

MUNICIPAL MAGAZINE

# LIFE IN PIERREFONDS ROXBORO

AUGUST 2013 ■ VOL. 8, N° 3

KEEP IT  
HANDY UNTIL  
OCTOBER 9,  
2013



Pierrefonds  
Roxboro

Montréal

# LIFE IN PIERREFONDS-ROXBORO

## BOROUGH COUNCIL MEETINGS

### Council room

Borough Hall  
13665, boulevard de Pierrefonds  
Pierrefonds

## SEPTEMBER

Tuesday, September 3, at 7 p.m.

## OCTOBER

Tuesday, October 1, 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, August 26 and September 23,  
at 2 p.m.

**Public question period starts at 7 p.m.**

## 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](mailto:pierrefonds-roxboro@ville.montreal.qc.ca)  
[ville.montreal.qc.ca/pierrefonds-roxboro](http://ville.montreal.qc.ca/pierrefonds-roxboro)  
[twitter.com/pfds\\_rox](https://twitter.com/pfds_rox)

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



The Municipal Magazine is printed on paper  
containing 10% post-consumer recycled fiber.

## IMPORTANT NOTICE

**Municipal buildings  
will be closed on Monday,  
September 2 for Labour  
Day and on Monday,  
October 14  
for Thanksgiving Day**

## PRINTING

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\* Source: Publi-sac Ouest de Montréal

[publisac.ca](http://publisac.ca)

## COVER PHOTOS

The culture-sport fusion is intended to reflect  
a rich content in terms of cultural and sporting  
activities; a diversified programming that  
meets sport and culture lovers' taste.

Upper cover photo: Musica Nuda Jazz Group

Bottom cover photo: Physical fitness activity in  
an outdoor training circuit

# MESSAGE



Monique Worth  
Borough Mayor

## MESSAGE FROM THE BOROUGH MAYOR

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### PIERREFONDS-ROXBORO'S HEART!

Our borough thrives and grows rapidly. Among all the responsibilities, I have to admit that those who are close to my heart are connected to the needs of families, vitality of our borough, elders, makers of our history, and the success of our youth, builders of the future.

For several years, I have attended to various community, corporate and institutional events. I notice that more and more our youth participate to non-profit organisations events in our borough and many of them are even now developing their own projects. Somehow they are building their future.

Our youth grows up within families having their own realities and needs. The work done by community organizations with the help of volunteers bear fruits. In addition to offering educational, recreational and cultural

activities, these organizations also take preventive actions on social issues. There works really help to create the sense of belonging to our borough.

While some organizations create networks to break the loneliness and provide support for single-parents, others help families to be aware and use support services, or provide academic support from the early childhood up to the help with homework. Finally a great variety of services and recreational activities for both children and parents are organized. An array of services supervised by recognized organizations orchestrated by people with one's heart at the right place.

And then, again, and always present, our elders, key people for the vitality of our borough. Generous citizens who have stories

to tell, life experiences and heritage to share. Good hearted inspiring people who play a very important role in the daily life of our community.

Pierrefonds-Roxboro borough can count on valuable assets, people of good will of all ages and support groups from various organizations that offer valiant services for the benefit of the community. Our goal, to encourage families to live in our borough, could not be achieved without the generosity of Pierrefonds-Roxboro's citizens.

We often talk about the beauty of our territory bordering rivière des Prairies, I am talking about the beauty of the heart of Pierrefonds-Roxboro's citizens. Our borough, a place to live... a place to share!

*Monique Worth*



Catherine Clément-Talbot  
Borough Councillor

## MANAGING RAINWATER IN OUR BOROUGH

Construction in our borough goes back to approximately fifty years ago. During the 1960's, roads were larger and residences were built on bigger lots. However, houses were smaller and did not cover the same surface area as the one required nowadays for a building permit.



Dimitrios (Jim) Beis  
Borough Councillor

## ROXBORO CENTENNIAL

Roxboro will celebrate its 100<sup>th</sup> anniversary next year and the public will be invited to celebrate. A group of volunteers has been formed to prepare the necessary activities so that this very important event will be a great success.

More information in the Life in Pierrefonds-Roxboro upcoming issues.

# MESSAGE

## MESSAGE FROM THE BOROUGH COUNCILLOR - CAP-SAINT-JACQUES DISTRICT

Some builders chose to set up houses with ditches in front rendering lawn up-keeping a difficult task. Others opted for sidewalks or curbs, without ditches. New modern techniques to create different ditches with top soil and plants allowing us to retain, slow down and filter stormwater locally.

These measures are absolutely necessary because when rapidly evacuated through the underground drainage system, rainwater becomes an important source of pollution. Also, development will be done with a lower impact on the environment by choosing new eco-friendly practices including better stormwater management for new projects. Rain gardens, landscaped ditches, green roofs and permeable pavements are part of these innovative approaches. Also, the Borough will be integrating greener infrastructure in one of his future projects.

This measure will allow a better stormwater management by capturing runoffs before reaching the rainwater drainage system through a system of landscaped ditches and retention ponds.

Forecast for the growth in the number of houses in our borough is about one quart. The involvement of decision-makers, planners, developers and residents who wish to adopt a new approach to manage rainwater becomes therefore essential. Such a choice is in everybody's best interest. This is our chance to become a part of the solution to the problem even where our infrastructures are due for replacement.

Have a great fall season!

## MESSAGE FROM THE BOROUGH COUNCILLOR - BOIS-DE-LIESSE DISTRICT

### TO ALL MY FELLOW RESIDENTS

I hope you all had a wonderful summer enjoying all aspects of our beautiful community.

Our borough offered many activities and opportunities to share allowing us to get to know our neighbours. It also gave our residents the opportunity to get closer to their elected officials for those who wanted to discuss issues in an informal setting. Community led initiatives helped us move forward and grow as a society.

With the help of many devoted individuals both in our administration and army of volunteers, special events and activities were great successes allowing people of all ages and abilities to get involved.

Our tireless commitment to improve public transit with the different stakeholders is not without results. Initiatives were taken such as designating parking spaces for bus commuters, negotiating reserved bus lanes on major arteries, installing a car pooling program and pressuring the AMT to meet with our borough representatives and hear the concerns of our residents regarding the lack of adequate parking among the commuter train stations among others. Although some of these projects are in their infancy, steps will be taken to improve them with added consultation so that the public has a voice.

Other community led initiatives with the borough's support will result in the designing and rebuilding of one of the outdoor pool facilities at Grier Park, meeting with concerned residents to ensure that the Boisé wooded area in Roxboro will be protected, building of an accessible park in Hérédité-sur-le-lac, approval and eventual expansion of the Pierrefonds Public Library, resource, material and monetary support to local organizations (sports, leisure, social development and culture) offering services to our residents were only some of the many diverse undertakings that Council, our employees and in many cases, citizens were involved in.

As a member of Council, I have had the opportunity to shape the future of our borough, of course with the support of my fellow council members.

Aside from ensuring different aspects of borough management such as roads and transportation, snow and garbage removal, recreation facilities and programs, parks and green spaces, environmental issues, building codes and by-laws and land use planning and development, I believe that the role of any council member should include representation and accountability, governance and proper management ensuring that staff and administrators follow proper policies, directives and ethical guidelines.

Enjoy the great outdoors this wonderful fall season!

