. Gouin Ouest

ART COURSES

ACRYLIC

16 years +

Mondays, 1 to 4 p.m.

Jan. 12 to March 16 (10 wks)

Pierrefonds Cultural Centre

\$270 (material excluded)

Donna McGee: 514 696-9326

donna.mcgeeartist.com

ACRYLIC/OIL

18 years +

Mondays **or** Wednesdays,

9 a.m. to 12 p.m.

Jan. 12 to March 18 (10 wks)

Pierrefonds Cultural Centre

\$250 (material excluded)

Ghulam Mustafa: 514 696-0455

ACTING

East Community Centre

Lois Dellar, ACTRA, CAEA:

514 646-1477

lois_dellar@hotmail.com

pages.videotron.com/loisd

Kids on Stage

5-to 11-year-olds

Live stage play at the end

Tuesdays, 6 to 7:30 p.m.

Jan. 13 to April 7 (13 wks)

\$295

Teens & Adults on Camera

12 years +

Live stage play at the end

Saturdays, 2 to 4 p.m.

Jan. 17 to April 11 (13 wks)

\$300

Kids on Camera

5-to 11-year-olds

Live stage play at the end

Wednesdays, 6 to 7:30 p.m.

Jan. 14 to April 8 (13 wks)

\$275

Teens on Stage

12 years +

Live stage play at the end

Saturdays, 12 to 2 p.m.

Jan. 17 to April 11 (13 wks)

\$320

HOME STAGING

18 years +

Compulsory registration, minimum of 8 participants

Increase the value of your house

Thursdays, 7:30 to 9 p.m.

March 5 to April 16 (7 wks)

Pierrefonds Cultural Centre

\$225

Céline Benoit: 514 457-4508

celinebenoit.design@videotron.ca

INTERIOR DECORATING

18 years +

Compulsory registration, minimum of 8 participants.

Everything you need to know for a successful décor: planning, combining styles, colours, floor and wall finishes, window coverings, accessories and lighting; theory and practice

Mondays, 7:30 to 9 p.m.

Feb. 9 to April 20 (10 wks)

Pierrefonds Cultural Centre

\$295 (material included)

Céline Benoit: 514 457-4508

celinebenoit.design@videotron.ca

OIL PAINTING

18 years +

Personalized teaching, intense basic techniques study and free choice of subjects.

Tuesdays, 1:30 to 4 p.m. **or** Fridays,

9:30 a.m. to 12 p.m. **or** Saturdays,

9:30 a.m. to 12 p.m.

Jan. 13 to March 21 (10 wks)

Pierrefonds Cultural Centre

\$225 (material excluded)

Bernard Marsy: 514 630-4316

bernard@marsy.com

PHILATELY CLUB

16 years +

3rd Wednesday of the month, 7:30 to 9:30 p.m.

Jan. 14 to June 17

Pierrefonds Cultural Centre

\$40 + \$5 for membership card

Jean-Paul Alloï: 514 626-7454

jp.alloi@vif.com

PHOTOGRAPHY CLUB

Student or adult

Thursdays, 7:30 to 10 p.m.

Jan. 8 to May 7 (18 wks)

East Community Centre

Membership card: \$50 per session

Joëlle Verreault: 514 652-8121

clubphotopierrefonds.com

THÉÂTRE LA RUEE VERS L'ART

Teachers: Catherine Gonthier and Chantal Lévesque

Show: May 2, 2015

Jan. 24 to April 25 (12 wks)

Roxboro Chalet

\$135

Catherine Gonthier: 514 625-6381

ruee_vers_lart@hotmail.com

8-to 12-year-olds

Saturdays, 3:15 to 5:15 p.m.

12-to 16-year-olds

Saturdays, 1 to 3 p.m.

PERSONAL DEVELOPMENT COURSES

SPANISH

Academia Española Mistral:

450 424-6123

mistralspanishcourses.com

Level 1

Tuesdays, 6:30 to 8 p.m.