# CULTURAL PROGRAMMING

## LES JOURNÉES DE LA CULTURE



### Musica Nuda

Friday, September 27, at 7:30 p.m.  
East Community Centre

[musicanuda.com](http://musicanuda.com)

Free of charge - Passes required  
(available as of September 17)



Photo: Héliène Maude

### Ombres folles: Les Routes ignorées

(5-year-olds and up, in French)

Shadow theatre, puppets and pop-up books

Saturday, September 28, at 1 p.m.  
East Community Centre

[ombresfolles.ca](http://ombresfolles.ca)

Free of charge - Passes required  
(available as of September 17)

### Ombres folles: Puppet workshop

(4-year-olds and up, in French)

Saturday, September 28, at 2:15 p.m.  
East Community Centre

[ombresfolles.ca](http://ombresfolles.ca)

Free of charge - Passes required  
(available as of September 17)

## POPCORN FRIDAYS



### Fuchsia, la mini sorcière

(5-year-olds and up, in French)

*Festival international du film pour enfants de Montréal*

Friday, November 1, at 7 p.m.  
East Community Centre

[fifem.com](http://fifem.com)

Free of charge - Passes required  
(available as of October 22)



### L'Hiver de Léon L'Automne de Pougne

(5-year-olds and up, in French)

Friday, November 22, at 7 p.m.  
East Community Centre

NFB Cinema: [nfb.ca](http://nfb.ca)

Free of charge - Passes required  
(available as of October 22)



### Arthur Christmas

(5-year-olds and up)

Friday, December 6, at 7 p.m.  
East Community Centre

[arthurchristmas.com](http://arthurchristmas.com)

Free of charge - Passes required  
(available as of November 26)

## CINEMA



Photo: Yanick Létourneau

### Les États-Unis d'Afrique

(In French)

Friday, October 25, at 7:30 p.m.  
East Community Centre

NFB Cinema: [nfb.ca](http://nfb.ca)

Free of charge - Passes required  
(available as of October 15)



# CULTURAL PROGRAMMING

## MUSIC



### Color Violeta: Tournée Gracias

Friday, September 20, at 7:30 p.m.  
East Community Centre

[colorvioleta.ca](http://colorvioleta.ca)

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

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35

Photo: Dominic Lessard



### Quetango Quartet

Friday, October 4, at 7:30 p.m.  
East Community Centre

[quetangoquartet.bandcamp.com](http://quetangoquartet.bandcamp.com)

Presented as part of the *Rencontres culturelles Québec – Montréal*.

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35



### Kind of Blue: A Tribute to Miles Davis

Friday, October 18, at 7:30 p.m.  
East Community Centre

[dlpjazz.ca](http://dlpjazz.ca)

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35



Photo: Roger Proulx

### L'Orchestre de chambre I Musici de Montréal

(Public repetition)

Sunday, November 3, at 2 p.m.  
East Community Centre

[imusici.com](http://imusici.com)

Free of charge - Passes required  
(available as of October 22)



### Ray Bonneville

Friday, November 15, at 7:30 p.m.  
Pierrefonds Cultural Centre

[raybonneville.com](http://raybonneville.com)

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35



Photo: Julien Faugère

### Marie-Josée Lord: Bouillon

Sunday, December 8, at 2 p.m.  
Beaubois College

[mariejoseelord.com](http://mariejoseelord.com)

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35



Photo: Linsay Lozon

### Orchestre Métropolitain: The concerto in all its forms

Friday, December 20, at 8 p.m.  
Marie-Reine-de-la-Paix Church

[orchestremetropolitain.com](http://orchestremetropolitain.com)

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

Regular: \$16 • Subscription: \$13.60  
Senior-student: \$13 • Subscription: \$11.05



### Buzz Cuivres: Preludes and Rhapsodies

Friday, February 7, at 7:30 p.m.  
Pierrefonds Cultural Centre

[buzzcuivres.com](http://buzzcuivres.com)

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

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35

### Les Voix Humaines and Suzie Leblanc: Summertime

Sunday, February 23, at 3 p.m.  
Pierrefonds Cultural Centre

[lesvoixhumaines.org](http://lesvoixhumaines.org)

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35



### Skarazula

Friday, February 28, at 7:30 p.m.  
East Community Centre

[skarazula.com](http://skarazula.com)

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35



Photo: L. Cory

### Adam Karch

Friday, March 21, at 7:30 p.m.  
Pierrefonds Cultural Centre

[bros.ca](http://bros.ca)

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35



Photo: Dario Acosta

### Orchestre Métropolitain: Symphonic Colours

Sunday, March 9, at 2 p.m.  
Marie-Reine-de-la-Paix Church

[orchestremetropolitain.com](http://orchestremetropolitain.com)

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

Regular: \$16 • Subscription: \$13.60  
Senior-student: \$13 • Subscription: \$11.05



### Laila Biali

Friday, March 28, at 7:30 p.m.  
Pierrefonds Cultural Centre

[lailabiali.com](http://lailabiali.com)

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35

## CULTURAL PROGRAMMING

### CHILDREN AND FAMILY

### VISUAL ARTS

Photo: Annick Gauthier



#### Duo Fortin-Poirier

Sunday, April 13, at 2 p.m.  
Pierrefonds Cultural Centre

[duofortinpoirier.com](http://duofortinpoirier.com)

Within the context of the *Entrées en scène*  
*Loto-Québec*.

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35

Photo: Léon Gniewesch



#### Théâtre de l'œil: Sur 3 pattes

(5-year-olds and up, in French)

Friday, January 31, at 7 p.m.  
East Community Centre

[theatredeloil.qc.ca](http://theatredeloil.qc.ca)

Regular: \$4  
Subscription: \$3.40

Photo: Paul Labonne



#### Signed Sollogoub: Diversity in Design

From Saturday, August 24 to  
Sunday, October 6  
Pierrefonds Cultural Centre

[chateaudufresne.com](http://chateaudufresne.com)

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

Photo: Benjamin Wong

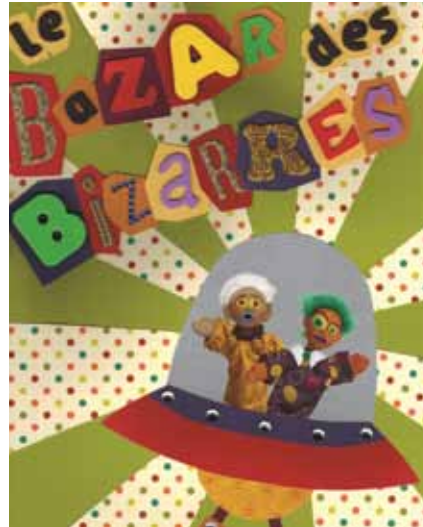


#### Denis Chang: Django Reinhardt Legacy

Friday, April 25, at 7:30 p.m.  
Pierrefonds Cultural Centre

[stationbleue.com](http://stationbleue.com)

Regular: \$13 • Subscription: \$11.05  
Senior-student: \$11 • Subscription: \$9.35



#### Panadream Theatre: Bizarre Bazaar

(2-to 8-year-olds)

Friday, April 11, at 7 p.m.  
East Community Centre

[panadreamtheatre.com](http://panadreamtheatre.com)

Regular: \$4  
Subscription: \$3.40



#### Gare aux gorilles

From Friday, October 11, 2013 to  
Friday, January 24, 2014  
Pierrefonds Cultural Centre

[rcaaq.org](http://rcaaq.org)



# GENERAL INFORMATION

## SUBSCRIPTIONS

- Subscription period until September 30, 2013.
- 15% off with the purchase of five (5) different shows per person, including Shows for Youngsters.
- 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 Citizens's Office. They can be also purchased on-site 45 minutes before the presentation if available.

## FREE SHOWS

Maximum of two (2) passes/person per presentation (except for shows for youngsters - four (4) passes). Available in person only at the mentioned date. Tickets are valid up to 10 minutes before indicated.

**Note:** All passes, independently of the venue, are available at the Pierrefonds Public Library.

## Pierrefonds Public Library contact information and opening hours

13555, boul. de Pierrefonds  
☎ 514 620-4181, ext. 2203

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.

## 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 Communication 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



## INFORMATION



## NOTES

Program and prices are subject to change.  
Students: 20 years old and under  
Seniors: 65 years old and up

## VENUES

**East Community Centre**  
9665, boulevard Gouin Ouest

**Pierrefonds Cultural Centre**  
13850, boulevard Gouin Ouest

**Beaubois College**  
4901, rue du Collège-Beaubois

**Pierrefonds Comprehensive High School**  
13800, boulevard de Pierrefonds

**Marie-Reine-de-la-Paix Church**  
11075, boulevard Gouin Ouest

## THANKS TO ALL OUR PARTNERS

CONSEIL DES ARTS  
DE MONTRÉAL



Montréal



Desjardins  
PARTENAIRE EN TITRE  
OFFICIEL PARTNER



LES ENTRÉES  
EN SCÈNE  
LOTO-QUÉBEC

Get the new  
**ACCÈS MONTRÉAL CARD**  
at the Borough Hall Citizen's Office  
or at the Pierrefonds Public Library  
and take advantage of many special  
offers and rebates offered by more  
than 100 partners.

Cost: \$8 per year

Information:  
[ville.montreal.qc.ca/carteaccesmtl](http://ville.montreal.qc.ca/carteaccesmtl)

# SPORTING, RECREATIONAL AND OUTDOOR LEISURE



Photo: West Island Track and Field Club



Photo: Pierrefonds Baseball Club



Photo: Squadron 803

## SPORTS AND PHYSICAL FITNESS

You would like to practice a sport this fall, communicate with the appropriate association listed below.

### AIR CADETS

#### Squadron 803

(12-to 19-year-olds, boys and girls)

Office at Riverdale School

514 421-0803

803squadron.com

#### Squadron 830

(12-to 19-year-olds, boys and girls)

Office at St-Anthony School

514 626-1830

escadron830.com

### BADMINTON

#### Pierrefonds Badminton Club

(8-year-olds and up, men and women)

Diane Sofi Bourgoing

514 684-4054

freewebs.com/badpierrefonds

#### West Island Badminton Club

PGM1: 6-year-olds and up, men and women

(beginner - elite)

PGM2: 8-year-olds and up, elite training Lac

St-Louis

David Pealow

514 626-1334

badmintonwibc.com

### BASEBALL

Pierrefonds Baseball Club

(5-year-olds and up, boys and girls)

514 620-2255

baseballpierrefonds.com

### BASKETBALL

Brookwood Basketball Association of

Pierrefonds

(6-to 18-year-olds, boys and girls)

A registration session will take place on

Saturday, September 7, from 9 a.m. to 1 p.m.,

at Riverdale High School for boys and girls

born between 1996 and 2007.

John Hanley

514 684-5885

brookwood@videotron.ca

brookwoodbasketball.org

### CARDIO PLEIN AIR AT GRIER PARK AND AT CAP-SAINT-JACQUES NATURE PARK

514 634-1015

westisland2@cardiopleinair.ca

### CHEERLEADING

North Shore Extreme Cheerleading

(4-year-olds and up, boys and girls)

Team for children with special needs

514 683-6111

cheer-nsc@hotmail.com

nscheer.com

### CRICKET

West Island Cricket Centre

514 688-8054

cricketmontreal.ca

### FIGURE SKATING

Deux-Rives Skating Club

(4-year-olds and up, men and women)

514 626-6350

cpdeuxrives@hotmail.com

cpdeuxrives.com

### FOOTBALL

North Shore Football League

(6-to 17-year-olds, boys and girls)

Scott MacDermot

514 500-0376

northshorefootball.com

### GUIDES AND SCOUTS

#### 122<sup>e</sup> Marie-Reine-de-la-Paix Scouting

Group (in French)

(7-to 18-year-olds, boys and girls)

Jean Thivierge

514 694-8975

#### Roxboro Scouting Group

(6-to 16-year-olds)

514 684-4772

#### Guides of Canada

Riverdale District Pierrefonds

(5-year-olds and up, girls)

Jacqui Hoitz

514 696-8421

jhoitz@sympatico.ca

### GYMNASTICS

Pierrefonds Dynamics Gymnastics Club

(4-to 15-year-olds, boys and girls)

Catherine Pazzi

514 942-1551

Lisa Mancini

514 755-5472

dynamicsgymnastics.org

# SPORTING, RECREATIONAL AND OUTDOOR LEISURE

## HOCKEY

### Pierrefonds Adult Hockey League

(35-year-olds and up, men)  
Louis Groulx  
514 695-7050

### Pierrefonds Minor Hockey Association

(4-to 20-year-olds, boys and girls)  
514 620-6440  
hockeypfds.com

## JUDO

Seidokwan Academy of Judo - Roxboro Group  
(7-year-olds and up, boys and girls)  
Dr. Iver Simonsen  
514 697-1350  
Gary Hayashi  
514 694-0248

## KARATÉ

West Island Academy of Martial Arts  
(4-year-olds and up, boys and girls)  
Yogen Mungroosing  
514 717-1099  
karateyogen@gmail.com

## LAWN BOWLING

Pierrefonds Lawn Bowling Club  
Tony Robinson  
514 620-0942

## OLYMPIC WRESTLING

Riverdale Olympic Wrestling Club  
(13-year-olds and up, men and women)  
Jay Bradbury  
514 683-2438

## PHYSICAL FITNESS AND VOLLEYBALL

West Island Physical Fitness  
(40-year-olds and up, men and women)  
Heiner Theobald  
514 620-9259

## RINGUETTE

Pierrefonds-DDO-Ile Bizard Lynx Ringette  
(4-year-olds and up, women)  
Open house: Sunday, August 25, from 4:30 to 5:30 p.m. at the Sportplexe 4 Glaces  
Pierrefonds, ice # 2. Bring your helmet, skates and gloves.

Registration evenings: August 22 and 26, from 6:30 to 8:30 p.m., at the Sportplexe 4 Glaces, Community Room.  
Manon Côté  
514 626-5467  
ringuettepierrefonds.com

## SOCCER

Pierrefonds Soccer Association  
(4-year-olds and up, boys and girls)  
514 696-2505  
soccerpierrefonds.com

### Adult Soccer Association of Pierrefonds

(18-year-olds and up, men)  
514 808-4625  
asap-soccer.org

### Pierrefonds Women's Soccer League

(19-year-olds and up, women)  
pwsl.ca

## TENNIS

Royal Pierrefonds Tennis Academy  
(6-year-olds and up, men and women)  
David Pealow  
514 626-1334  
tennisrpta.com

## TENNIS MONTRÉAL

(8-year-olds and up, men and women)  
514 270-2724  
tennismontreal.qc.ca

## TENNIS ROXBORO

(men and women)  
514 542-0660  
tennisroxboro.ca

## TENNIS PROGRESSIF

Farhad Zangana  
514 830-3011

## TRACK AND FIELD

West Island Track and Field Club  
(5-year-olds and up, men and women)  
514 685-9501 or 514 620-7043  
paul\_witc@sympatico.ca  
alexrossi6@hotmail.com  
westislandtrack.com

## VOLLEYBALL

### Pierrefonds Ladies Volleyball Club

(18-year-olds and up, women)  
Sheryl Quimpo  
514 497-5391  
info@plvolleyball.com  
plvolleyball.com

### Pierrefonds Men's Volleyball Association

(18-year-olds and up, men)  
pmva.ca



Photo: West Island Academy of Martial Arts



Photo: Sylvie Lebeau



Photo: Martin Viau

# SPORTING, RECREATIONAL AND OUTDOOR LEISURE

## PHYSICAL FITNESS PROGRAM

### **BOOT CAMP**

Mondays and Fridays, from 7 to 8 p.m.

### **CARDIO BLAST**

Wednesdays, from 7 to 8 p.m.

### **ZUMBA**

Tuesdays and Thursdays, from 7 to 8 p.m.

### **Information**

514 796-4619

victor@bodybyvic.ca

### **Location**

Pierrefonds Comprehensive High School  
13800, boul. de Pierrefonds

### **Note**

Courses are given by a totally independent specialist. The role of the Borough of Pierrefonds-Roxboro is limited to the coordination and the improvement of sporting activities offered to residents.

### **INTERGENERATIONAL OUTDOOR TRAINING CIRCUIT**

You can now enjoy a new outdoor training circuit at Yuille Park located just west of boulevard Saint-Charles. This circuit is intergenerational and offers eight exercise stations with factsheets. Retirees, seniors, teenagers, men and women and the whole family will enjoy these new facilities that will help you improve your physical condition or simply maintain it, in a natural setting surrounded by trees.

Fitness sessions with certified instructors will start next fall.

### **Information**

Julie Guimond

438 889-1015

### **OPEN BADMINTON AT CHARLEMAGNE COLLEGE**

Are you looking for a place to practice open badminton... A gym is at your disposal.

### **Schedule**

Mondays to Fridays, from 7 to 10 p.m. (from the beginning of October until the end of April)

### **Location**

Charlemagne College  
5000, rue pilon, Pierrefonds

### **Cost**

\$2 per person, per evening

### **Notes**

Please visit the borough's website for scheduled black-out dates. Food and drinks are prohibited. Groups cannot reserve the gym.