Jan. 13 to March 31 (11 wks)

(no class on March 3)

East Community Centre

\$155 + \$68 for books + taxes

CULTURAL ACTIVITIES

Level 2

Tuesdays, 8 to 9:30 p.m.
Jan. 13 to March 31 (11 wks)
(no class on March 3)
East Community Centre
\$155 + taxes

Level 10 (advanced)

Mondays, 6:30 to 8 p.m.
Jan. 12 to March 30 (11 wks)
(no class on March 2)
East Community Centre
\$155 + taxes

Intermediate conversation

Mondays, 8 to 9:30 p.m.
Jan. 12 to March 30 (11 wks)
(no class March 2)
East Community Centre
\$155 + taxes

MEDITATION COURSES

TAI CHI

Tuesdays, 7 to 8:30 p.m.
Jan. 6 to Feb. 17 (7 wks) **or**
May 5 to June 16 (7 wks)
Roxboro Chalet
\$115 + taxes
Luce Desgagné: 514 696-1845
tai-chi-gong.org

QI-GONG

Wednesdays, 9:30 to 11 a.m.
Jan. 7 to February 18 (7 wks) **or**
May 6 to June 17 (7 wks)
Thursdays, 7 to 8:30 p.m.
Jan. 8 to Feb. 19 (7 wks) **or**
May 7 to June 18 (7 wks)
East Community Centre
\$115 + taxes
Luce Desgagné: 514 696-1845
tai-chi-gong.org

MUSIC COURSES

GUITAR, BASS

9 years +
Mondays **or** Wednesdays, between 3 and 9 p.m.
Jan. 12 to April 1 (11 wks)
Pierrefonds Cultural Centre
\$220 + taxes
Rad Crasto: 514 346-8805

PIANO

7-to 17-year-olds
Mondays, 4 to 8 p.m.
Jan. 12 to Feb. 16 (6 wks) **or/and** March 23
to June 8 (10 wks)
Pierrefonds Cultural Centre
\$150 **or/and** \$250
Dora Cojocar: 514 685-0487

COURS DE DANSE

BAÏLA TÊRAPIA

18 years +
Corrective exercises with music
Wednesdays, 1:30 to 2:30 p.m.
April 8 to June 10 (10 wks)
East Community Centre
\$100
Louise Kanemy: 514 237-9034

BALLROOM, LATIN AND INTERNATIONAL DANCING

Given by two qualified and experienced
teachers
Dance Gala on June 6, 2015
Jan. 12 to April 24 (15 wks)
Sainte-Suzanne Church
Manon Grenier or Andr  e Grenier:
450 652-9591 or 514 626-4960
dansegrenier.com

6-to 15-year-olds

Junior 2: Mondays, 6:30 to 7:30 p.m.
Cost: \$9 per evening

16 years +

Social dance: Tuesdays or Fridays, 7 to 8:30 p.m.
Latin dances: Wednesdays, 7:30 to 8:30 p.m.
Cost: \$13 per evening

Advanced level

Mondays, Tuesdays, Wednesdays **or** Fridays,
7 to 10:30 p.m. (according to level)
Cost: \$13 per evening

HIP HOP

5-to 18-year-olds
Thursdays, 6:30 to 7:30 p.m.
Jan. 15 to April 16 (14 wks)
East Community Centre
\$165
Charles Griffith: 514 886-6537
charlesgriffithdanceschool.weebly.com

TAP DANCING

5-to 18-year-olds
Thursdays, 6:30 to 7:30 p.m.
Jan. 15 to April 16 (14 wks)
East Community Centre
\$165 (rental of shoes: \$28 for the session)

ADDRESSES

Pierrefonds Cultural Centre
13850, boul. Gouin Ouest

East Community Centre
9665, boul. Gouin Ouest

Roxboro Chalet
10, 11^e Rue, Roxboro

Sainte-Suzanne Church
9501, boul. Gouin Ouest

ARTISTS... PARTICIPATE IN THE 30TH EDITION OF THE PIERREFONDS-ROXBORO ART CONTEST

The Pierrefonds-Roxboro Borough is pleased to invite
all Island of Montr  al artists to participate in the 30th
Edition of the Pierrefonds-Roxboro Art Contest.

Amateur Category (amateur artists only): painting,
watercolour, drawing and mixed techniques

Professional Category (professional artists aged
18 years old and up): painting, watercolour, drawing
and mixed techniques

Contest regulations will be available as of **Tuesday, January 20, 2015**, on the following
website: ville.montreal.qc.ca/pierrefonds-roxboro.

Registration forms must be received, **by mail only**, no later than **Monday, February 23, 2015**.

Information: 514 624-1114



COLLECTIONS CALENDAR

GARBAGE, RECYCLABLES AND NATURAL CHRISTMAS TREES

JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APRIL						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 25 and January 1 garbage collections are cancelled and postponed to December 27 and January 3 for residences East of boulevard Saint-Jean.

LEGEND

- Collection of recyclables and garbage West of boulevard Saint-Jean.
- Collection of recyclables and garbage East of boulevard Saint-Jean.
- Natural Christmas trees collection.

NOTES

Recyclables

Dates in this table apply to residential sectors and schools. There is no collection of recyclables in businesses and industries.

Garbage

For buildings of 9 units or more, schools and businesses, the collection is performed twice a week, on Mondays and Thursdays.

Natural Christmas trees

Trees must be placed close to the street. To ensure pick-up, trees must be free of all decorations.

You can also bring trees to the chalet of parks. They will be used around the rinks to protect skaters from the wind.

Hours

Containers must be placed in front of the building, after 8 p.m. the night before and no later than 7 a.m. the day of pick-up.

RECYCLABLES: HOW TO POSITION THE RECYCLABLE MATERIALS BIN FOR COLLECTION?

Recyclable bins collection is mechanized. Therefore, you should respect the following instructions:

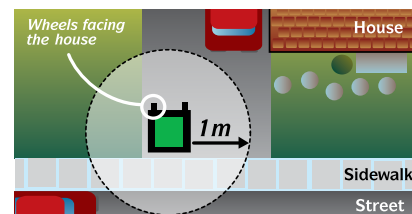


Image courtesy of the Borough of Saint-Laurent

- make sure that the container lid is closed and that it does not overflow;
- the bin should be placed on your property, wheels and handle on the side of your house;
- place the bin at 15-30 cm (6-12 inches) from the curb; the recycling bin should never be placed in the street or on sodbanks;
- leave a clearance of at least 1 m (3 ft) around the container;
- the recycling bin should be easily visible and accessible to the operator at all times.

MISPLACED BINS WILL NOT BE EMPTIED.

THE GREEN (LINE)

To ask for a pesticide use permit or for questions concerning alternatives to pesticides and ecological gardening, please call **THE GREEN LINE** at **514 624-1215** or write to infopesticides@pierrefonds-roxboro.qc.ca

PIERREFONDS-ROXBORO KEEPS ITS 4TH FLORET!


Last August, the classifiers of "*Fleurons du Québec*" toured the Borough to reassess the horticultural beautification throughout our territory for a third time. In the 2011-2013 Edition, we received a four floret classification, so we were pleased that our efforts in different areas to embellish our Borough have allowed us to keep our status. Thus, the Borough has maintained

a score of 4 florets out of a possible 5 for the 2013-2015 Edition, reflecting a remarkable horticultural beautification in most areas (municipal, residential, commercial and institutional).

Congratulations to all our citizens, institutions, businesses and municipal employees who have contributed to this success by participating to various gardening and environmental activities in the borough! Thereby, you are helping us

improve the landscaping and horticultural environment while promoting the sustainable development of our community.



13, rue du Centre-Commercial, Roxboro 
514 752-0778
ecoquartier.pfds.rox@gmail.com - eqpr.ca

OPENING HOURS

MONDAYS, TUESDAYS, THURSDAYS AND

FRIDAYS: 10 a.m. to 3 p.m.

WEDNESDAYS: 1 p.m. to 6 p.m.

SATURDAYS AND SUNDAYS: Closed

WASTE MANAGEMENT: A YEAR FULL OF EDUCATIONAL ACTIVITIES

The éco-quartier Pierrefonds-Roxboro is proud to inform you that in 2014, with the participation of many community organizations, educational presentations on the topics of recycling, household hazardous waste, repurposing waste items and water conservation were given to citizens.