### **PUBLIC SKATING FOR ALL**

### **Schedule**

Please dial 514 624-1429 or visit our website: [ville.montreal.qc.ca/pierrefonds-roxboro](http://ville.montreal.qc.ca/pierrefonds-roxboro)

### **Location**

Sportplex 4 glaces Pierrefonds  
14700, boul. de Pierrefonds

### **Cost**

Adult: \$2

Child: \$1 (12-year-olds and under)

### **Notes**

Children aged 12 years old and under must wear a helmet.

Daycares are not admitted to public skating sessions.

### **PIERREFONDS TOASTMASTERS CLUB**

Do you wish to become a better listener? Would you like to communicate better with your friends, your co-workers or your family? Join the bilingual Pierrefonds Toastmasters Club. It is the place where you will learn to become a better communicator and leader, be it in the home, in the workplace or in the community.

### **Schedule**

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

### **Location**

Marcel Morin Community Centre  
14068, boul. Gouin Ouest

### **Information**

Vita Lewis

514-694-1118

### **LA SOCIÉTÉ D'HORTICULTURE ET D'ÉCOLOGIE DE PIERREFONDS**

From September to May, we offer conferences in French every second Wednesday of the month, from 7:30 to 10 p.m., at the Marcel Morin Community Centre. In addition to that, we'll be organising a plant exchange on Saturday, September 28.

### **Kick back and relax around your vegetable garden**

Larry Hodgson

September 11, 2013

### **Ornamental trees and shrubs**

Daniel Fortin

October 9, 2013

### **Information**

514 624-1671

# ACTIVITIES FOR SENIORS

## A TRIBUTE TO SENIORS

A special afternoon exclusively for Pierrefonds-Roxboro residents aged 65 years old and over.

**RESERVATION REQUIRED PRIOR TO AUGUST 23 BY CALLING 514 620-4181, ext. 2209.**

### Date

Wednesday, August 28, 12:45 to 4 p.m.

### Location

Marcel Morin Community Centre, 14068, boul. Gouin Ouest

### Program

12:45 to 1:15 p.m.: Greetings and refreshments

1:15 to 3 p.m.: Show

3 to 4 p.m.: Summer dessert and door prizes draw

## PUBLIC SKATING FOR SENIORS

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

### Schedule

Please dial 514 624-1429 or visit our website: [ville.montreal.qc.ca/pierrefonds-roxboro](http://ville.montreal.qc.ca/pierrefonds-roxboro)

### Location

Sportplexe 4 Glaces Pierrefonds  
14700, boul. de Pierrefonds

### Cost

Free of charge!

### Registration

Tuesday, September 3 and Wednesday, September 4, from 10 a.m. to 12 p.m. and from 1 to 3 p.m., and Thursday, September 5, from 10 a.m. to 12 p.m.

### Schedule

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

Unless stated otherwise, activities will start the week of September 9.

### Location

Marcel Morin Community Centre  
14068, boul. Gouin Ouest

### Information

514 624-1449

## CARREFOUR DES AÎNÉS DE PIERREFONDS

A bilingual meeting place where seniors 50 years of age and over can participate in more than 25 activities, including Computer, French, English and Spanish courses, while making friends with their peers in a fun, safe and peaceful environment.

## 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. Diane Doonan: 514 937-5351, ext. 237

## THE ROXBORO 60+ CLUB

### ANNUAL MEETING

#### Date

Wednesday, September 11, at 1 p.m.

#### Location

East Community Centre  
9665, boul. Gouin Ouest

#### Information

Mrs. Anne Kowal: 514 624-5018

## CLUB DES AÎNÉS SAINTE-SUZANNE



Photo: flickr.com/photos/lulupine

### CARD GAMES

#### Schedule

Thursdays, from 1 to 5 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

From \$12 to \$16

### Membership fees

\$12 per year

### Information

514 624-1448

## HALL RENTAL

FOR WEDDING RECEPTIONS, ANNIVERSARIES,  
CONFERENCES, MEETINGS, ETC.

☎ 514 624-1118

[locationspierrefonds-roxboro@ville.montreal.qc.ca](mailto:locationspierrefonds-roxboro@ville.montreal.qc.ca)

Pierrefonds  
Roxboro

Montréal

Métropole AMIE des aînés

# PUBLIC LIBRARIES ACTIVITIES

## INFORMATION ABOUT ACTIVITIES

### ACCESS TO ACTIVITIES

Resident and non-resident library members as well as all members of the Montreal 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. Your membership card must be presented at the door.

### 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!

## 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

Labour Day: Monday, September 2

Thanksgiving Day: Monday, October 14

### Wireless Internet

Wireless Internet is available free of charge to all library members.

### Le Portillon

Are you housebound? This service is for you! Pierrefonds Public Library has a delivery service: "Le Portillon". Novels, non-fiction books and talking books right to your door! Sign up by calling at 514 620-4181, extension 2203, **it's free!**



## TD READING CLUB WRAP-UP PARTY

(For 6-to 12-year-olds, members of the Club)

The TD 2013 Reading Club wrap-up party will take place on **Wednesday, August 21, at 3:30 p.m. at the Pierrefonds Cultural Centre.**

Passes are available at the Pierrefonds Public Library.

## REGULAR ACTIVITIES FOR ADULTS

### ENGLISH BOOK CLUB

with Mary Soderstrom

Every month read a book suggested by our club leader and share your impressions with other readers along with a good cup of coffee.

**Tuesday, September 3 and Monday September 30, at 7:15 p.m.**  
Compulsory registration

### NEW: A SECOND ENGLISH BOOK CLUB with Mary Soderstrom

This year, the Pierrefonds Public Library will offer a second English Book Club one Monday a month.

**Mondays, September 9 and October 7, at 7:15 p.m.**  
Compulsory registration



## NEW SCHOOL SUPPLIES COLLECTION

The Pierrefonds Public Library will accept all donations of new school supplies during the entire month of August. Give whatever you can: erasers, pencils, copy books, lined paper, school bags, lunch boxes, etc. Articles collected will be given to pupils in need from the borough of Pierrefonds-Roxboro. Please help! All our children deserve success!

## LES MOTS PARTAGÉS

with **Hélène Denis**

(In French)

For people with a good knowledge of the French language and who wish to improve it. Participants meet to discuss a book they have read at the suggestion of the animator. Meet interesting people and share your culture with them!

**Tuesdays, September 24 and October 9, at 7 p.m.**

**Compulsory registration**

## LECTURES AND WORKSHOPS FOR ADULTS

### BASIC INTRODUCTION TO THE LIBRARY CATALOGUE

Need picture books on a certain topic, need to help your children with their first projects? This one hour workshop is geared to daycare educators, parents of grade school children as well as parents of homeschoolers.

**Workshops will be held in September. Compulsory registration**

### AUTHOR VISIT: PETER DUBÉ

Come meet the author of *"Hovering World"* and *"At the Bottom of the Sky"*.

**Wednesday, September 25, at 7 p.m. Compulsory registration**

### SINGIN' RENDEZ-VOUS: MUSIC FROM THE 1900S TO THE 1950S

with vocal trio **Singin'Rendez-vous**

(In French, in celebration of les Journées de la culture)

Let yourself be entertained by this a capella performance with instruments such as a washboard and a melodica. Full of humour and charm, this female trio will transport you to another era with stories from the jazz era.

**Sunday, September 29, at 1:30 p.m. Compulsory registration**

## IT'S BEST TO LAUGH ABOUT...

### FATHERHOOD!

with **Martin Larocque**

(In French)

Actor, director and speaker, Martin Larocque will share with us his vision of fatherhood which he also wrote about in the magazine "Enfants Québec" and in his book "Papa 24/7".

**Wednesday, October 2, at 7 p.m. Compulsory registration**

## NEW: SPECIAL ACTIVITY FOR TEENAGERS

### INTRODUCTION TO DIGITAL PHOTOGRAPHY

(Bilingual activity, for 12-to 16-year-olds)

Learn the basic notions of digital photography such as exposure control, picture composition and the best tips for easy shooting and sharing your pictures.

**Sundays, September 8, 15 and 22, from 1:30 to 4 p.m.**

**Compulsory registration**

## REGULAR ACTIVITIES FOR CHILDREN

### INVITATION TO PIERREFONDS-ROXBORO DAYCARES

Sign up for a story time hour on Monday mornings. We can host a maximum of 20 children per visit. Therefore, we can accommodate several small groups at one time.

**Contact us as of September 3 at 514 620-4181, ext. 2203.**

**Compulsory registration**

### TINY TALES FOR TINY TOTS

(For children aged two years old 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!

**Fall session begins the week of October 14. 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!

**Fall session begins the week of September 23.**

**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, felt board, rhymes and puppets. 30 minutes of fun!

**In French: Saturday, October 5, at 10:15 a.m.**

**In English: Saturday, September 28, at 10:15 a.m.**

**Compulsory registration**

### SATURDAY STORY TIME

(For 4-to 5-year-olds)

For children who do not attend the regular Weekly Story Time.

**In French: Saturday, October 5, at 11 a.m.**

**In English: Saturday, September 28, 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, October 5, at 1 p.m.**

**In English: Saturday, September 28, at 1 p.m. Compulsory registration**

### BETWEEN FRIENDS

(For 9-to 12-year-olds)

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

**In French: Saturday, October 5, at 2:15 p.m.**

**In English: Saturday, September 28, at 2:15 p.m.**

**Compulsory registration**

## PUBLIC LIBRARIES ACTIVITIES



### 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**  
Labour Day: Monday, September 2  
Thanksgiving Day: Monday, October 14

**Wireless Internet**  
Wireless Internet is available free of charge to all library members.

Activities will resume in mid-September after the end of the ongoing renovations.

### REGULAR ACTIVITIES FOR ADULTS

#### ENGLISH BOOK CLUB

Discussion on a book chosen by the participants.

**One Monday a month starting September 30, at 1:15 p.m.**

**Dates are subject to change, registered participants will be notified.**

**Compulsory registration**

#### FRENCH BOOK CLUB

**with Martin Charette**

Discussion on a book chosen by the participants.

**Friday, October 11, at 10 a.m.**

**Dates are subject to change, registered participants will be notified.**

**Compulsory registration**

### LECTURE FOR ADULTS

#### UPCOMING FALL BOOKS

with **Mélanie Grondin**, editor of Montreal Review of Books

Mélanie Grondin will talk about the upcoming fall English book releases.

**Wednesday, October 9, at 7 p.m.**

**Compulsory registration**

### REGULAR ACTIVITIES FOR CHILDREN

#### STORIES FOR BABIES

(For 0-to 2-year-olds)

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

**Fall Session begins the week of October 14.**

**Compulsory registration**

#### TINY TALES FOR TINY TOTS

(For 2-year-olds accompanied by an adult)

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

**Fall Session begins the week of October 14.**

**Compulsory registration**

#### WEEKLY STORY TIME

(For 3-to à 5-year-olds)

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

**Fall session begins the week of September 30.**

**Compulsory registration**

#### NEW: BOARD GAMES

(Bilingual activity, for 9-to 12-year-olds)

Come and play various board games Mondays to Wednesdays from 4 p.m. to 6 p.m. unless there is a scheduled workshop.

**Fall 2013: From September 30 to December 11.**

**Compulsory registration**

#### NEW: MOVIES IN THE LIBRARY

(In French, for 9-to 12-year-olds)

Come and watch a popular movie.

**Thursdays, at 4 p.m., from October 3 to December 12**

**Compulsory registration**

#### NEW: VIDEO GAMES

(Bilingual activity, for 9-to 12-year-olds)

Come and play Wii or XBOX 360 video games.

**Fridays, at 4 p.m., from October 4 to December 13**

**Compulsory registration**





# CULTURAL ACTIVITIES

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

## GENERAL REGISTRATION TO CULTURAL ACTIVITIES FALL-WINTER SESSION

Saturday, August 24, 2013, from 9 a.m. to 12 p.m.  
Pierrefonds Cultural Centre  
13850, boul. Gouin Ouest

## ART COURSES

### ACTING

at the East Community Centre

Lois Dellar, ACTRA, CAEA: 514 646-1477  
pages.videotron.com/loisd

### Kids "Acting for the Camera"

6-to 11-year-olds  
Wednesdays, 6 to 7:30 p.m.  
Sept. 11 to Dec. 4 (13 wks)  
\$275

Live stage play at the end

### Kids Stage Acting Class

6-to 11-year-olds  
Tuesdays, 6 to 7:30 p.m.  
Sept. 10 to Dec. 3 (13 wks)  
\$275

Live stage play at the end

### Teens and Adults Acting for the Camera

12 years +  
Saturdays, 12 to 2 p.m.  
Sept. 14 to Dec. 7 (13 wks)  
\$300

Live stage play at the end



### ACRYLIC

16 years +  
Mondays, 1 to 4 p.m.  
Sept. 9 to Nov. 18 (10 wks)  
at the Pierrefonds Cultural Centre  
\$180 (material not included)

Donna McGee: 514 696-9326  
artistscirclewestisland.ca/mcgeed.html

### ACRYLIC

16 years +  
Fridays, 9:30 to 12 p.m.  
Sept. 13 to Nov. 1 (8 wks)  
at the Pierrefonds Cultural Centre  
\$230 (material not included)

Ginette Levac: 514 624-1559  
artglevac.com

### ACRYLIC/OIL

18 years +  
Tuesdays, 7 to 10 p.m.  
Sept. 17 to Nov. 19 (10 wks)  
at the Pierrefonds Cultural Centre  
\$290 (material not included)

Ghulam Mustafa: 514 696-0455



### DRAWING

16 years +  
Wednesdays, 7 to 10 p.m.  
Sept. 11 to Dec. 4 (10 wks)  
at the Pierrefonds Cultural Centre  
\$180 (material not included)

Donna McGee: 514 696-9326  
artistscirclewestisland.ca/mcgeed.html

### DRAWING BEFORE PAINTING AND COLOR (PASTEL)

16 years +  
Thursdays, 9:30 a.m. to 12 p.m.  
Sept. 12 to Oct. 31 (8 wks)  
at the Pierrefonds Cultural Centre  
\$225 (material not included)

Ginette Levac: 514 624-1559  
artglevac.com

## ART AND PERSONAL DEVELOPMENT COURSES, MUSIC AND DANCE LESSONS



Photo: flickr.com/photos/staged4more

### HOME STAGING

18 years +  
(Registration mandatory, minimum of 8 participants)  
Increase the value of your home to sell at a better price.

Thursdays, 7:30 to 9 p.m.  
Sept. 26 to Dec. 5 (11 wks)  
at the Pierrefonds Cultural Centre  
\$295 (material included)

Céline Benoit: 514 457-4508  
celinebenoit.design@videotron.ca

### INTERIOR DECORATING

18 years +  
(Registration mandatory – Minimum 8 participants - Everything you need to know for a successful decor: planning, combining styles, colours, floor and wall finishes, window coverings, accessories and lighting; theory and practice)

Mondays, 7:30 to 9 p.m.  
Sept. 23 to Dec. 9 (8 wks)  
at the Pierrefonds Cultural Centre  
\$295 (material included)

Céline Benoit: 514 457-4508  
celinebenoit.design@videotron.ca

## CULTURAL ACTIVITIES



Photo: flickr.com/photos/portrait-painting

### OIL PAINTING

18 years+  
(Personalized teaching, intense basic techniques study, 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.  
Sept. 24 to Nov. 30 (10 wks)  
at the Pierrefonds Cultural Centre  
\$225 (material not included)

Bernard Marsy: 514 630-4316  
bernard@marsy.com



Photo: flickr.com/photos/s3a

### PHILATELY CLUB

16 years +  
3<sup>rd</sup> Wednesday of the month, 7:30 to 9:30 p.m.  
Sept. 18 to June 18  
at the Pierrefonds Cultural Centre  
\$40 + \$5 for membership card

Jean-Paul Alloï: 514 626-7454  
jpalloï@vif.com



### PHOTOGRAPHY CLUB

(Student or adult)  
Fridays, 7:30 to 10 p.m.  
Sept. 13 to Dec. 13 (14 wks)  
at the East Community Centre  
Membership card: \$50 per session  
Joëlle Verreault: 514 652-8121  
clubphotopierrefonds.com



### THÉÂTRE LA RUÉE VERS L'ART

Teachers: Marc-André Brunet  
and Catherine Gonthier  
Show: Saturday, December 7  
Sept. 14 to Dec. 7 (12 wks)  
at the Roxboro Chalet  
\$130

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.