Amongst these organizations, we would like to thank the Centre d'Intégration Multi-Services de l'Ouest-de-l'Île, Gérard-Godin College and their francization groups, Nouvelle Vision des Jeunes and the Congrégation de Notre-Dame-de-Charité-du-Bon-Pasteur.

In addition to the 3R's (Reduce, Reuse and Recycle) presentations, workshops on repurposing waste items were offered to participants by a local artist, Mrs. Michelle Cousineau. With her original approach, Mrs. Cousineau attempts to repurpose certain waste items giving them a second life such as: left over cloth, wallpaper, paper, circulars, buttons, glass bottles, etc.

Many Christmas presents ideas were given to citizens to encourage them to consume differently and more ecologically.

WINTER AND COMPOSTING: ONCE YOU START, IT'S HARD TO STOP!

We invite you to continue composting your organic waste during the winter months even if they don't decompose in cold weather. In fact, the cold temperatures

slow the microbiological process of decomposition in the compost pile, but the whole process starts up again as soon as temperatures begin to rise in the spring.

In the spring, adding carbon rich organic waste such as dead leaves will help balance the Nitrogen and Carbon in your bin, this promotes efficiency in the microorganisms doing the decomposing.

Keep the path to your garden composter clear in order to be able to continue to put compostable residues in it.

Don't forget that you can also have a vermicompost bin in your house in order to continue composting during the winter months.

For more information on composting, please contact the éco-quartier or visit Équiterre's website at the following address: equiterre.org/geste/le-compostage-simple-et-naturel

We wish you happy composting and a wonderful winter!

SOCIAL DEVELOPMENT

FOR A BETTER QUALITY OF LIFE!

CENTRE BIENVENUE

Empowering beyond integration

Centre Bienvenue is a mental health day centre providing support, psychosocial interventions and social reintegration services via various psycho-educational programs and preparatory groups towards a return to work, studies or volunteering.

Information: 514 421-2212

CENTRE D'INTÉGRATION MULTI-SERVICES DE L'OUEST-DE-L'ÎLE

Free Services for Immigrants

The Centre offers workshops and courses to help immigrants to establish themselves in Quebec, to learn French and to find a job.

Information: 514 685-3000
info@cimoi.com
cimoi.com

MAISON DES JEUNES À-MA-BAIE

Maison des Jeunes À-Ma-Baie gives youth aged 12 to 17 years old the opportunity to socialize, to exchange and to do activities and common projects.

Information: 514 685-2989
mdjamabaie@videotron.ca
mdjamabaie.webnode.com

MAISON DES JEUNES DE PIERREFONDS

Maison des jeunes de Pierrefonds is an activity and resource centre for 12-to 18-year-olds. We offer homework assistance, outings, in-house activities, discussions, tournaments, camping, sports, workshops and group meals. Membership is free!

School year hours

Tuesdays, Wednesdays and Thursdays, from 2:30 p.m. to 9 p.m.

Fridays, from 2:30 p.m. to 10 p.m.

Saturdays, from 1 p.m. to 10 p.m.

Information: 514 683-4164
maisondj@videotron.ca
mdjpierrefonds.org

OVERTURE WITH THE ARTS

Overture with the Arts is a non-profit organization that provides free arts and culture workshops to youth from all walks of life. We also offer until May a free After School Arts Program for 12-to 17-year-olds.

Activities

Visual arts: Tuesdays, from 4 to 5:30 p.m.
Break dance: Thursdays, from 4 to 5:30 p.m.

Information: 514 889-8678
info@OvertureWithTheArts.org
OvertureWithTheArts.org

SELF HELP AGAINST DEPRESSION INC.

Dealing with mild to moderate depression, anxiety or social dysfunction? Register for our next "Take Back Your Life" class.

Information: 514 684-9896
superegogroup@videotron.ca
shadedvnc.blogspot.ca

TERRASSE SOLEIL HOUSING COOPERATIVE

Looking for good and affordable rental housing?

A housing cooperative is a non-profit dwelling complex run by members who live there. It's a way of life where you develop a sense of belonging and where life is good. Each year, the member agrees to participate and get involved doing maintenance work, secretarial or administrative or other tasks, according to his ability. This involvement allows him to get a discount on the rent.