### WATERCOLOR

16 years +  
Wednesdays, 1 to 4 p.m.  
Sept. 11 to Nov. 13 (10 wks.)  
at the Pierrefonds Cultural Centre  
\$180 (material not included)

Donna McGee: 514 696-9326  
artistscirclewestisland.ca/mcgeed.html

### WATERCOLOR/PASTEL

Wednesdays, 9 a.m. to 12 p.m.  
Sept. 18 to Nov. 20 (10 wks)  
at the Pierrefonds Cultural Centre  
\$290 (material not included)

Ghulam Mustafa: 514 696-0455

## PERSONAL DEVELOPMENT COURSES

### WINE TASTING

18 years +  
ISommelier fosters discovery of the world, culture and history through Italian wine.  
Tuesdays, 7:30 to 9:30 p.m.  
Sept. 24 to Oct. 22 (5 wks)  
at the East Community Centre  
150 \$ (materiel not included)

Nathalie Purchio: 514 638-1379  
isommelier.ca



## MUSIC LESSONS



### GUITAR, BASS

9 years +  
Mondays, 5 to 9 p.m., or Tuesdays or  
Wednesdays, 3 to 9 p.m.  
Sept. 16 to Dec. 2 (11 wks)  
at the Pierrefonds Cultural Centre  
\$220 + taxes  
Rad Crasto: 514 346-8805 or 450 452-2552

### PIANO

7-to 17-year-olds  
Mondays or Thursdays, 4 to 8 p.m.  
Sept. 9 to Oct. 31 (8 wks)  
at the Pierrefonds Cultural Centre  
\$200  
Dora Cojocar: 514 685-0487

## DANCE AND SOCIAL DANCE LESSONS

### A-Z DANCE DIET PARTY

18 years +  
Mondays, 1:30 to 2:30 p.m.  
Sept. 9 to Nov. 18 (10 wks)  
at the East Community Centre  
\$75  
Louise Kanemy: 514 237-9034  
ballonforme.com

### BALLET PIERREFONDS

4 years +  
Classical and jazz ballet  
Teachers: Tara Glover and Amanda McCulloch

Day and time of classes to be determined.  
The total cost includes registration fees and  
costume rental at the end-of-session recital.  
Program runs from September to April.

A child must be 4 years old as of August.  
Late registration will be accepted only if  
places are available.

Mondays, Wednesdays and Thursdays,  
4:15 to 6:30 p.m.  
Tuesdays, 4:15 to 8:30 p.m.  
at the West Community Centre

Cost:  
30 min: \$190 45 min: \$230  
60 min: \$250 90 min: \$290  
Costs and duration may vary due to age and  
experience.

514 624-6827  
balletpierrefonds@videotron.ca  
facebook.com/balletpierrefonds

### BALLROOM AND INTERNATIONAL DANCING

(Given by two teachers with more than 40  
years of experience)

#### Beginner

16 years +  
Mondays or Tuesdays or Wednesdays or  
Fridays, 6:30 to 11 p.m.  
Sept. 9 to Dec. 20  
\$10 / pers. / 2.5 hours  
at the Sainte-Suzanne Church  
Aldor or Andrée Grenier:  
1 450 652-9591 or 514 626-4960  
dangsegrenier.com



Photo: flickr.com/photos/pat\_mcdonald

### FLAMENCO

18 years +  
Fridays, 6:15 to 7:15 p.m.  
Sept. 13 to Dec. 13 (14 wks)  
at the East Community Centre  
\$255

Sarah Murphy: 514 913-0973  
sarahmurphy@sympatico.ca  
flamencomontrealwestisland.com



### HIP HOP

8-to 14-year-olds  
Teacher: Akira Baptiste  
Thursdays, 6:30 to 7:30 p.m.  
Sept. 12 to Dec. 12 (14 wks)  
at the East Community Centre  
\$183

Charles Griffith: 1 450 691-2246 or  
514 796-2246

### TAP DANCING

Sept. 13 to Dec. 12 (14 wks)  
at the East Community Centre  
\$183 (rental of shoes: \$28 for the session)

Charles Griffith: 1 450 691-2246 or  
514 796-2246

**4-to 7-year-olds and 8-to 12-year-olds**  
Thursdays, 6:30 to 7:30 p.m.

**13-to 17-year-olds and adults**  
Thursdays, 7:30 to 8:30 p.m.

## ADDRESSES OF BUILDINGS WHERE COURSES ARE GIVEN

**Pierrefonds Cultural Centre**  
13850, boul. Gouin Ouest

**East Community Centre**  
9665, boul. Gouin Ouest

**West Community Centre**  
17760, rue Meloche

**Roxboro Chalet**  
10, 11<sup>e</sup> Rue, Roxboro

**Sainte-Suzanne Church**  
9501, boul. Gouin Ouest

#### Note

Unless otherwise indicated, an additional \$5  
fee will be charged to non-residents of Ville  
de Montréal.

# BY-LAWS

## JUST A REMINDER...

### WINTER SHELTERS IN ANTICIPATION OF WINTER

In order to help citizens complying with the regulations on winter shelters, the borough has reduced the minimum distance required between a winter shelter and the edge of the street or of the roadway. Therefore, the requirements to be met will be as follows:

- it will be permitted to install one winter garage, one winter doorway shelter and one winter tunnel on a single property between November 1 and April 15 (same);
- shelters will have to be installed at least **2 m (instead of the previously required 2.5 m) from the edge of the street or of the roadway and at least 1 m from the sidewalk** as the case may be;
- the structure of these shelters will have to be covered in a **tone of white** fibrous synthetic canvas, waterproof and fireproof (same);
- the maximum height of a winter shelter will be of 3 m (same).

**Please note that the non compliance with legislation on temporary shelters is considered an offence liable to a fine for each not respected requirement.**



Illustration: Éric Massie

Minimum distance between the shelter and the sidewalk



Illustration: Éric Massie

Minimum distance between the shelter and the curb

### TREE TOPPING IS PROHIBITED!

The revision of By-law CA29 0040, adopted in 2010, contains provisions to protect trees against practices that affect their survival. Undoubtedly, this regulation prohibits the severe pruning of the crowns of trees. Thus, the borough hereafter considers the removal of more than 50% of the crown as illegal. Liability may result in a fine of \$500 to which an amount of \$100 may be added per each tree cut.

The application of this new measure is a direct result of too many trees being topped as observed by borough officials. Tree topping consists of pruning all branches of a tree at the same height, often near the trunk, in order to limit the growth of a tree already considered too large. This practice is known to be the most damaging since it increases the risk of breakage (development of cavities, decay) and renders trees more dangerous than were previously.

Topping is not a solution to reduce the size of your trees. Other practices exist. Entrust the work to a qualified arborist, member of a professional organization such as the International Society of Arboriculture of Quebec: [siaq.org](http://siaq.org).



### CHIMNEY SWEEPING

Chimney sweeping and the cost incurred are the homeowner's responsibility. To prevent fires, have your chimneys inspected and cleaned at least once a year. Always call upon a professional chimney sweep.

For your own protection as well as his, insist on seeing his or her Professional Qualification Certificate and proof of insurance.

## DOGS AND CATS: VILLE DE MONTRÉAL'S NEW BY-LAW ON ANIMAL CONTROL IS IN FORCE IN PIERREFONDS-ROXBORO

### COMPULSORY PERMIT

No one can keep a dog or a cat within the borough limits without obtaining 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. Exceptionally this year and in order to facilitate the implementation of the new by-law, owners whose animal license is due to be renewed on August 1, 2013, will receive a permit valid until December 31, 2014, without having to pay any extra charges.



### 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 below form and mail it to the Borough Hall along with the certificate of sterilization. Permits can also be applied for 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 concern a dangerous dog or made 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)

### IDENTIFICATION OF THE ANIMAL

Name: \_\_\_\_\_

Race: \_\_\_\_\_

Color: \_\_\_\_\_ Sex: \_\_\_\_\_

Provenance: \_\_\_\_\_

Age: \_\_\_\_\_

### 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 (made out to Ville de Montréal) in the amount of: \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



# SUSTAINABLE DEVELOPMENT

## FIGHT AGAINST URBAN HEAT ISLANDS

The Borough of Pierrefonds-Roxboro has made several changes to the urban planning regulations, particularly the zoning by-law, to fight against urban heat island through the implementation of actions identified in the Strategic Plan for Sustainable Development.