To improve you quality of life and if this experience interests you, register at 514 683-4112, ext 21.

TOASTMASTERS PIERREFONDS BILINGUAL CLUB

Do you wish to become a better listener? Would you like to communicate better with your friends, your co-workers or your siblings? Join the Pierrefonds Toastmasters Bilingual Club!

Schedule

Tuesdays, from 7:30 p.m. to 9 p.m.

Location

Marcel Morin Community Centre
14068, boul. Gouin Ouest

Information: 514 694-1118

VITADOLCE

A club for volunteers by volunteers!

Come and be present, participate or give a workshop. This is the place to nourish oneself physically, mentally and spiritually. This is where we share fun and friendship. Give yourself this gift or offer it to someone else.

Saturdays, from 9 a.m. to 12 p.m.,
at Centre Bienvenue, located at
12694, boul. Gouin Ouest
Call Vita: 514 694-1118

WEST ISLAND ASSISTANCE FUND

A non-profit organization that offers assistance to the West-Island residents through a food bank, a thrift store, bric-a-brac, workshops, community kitchens and much more.

Information: 514 683-0456
info@fdoi.org
fdoi.org

WEST ISLAND CITIZEN ADVOCACY

West Island Citizen Advocacy is a non-profit organization, which recruits, trains, matches and follows up competent volunteer citizen advocates, who work on a one-on-one basis or on a team with a person having a handicapping condition.

Information: 514 694-5850
volunteerwica.com

WEST ISLAND COMMUNITY SHARES

Community Shares raises crucial funds for 36 West Island charitable organizations that offer vital services to residents in need. Be a hero in your community by making a donation!

Information: 514 695-8694, ext. 103
partageaction.ca

WEST ISLAND YOUTH ACTION

For the past 7 years, West Island Youth Action has been establishing and maintaining intervention services through outreach work for youth 12-to 25-year-olds at risk and/or in difficulty in the West Island.

The Aut'Gang Sport Project

The Aut'Gang Sport project continues all year round! St-Anthony school, Riverdale School and now Pierrefonds Comprehensive High School will open their gym for free on different days of the week to give access to sporting installations to youth from the area. For more information on this project and for the calendar of activities, please visit the website agsport.org or dial 514 702-1270.

Information: 514 675-4450
ajoi.info

Montréal



Emploi et Solidarité sociale
Québec

OUTDOOR SKATING RINKS

Alexander (hockey and free skating)
14899, rue Oakwood (South of boul. de Pierrefonds, via boul. Jacques-Bizard)

Borough Hall (free skating, from January to March)
13665, boul. de Pierrefonds (Rink adjacent to the Borough Hall)

Brook (hockey and free skating)
12800, rue Brook (North of boul. Gouin Ouest, via rue Perron)

d'À-Ma-Baie (hockey and free skating)
9625, boul. Gouin Ouest (East of boul. Sunnybrooke)

de la Rive-Boisée (hockey and free skating)
355, ch. de la Rive-Boisée (East of boul. Saint-Jean)

Grier (hockey and free skating)
17760, rue Meloche (West of boul. Saint-Charles, via rue des Cageux)

Roxboro (hockey and free skating)
10, 11^e Avenue (South of the railroad track)

SPORTING, RECREATIONAL AND OUTDOOR LEISURE

ACTIVITIES FOR KIDS AND TEENS (0-TO 18-YEAR-OLDS)

AIR CADETS

Air Cadets
803 North Shore Squadron
Aviation, citizenship, leadership and sports
Tuesdays, from 6:30 to 9:30 p.m.
Riverdale High School
514 421-0803
co@803squadron.com
president@803squadron.com
803squadron.com

AIR CADETS

830 Pierrefonds Squadron
12-to 19-year-olds
Boys and girls
Training in French on several subjects such as aviation, citizenship, leadership, sports, field exercises and more
St-Anthony School
514 626-1830
Cmdt.830aviation@cadets.gc.ca

BADMINTON

Pierrefonds Badminton Club
Organised league for kids
George Paschali
514 865-5487
g_paschali@hotmail.com
badminton-pierrefonds.com

BADMINTON

West Island Badminton Club
- 6-year-olds and up, girls and boys, beginner and elite
- 8-year-olds and up, elite training Lac St-Louis
514 626-1334
badmintonwibc.com

BASEBALL

Pierrefonds Baseball Association
Baseball clinics with Pierre Arsenault
514 620-BALL
pierrefondsbaseball.com

BASKETBALL

Brookwood Basketball Association
6-to 18-year-olds
Boys and girls
John Hanley
514 684-5885
brookwood@videotron.ca
brookwoodbasketball.org

CHEERLEADING

North Shore Extreme Cheerleading
From January to May 2015
Cheerleading workshops and courses for all levels.
Develop your skills and learn choreographies.
514 683-6111
cheer-nsc@hotmail.com
nsccheer.com

CHESS

Chess'n Math Association
6-to 16-year-olds
Chess lessons
A fun way to improve your thinking skills!
Sunday afternoons
January 25 to March 22 (except March 1)
514 845-8352
admin@echecs.org

DAY CAMPS

Pierrefonds Day Camps
A fun-filled program awaits you!
Spring break: March 2 to 6
Summer 2015 registration:
April 26, 2015, at the Marcel Morin Community Centre
514 624-1430
campjour@pierrefonds-roxboro.qc.ca
campspierrefonds.com

FIGURE SKATING

Deux-Rives Skating Club
Recreational to competitive
514 626-6350
cpdeuxrives@hotmail.com
cpdeuxrives.com

GIRL GUIDES OF CANADA

Riverdale District
5-to 14-year-olds, girls
514 500-8802
514 244-3864
girlguides.ca

GIRL GUIDES OF CANADA

Northshore District
5-to 17-year-olds, girls
514 817-7211
514 684-3849
girlguides.ca

GYMNASTICS / DANCE

Recreational dance and gymnastics programs for all levels
514 942-1551
514 755-5472
daizi.ca

HOCKEY

Pierrefonds Minor Hockey
4-to 20-year-olds
Boys and girls
514 620-6440
hockeypfd.com

JUDO

Seidokwan Academy of Judo
7-year-olds and up
Roxboro Group
514 697-1350
514 626-9167
seidokwan.com

KARATE

West Island Academy of Martial Arts
4-year-olds and up
Boys and girls
- Wednesdays and Fridays
St-Charles School
- Mondays and Sundays
Roxboro Chalet
Yogen Mungroosing
514 717-1099
karateyogen@gmail.com

OLYMPIC WRESTLING

Riverdale Wrestling Club
Wrestling practices and classes for boys and girls of all ages, for fun and for competition.
Mondays and Wednesdays, at 7:30 p.m. and Saturdays, at 10:30 a.m.
Until June
514 683-2438
info@sportolympia.com

PUBLIC SKATING

Reserved for children aged 5 years old and under
Mondays and Wednesdays, from 10 a.m. to 11 a.m.
Until March 30, 2015
14700, boulevard de Pierrefonds
Free of charge!
514 624-1100
ville.montreal.qc.ca/
pierrefonds-roxboro

RINGETTE

4-to 18-year-olds, girls
No need to know how to skate, we will teach you.
514 262-5496
ringuettepierrefonds.com

SCOUTS

Marie-Reine-de-la-Paix 122th Scouting Group
7-to 17-year-olds
514 694-8975
122groupescoutmrdlp.com

SCOUTS

Roxboro Scouting Group
6-to 16-year-olds
514 684-4772

SKATING LESSONS

Deux-Rives Skating Club
Learn how to skate
514 626-6350
cpdeuxrives@hotmail.com
cpdeuxrives.com

SOCCER

Pierrefonds Soccer Association
Recreational to competitive indoor soccer programs for kids of all levels
514 696-2505
soccerpierrefonds.ca

TENNIS

Progressive Tennis for kids
Initiation to tennis on small courts
514 830-3011

TRACK AND FIELD

West Island Track Club
5-to 20-year-olds
Indoor training weeknights and weekends
514 685-9501
paul_witc@sympatico.ca
westislandtrack.com

SPORTING, RECREATIONAL AND OUTDOOR LEISURE

ACTIVITIES FOR ADULTS (18-YEAR-OLDS AND UP)