### LIGHT-COLOURED AND GREEN ROOFS

Only the following coatings are now allowed for any new construction or renovation of a house with a low roof pitch:

- green roof;
- a light-coloured material or covered with a reflective coating or a light-coloured ballast with a solar reflectance index of at least 0.66, according to the manufacturer's specifications;
- a combination of the aforementioned coatings.

### INTERIOR OR UNDERGROUND PARKING

80% of parking spaces required for any new construction project in the category "Multifamily housing (H3)" must be internal or underground.

## REDUCED PRICE COMPOST BINS DISTRIBUTION PROGRAM

This year, the Borough of Pierrefonds-Roxboro has distributed 125 reduced price domestic compost bins. Borough residents were able to buy an earth machine for the small amount of \$30. An introduction to home composting information session was offered to residents the day of the distribution.

Since 2005, the borough has distributed **about 1,125 compost bins**. Having a capacity of 150 kg / year, these composters allowed the recovery and the diversion of 168 tons of organic material from landfills each year.



## WOODSTOVE AND FIREPLACE CHANGEOUT PROGRAM LAST CHANCE!

A fireplace, seemingly quiet, romantic and harmless, releases smoke containing more than a hundred different toxic substances: fine particulate matter, carbon monoxide, volatile organic compounds, polycyclic aromatic hydrocarbons, nitrogen oxides and many irritants. Some of these substances are carcinogenic. Others, such as fine particulate matter, which have a diameter smaller than a human hair, can penetrate deep into the lungs and affect your health.

You have a woodstove or a fireplace? Did you know that a funding is available to upgrade your installation?

**The "Feu Vert" Program, offering a financial incentive to those who remove or replace conventional wood-burning appliances, is extended until December 31, 2013 or until funds are exhausted (whichever comes first).**

For more information, dial 514 871-VERT (8378) or visit the website: [feuver.org](http://feuver.org).

### Note

A certificate of authorization issued by the Borough of Pierrefonds-Roxboro must be obtained before beginning works.



## CARPOLING: CHOOSE A SUSTAINABLE TRANSPORTATION MEAN!

You're a passenger or a driver looking for an economic, fast and eco-friendly transportation mean? The solution is just a click away! Join the Pierrefonds-Roxboro Borough carpooling program and take advantage of a simple and free carpooling platform by visiting: [pfds-rox.carpoolingnetwork.com](http://pfds-rox.carpoolingnetwork.com).



# COLLECTIONS CALENDAR

Garbage, recyclables, household hazardous waste and green waste

## AUGUST

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

## SEPTEMBER

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					

## OCTOBER

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		

### Legend



Collection of recyclables and garbage West of boulevard Saint-Jean.



Green waste collection.



Collection of recyclables and garbage East of boulevard Saint-Jean.



Household Hazardous Waste collections. See page 24 for hours and locations.

## GREEN WASTE COLLECTION

### ACCEPTED CONTAINERS

The only accepted containers are: paper bags and reusable rigid containers.

**PLASTIC BAGS WILL NO LONGER BE PICKED-UP.**

### EVERGREEN SMALL BRANCHES

Evergreen small branches (cedar, fir, pine, spruce, etc.) no more than 1 meter long and 5 centimeters in diameter, tied in bundles are now accepted in the green waste collection on the dates indicated in the calendar. Outside of this period, these branches will be allowed in the garbage collection.

For branches of deciduous trees (maple, ash, oak, poplar, etc.), please see page 24.



### 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.

#### 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.

# COLLECTIONS

## A NEW PROCEDURE FOR BRANCH COLLECTION AS PART OF THE EMERALD ASH BORER CONTROL PLAN

The Borough of Pierrefonds-Roxboro has decided to join Ville de Montréal's branch collection contract.

Therefore, the delay for a branch collection will be of 5 working days.

### PROCEDURE

Contrary to what was announced, **CITIZENS WISHING TO USE THIS SERVICE MUST CALL 311** and give their address to a social communications agent.

Branches must be placed ends toward the street and leaves toward the property.

### ACCEPTED BRANCHES

Only branches of deciduous trees of a maximum diameter of 20 cm will be accepted.

Evergreen branches and branches left by a professional tree services company will not be picked up.

**DELAY  
5 WORKING DAYS**

**DEADLINE  
SATURDAY, NOVEMBER 30, 2013,  
INCLUSIVELY**

## PAPER BAGS INSTEAD OF PLASTIC BAGS FOR GREEN WASTE COLLECTION: THE WHYS?

### The quality of produced compost

Despite all the debagging techniques, either at the beginning and / or after the sifting of the finished product, the best way to eliminate the presence of plastic in the compost is to prohibit the collection in plastic bags.

### Government of Quebec's guidelines for the management of composting activities

One of the environmental impacts of composting organic materials is the release of odors at levels that can create nuisance in the surrounding neighborhoods. The guidelines refer to four categories of odor ranging from "low odor" to "not rated". Leaves, for example, belong to the "low odor" category while grass clippings or plant waste are considered "highly malodorous".

If these residues are collected in plastic bags, they are considered as "not rated" because of the odor emissions when opening bags. Therefore, to prevent odors, green waste must be placed in a paper bag or in a reusable rigid container.

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

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



Image courtesy of the Borough of Saint-Laurent

- place the bin at the curb the day before collection after 8 p.m. or on collection day before 7 a.m.;
- the bin should be placed on your property, wheels and handle facing your home. Never place the bin on the sidewalk or street;
- place the bin at 15-30 cm (6-12 inches) from the curb;
- 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.**



## HOUSEHOLD HAZARDOUS WASTES (HHW) COLLECTION

Household hazardous wastes are not accepted as household garbage or bulky items, nor as recyclable materials. They must be brought to the locations, on the dates and times indicated below. **It is strictly prohibited to deposit hazardous wastes on city land, at all times.**

If you cannot wait for the next collection, inquire with local merchants. Paint retailers often accept left over paints and garages usually take used oils and old tires.

Ville de Montréal EcoCentres enable you to dispose of your HHW anytime free of charge. A proof of residence "Ville de Montréal" and a proof of identity with photo are required to access the EcoCentres. The closest EcoCentres are: Acadie, Côte-des-Neiges and LaSalle  
☎ 514 872-0384.

The entire EcoCentres list is available on: [ville.montreal.qc.ca/ecocentres](http://ville.montreal.qc.ca/ecocentres).

### SCHEDULE IN THE WEST ISLAND

**Sunday, September 15**  
Municipal Garage  
300, rue Surrey, Baie-d'Urfé

**Saturday, September 28  
and Sunday, September 29**  
Fire Station  
13795, boul. de Pierrefonds, Pierrefonds

**Saturday, October 5 and Sunday October 6**  
Parking behind the City Hall  
451, boul. Saint-Jean (via avenue Civic Centre), Pointe-Claire

**Saturday, October 12**  
Socio-cultural Centre  
490, montée de l'Église, L'Île-Bizard

**Hours**  
Saturdays and Sundays, from 9 a.m. to 5 p.m.



## SAVE TIME THANKS TO GRASSCYCLING!

According to the agronomist Micheline Lévesque in her book “L'écopelouse”, grasscycling, that is to say leaving grass clippings on the lawn when mowing, stimulates soil life and increases soil fertility. It also allows the reduction of lawn care time by 38% in a year and provides 25 to 50% of needed nutrients free of cost.

You should also know that the decomposition of grass and dead leaves in landfill produces methane, a green house gas, as well as a toxic liquid, the leachate that pollutes the ground and water surface. Grasscycling prevents this pollution.

One would think that this practice will create thatch and choke the lawn but this is false. On the contrary, by activating soil life, the thatch is reduced. Good mowing frequency and length (8 cm) will prevent grass clumping.

All mowers can be used for grasscycling. From now on, you should adopt this lawn care practice.



## GRUB SCREENING

Since we have had a lot of damage caused by the white grubs this spring, it would be judicious to screen the lawn for any new larvae at the end of August in order to take the appropriate action before seeing any damage appear. Here is an effective method to screen for grub:

- using a shovel or a sod cutter, define a patch at approximately 30 cm by 30 cm (1 square foot);
- remove the patch of grass and earth to a depth of about 10 cm (4 inches) or more if the soil is very dry;
- sift through the removed layer of earth and the roots all the way up to the crown of this sample;
- count the amount of European chafer larvae for this surface (about 1 square foot) to determine the degree of infestation and also determine the need for an intervention;
- repeat this exercise at different areas in your yard. It's possible that the infestation is local.

In general, experts agree that a healthy lawn tolerates the presence of white grubs. If there are more than five grubs per square foot, it is best to intervene, especially if there has been damage in the past.

For treatment options or to receive help for screening, contact the Green Line.



## ENVIRONMENT

### WHY ARE THERE DANDELIONS IN MY LAWN?

The dandelion has many medicinal and nutritional properties. Cultivated throughout the world, it is known to have been used for skin, liver and kidney disorders. It's even known as a cold remedy. Today, its leaves are used in salads because of its high content of vitamin A, B, C, D and iron. Its flowers are used to make a wine liqueur and roasted roots as a coffee substitute. Unfortunately, the perfect lawn industry has made this virtuous plant a weed simply because it had the misfortune to grow in the wrong place.

If your lawn is covered in dandelions, it's probably an indication that the soil is overly compacted or to little topsoil. As its taproot has no difficulty to establish itself unlike grass roots, dandelion is an indicator of this type of problem in the lawn. Aeration followed by topdressing with compost will help to change the soil conditions so that they may be optimized for the lawn. The use of fertilizers that are high in nitrogen can also promote the growth of dandelions. It is preferable to use 100% natural fertilizers. Manually removing the dandelions during the floral season is the most effective and sustainable way to control them. However, if the soil conditions do not change, more dandelions will appear.

In order to prevent further germination of new dandelions, do not forget to keep the grass on your lawn at least 8 cm long and sow lawn seeds regularly in order to avoid bare spots. Shady soil from this prevents the dandelion seeds to germinate.



Remember that despite all these interventions, there will always be a certain amount of dandelions that will grow in your lawn. It is a plant that adapts to many conditions and in the end is a very useful plant. Maybe a little more tolerance for this plant is required?

### THANK YOU TO ALL THOSE WHO PARTICIPATED IN THE ECOLOGICAL GARDENING DAY

It was June 1, 2013 that was held the 4<sup>th</sup> edition of the Ecological Gardening Day. Under a blazing sun, nearly 1,000 people came to visit the site in order to obtain free compost, wood chips, plants and herbs. Faced with this unforeseen crowd, we can only be proud of your interest to beautify your property and take concrete steps for your environment.

We wish to thank all our volunteers as well as Éco-quartier Pierrefonds-Roxboro and the Société d'horticulture et d'écologie de Pierrefonds. Also a big thank you to the local garden centers that have contributed to the event by providing various gardening products.

We hope to see you all next year!



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](mailto:infopesticides@pierrefonds-roxboro.qc.ca)



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

#### Business hours

Tuesdays, Thursdays, Fridays and Saturdays:  
10 a.m. to 3 p.m.

Wednesdays: 3 to 8 p.m.

Sundays and Mondays: Closed



## TWO NEW VEGETABLE GARDENS IN PIERREFONDS-ROXBORO SCHOOLS

Following the example of elementary schools Lalande and Harfang-des-Neiges in 2012, it is now Saint-Gérard and Murielle-Dumont elementary schools' turn to rejoice in the pleasure of planting fruits and vegetables in their schoolyard.

Thanks to the support of Youth in Action and the financial contribution of the TD Friends of the Environment Foundation, the éco-quartier was able to provide the young students with training and educational material regarding interior seedlings, the basics of companion planting, repellent plants, lombricomposting, as well as technical and professional support regarding the choice of planting bins, the installation of rain barrels, financing and summer vigilance.

## COLLECTION OF HOUSEHOLD HAZARDOUS WASTE (HHW): WHAT YOU SHOULD NOT BRING!

The collection of household hazardous waste is offered twice a year, in spring and in fall, in the borough of Pierrefonds-Roxboro.

The collection takes place in the parking lot behind the fire station on boulevard de Pierrefonds.

On the collection site, several items that are not accepted were observed, such as:

- incandescent light bulbs (accepted among garbage);
- smoke detectors (accepted among garbage);
- home appliances and residues of Information and Communication Technologies (accepted at the ecocenters);
- gas cylinders like oxygen and helium (must be brought back to the retailer);
- products to be transferred on site (they have to be put into closed containers and left on site);
- tires (accepted at the ecocenters or by tire stores);
- old dishes, kitchenware, knives, razors, etc.
- styrofoam or plastic number 6 (accepted among garbage);
- empty plastic containers (accepted among recyclables);
- Christmas lights (accepted at the ecocenters);
- medication (must be brought back to pharmacies);
- renovation, demolition and construction materials (accepted at the ecocenters).

**On June 8 and 9, 2013, 643 families participated in the collection allowing the safe disposal of 13.9 tons of household hazardous wastes**

Thank you for your continuing participation.

For more information on collections, please contact the éco-quartier.



## PIERREFONDS-ROXBORO FAMILY FUN NIGHT: THE ÉCO-QUARTIER PIERREFONDS-ROXBORO, THE BLUE PATROL AND THE GREEN PATROL HAVE TAKEN PART!

On June 7, the éco-quartier's, the Blue Patrol's and the Green Patrol's teams attended the Pierrefonds-Roxboro Family Fun Night at the East Community Centre.

The teams took advantage of this event to raise awareness and communicate educational messages in a dynamic, colorful and festive way.

Kids and parents alike were asked questions related to the consumption of water and to environmental issues and were given suggestions to help them answers. Good responses were rewarded.

250 themed-cupcakes, 100 tomato and eggplant plants, as well as stickers and other little gifts delighted the young and the old alike.

# SOCIAL DEVELOPMENT

## FOR A BETTER QUALITY OF LIFE!

### WEST ISLAND YOUTH ACTION

#### Our main objective is to break youth isolation.

For the past 6 years, the community organization AJOI has been trying to establish and maintain intervention services, outreach/street work for 12-to 25-year-olds at risk and/or in difficulty in the West Island.

#### Services

Listening, support, accompaniment, referral, sports animation for 12-to 30-year-olds, etc.

#### Information

514 675-4450  
ajoi.info

### ARTHRITIS WEST ISLAND SELF HELP ASSOCIATION

We encourage self-help through a process of information, education, support and awareness.

#### Services

Exercise classes with a physiotherapist at the East Community Centre, support group, pain management course, free information sessions, etc.

#### Information

514 631-3288  
arthritis@awishmontreal.org  
awishmontreal.org

### CENTRE BIENVENUE

#### Empowering beyond integration

Centre Bienvenue is a mental health day centre.

#### Services

Support, psychosocial intervention, social reintegration services via various psycho-educational programs and preparatory groups toward a return to work, studies or volunteering.

#### Information

514 421-2212

### ROXBORO OPTIMIST CLUB

Roxboro Optimist Club's mission is to offer the community services inspired from its needs.

From September 4, 2013 to June 15, 2014, the Club will be organizing meetings at 7:30 p.m. every two weeks at the Roxboro Park chalet.

Citizens wishing to get involved for the well-being of the community are welcome to join.

#### Information

514 624-0007 or 514 683-6775  
club.optimiste.roxboro@gmail.com

### TERRASSE SOLEIL HOUSING COOPERATIVE

The Terrasse Soleil Housing Cooperative is a set of three adjacent buildings housing 230 apartments. Its mission is to fight against poverty by providing a secure and comfortable apartment with one or two bedrooms to families, couples or individuals at a moderate price. In return tenants are asked to participate in small work projects in order to reduce operating costs.

#### Information

514 683-4112

### WEST ISLAND ASSISTANCE FUND

The West Island Assistance Fund is a non-profit organization offering immediate assistance to West Island residents.

#### Services

Food bank, collective kitchen, thrift store, bric-à-brac and various workshops.

#### Information

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

### WEST ISLAND COMMUNITY SHARES

West Island Community Shares mission is to make sure help is available, right here on the West Island, to anyone who needs it by raising crucial funds for 36 West Island charitable groups.

Come out to the TD Spaghetti Lunch on Sunday, September 8 and support Community Shares!

#### Information

514 695-8694, ext. 104  
partageaction.ca