BADMINTON

Badminton
Pierrefonds Badminton Club
Organised league for adults
George Paschali
514 865-5487
g_paschali@hotmail.com
badminton-pierrefonds.com

BADMINTON

West Island Badminton Club
Men and women
Beginner and elite
514 626-1334
badmintonwibc.com

BADMINTON (OPEN)

Mondays and Fridays, from
7 p.m. to 10 p.m.
Until the end of April
Charlemagne College
5000, rue Pilon, in Pierrefonds
\$2 per person, per evening
Please visit the borough's
website for scheduled black-
out dates. Food and drinks
are prohibited. Groups cannot
reserve the gym.
514 624-1100

CARDIO PLEIN AIR

Outdoor physical fitness
program with qualified trainers
514 634-1015
514 604-7773
westisland2@cardiopleinair.ca

HOCKEY

Pierrefonds-Roxboro Adult
Hockey League
35-year-olds and up, men
pierrefondsoldtimers.com

HORTICULTURE

La Société d'horticulture et
d'écologie de Pierrefonds
From September to May, we
offer conferences in French
every second Wednesday of
the month, at 7:30 p.m. at
the Marcel Morin Community
Centre. In addition to that, we
organise other activities, plant
exchanges, garden visits, etc.
514 624-1671

LAWN BOWLING

Pierrefonds Lawn Bowling Club
514 620-0942

OLYMPIC WRESTLING

Riverdale Wrestling Club
Wrestling practices for adults,
for fun and competition.
Mondays and Wednesdays, at
7:30 p.m. and Saturdays, at
10:30 a.m.

Until the end of June
514 683-2438
info@sportolympia.com

PHYSICAL FITNESS AND VOLLEYBALL

West Island Physical Fitness
40-year-olds and up
Men and women
514 620-9259

PUBLIC SKATING FOR ALL

Saturdays, from 7 to 9 p.m.
Sundays, from 1:30 to 4:30 p.m.
Until March 29, 2015
14700, boulevard de
Pierrefonds
Adult: \$2 / Child: \$1
Children aged 12 years old and
under must wear a helmet.
Daycares are not admitted to
public skating sessions.
514 624-1100
ville.montreal.qc.ca/
pierrefonds-roxboro

PUBLIC SKATING FOR SENIORS

Reserved for seniors aged
50 years old and over.
Mondays and Wednesdays,
from 11 a.m. to 12 p.m.
Until March 30, 2015
14700, boulevard de
Pierrefonds
Free of charge!
514 624-1100
ville.montreal.qc.ca/
pierrefonds-roxboro

RINGETTE

19-year-olds and up, girls
Recreational and competitive
leagues
514 262-5496
ringuettepierrefonds.com

SOCCER FOR MEN

Pierrefonds Adults' Soccer
Association
Sundays
League games as of 4:30 p.m.
514 808-4625
info@asap-soccer.org
asap-soccer.org

SOCCER FOR WOMEN

Pierrefonds Women's Soccer
Association
Saturday mornings
Pierrefonds Comprehensive
High School
514 816-5815
info@pwsf.ca
pwsf.ca

VOLLEYBALL

Pierrefonds Men's Volleyball
Association
Mixed volleyball, men and
women
Tuesdays and Fridays
pmva.ca

VOLLEYBALL FOR WOMEN

Pierrefonds Women's Volleyball
Association
Recreational and competitive
teams
info@plvolleyball.com
plvolleyball.com



The full programming is available on the borough's website or dial 514 624-1100

Winter Fun

TWO PLACES AND TWO DATES TO CELEBRATE!

Alexander Park, 14899, rue Oakwood

Saturday, February 7, 11 a.m. to 3 p.m.

FREE!

Activities for the whole family, hot chocolate,
food, sledding, shinny hockey and free skating
(bring your skates, helmet and sled),
music and animation

☎ 311

Bois-de-Liesse Nature Park

9432, boul. Gouin Ouest

Sunday, February 22, 12 p.m. to 4 p.m.

Animated kiosks and free activities
for the whole family.

Equipment rental free for children
aged 12 years and under.

☎ 514 280-6729