

The background of the cover features a woman with her head tilted back, wearing face paint with red and white stripes on her forehead and green and white patterns on her cheeks. She has a joyful expression. Below her, two children are sitting on a wooden bench. The child on the left is wearing a brown beanie and a red jacket, while the child on the right is wearing a red beanie and a yellow jacket. Both children have animal-like faces, possibly raccoons or foxes. The scene is set against a dark, textured background with some blue and white light effects.

MUNICIPAL MAGAZINE

# LIFE IN PIERREFONDS ROXBORO

JANUARY 2013 ■ VOL.8, n° 1

KEEP IT  
HANDY UNTIL  
MAY 2013

# LIFE IN PIERREFONDS-ROXBORO

## BOROUGH COUNCIL MEETINGS

### Council room

Borough Hall  
13665, boulevard de Pierrefonds  
Pierrefonds

**JANUARY:** Postponed to Monday, January 14,  
at 7 p.m.

**FEBRUARY:** Monday, February 4, at 7 p.m.

**MARCH:** Monday, March 4, at 7 p.m.

**APRIL:** Monday, April 1, at 7 p.m.

**MAY:** Monday, May 6, 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 28, February 25, March 18,  
April 22 and May 27, 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 continue to 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.

## IMPORTANT NOTICE

**Municipal buildings will be  
closed on March 29  
for Good Friday,  
on April 1  
for Easter Monday and  
on Monday, May 20 for  
Victoria Day.**

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### Cover photos:

DOBA

À la belle étoile



# MESSAGE



**Monique Worth**  
Borough Mayor

## A GREEN YEAR FOR PIERREFONDS-ROXBORO

All through 2012, we often recalled the Strategic Plan for Sustainable Development that has been implemented through the year. We wanted to highlight the positive influence of that plan on Pierrefonds-Roxboro Borough's daily actions.

Although sustainable development means a change of habits from the management of internal services to the citizens' services and from the design to the construction of a project, we are pleased about the employees' and citizens' endorsement of the concept.

First, with the help of a committee of employees from all the borough's divisions, we carefully monitor the progress towards our commitments. Already, several objectives have been achieved, per example administrative and operational practices and training activities toward sustainable development and environmental programs.

In addition to the promotion of construction and renovation of buildings that reflect recognized standards (LEED, BOMA-BEST and others) on the territory, when we reconstruct a road, renovate a building or a park, we systematically analyse the design in place taking into consideration the recommendations of our sustainable development plan. For example, we reconstructed the Borough Hall's West entrance under the banner of universal accessibility while promoting the environmental management of green spaces. The project involved also the conversion of

existing lighting system into energy efficient lighting. Furthermore, we wish to increase the plantation of trees and spread awareness about the benefits of urban trees and then continue to expand the shoreline cleaning program.

Of course, like the campaigns *Defi Climat* and Earth hour both, related to greenhouse gas emissions, we encourage citizens to replace their old wood stoves and fireplaces through the *Feu vert* Program funded by the *ministère du Développement durable, de l'Environnement et des Parcs* and managed by *Équiterre*. For further information, we invite you to visit the website: [feuert.org](http://feuert.org).

Also last fall, we introduced an interactive platform to facilitate carpooling; employees and citizens can quickly see how this service is useful not only to travel in Pierrefonds-Roxboro Borough but for travels across Québec, Canada and even in the United States. You

can register free of charge at the following address: [pfd-rox.carpoolingnetwork.com](http://pfd-rox.carpoolingnetwork.com).

Remember that you can use, free of charge, the park-and-ride lot near the Fire Station on boulevard de Pierrefonds.

As you can realize, everyone in the borough has appropriated the Strategic Plan for Sustainable Development and all divisions and services work together for this common project. We encourage Pierrefonds-Roxboro's citizens to endorse sustainable development. To this end, a section devoted exclusively to sustainable development was created in the municipal magazine. All in all, sustainable development at Pierrefonds-Roxboro Borough is an everyday matter.

Wishing you a happy new year 2013!

*Monique Worth*



Borough Hall's West entrance is now accessible for persons with reduced mobility.



Mrs. Monique Worth accompanied by members of the Borough Council during the press conference held on October 15, 2012 in the park-and-ride lot to announce the launch of the carpooling platform.

# MESSAGE

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

### GARBAGE COLLECTION: FROM THE CREATION OF OUR COMMUNITY UNTIL NOWADAYS

There was a time when waste collection was managed by the local farmers; garbage was first burned then buried underground. Railroad expansion and car traffic, coupled with the growth of the Montréal population, contributed to the multiplication of summer residencies. Residents did not know how to dispose of their garbage and left it on river banks. This problem had to be addressed!

One of our residents, François Xavier Locas – a carter – offered to handle the collection for a maximum amount of \$2. Mr. Camille Legault, Mayor at that period, accepted his offer, starting from the À-Ma-Baie sector, through Rive-Boisée, Noël Beach, right up to Cap-Saint-Jacques.

Nowadays, garbage and recycling collections take place on Mondays, West of boulevard Saint-Jean,

and Thursdays, East of boulevard Saint-Jean. At our borough, we focus on increasing recycling and green waste collections in comparison to household refuse. All branches have been picked up free of charge until the end of October 2012, in order to slow Emerald ash borer infestation. Paper bags for green waste collection have been distributed to residents in order to be directly

forwarded to the composting facility.

We also encourage composting. Furthermore, this spring, you will have the opportunity to get a compost bin at a reduced price. Are you ready to join?

Our Green Line and the éco-quartier can assist you. Please do not hesitate to contact them.

**Catherine Clément-Talbot**  
Borough Councillor

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

Happy New Year to all our residents, their families and friends. May this year bring tremendous health, happiness and opportunities to your lives.

Our Borough has had a prosperous year, filled with exciting challenges, allowing us to advance our projects. Members of Council, staff and volunteers melted together to form an enthusiastic and committed group of community builders. All through 2012 we learned more about each other's strengths, both as individuals and collectively.

In our relentless pursuit to develop Pierrefonds-West, the provincial government announced the construction of an urban boulevard in the 440 corridor thus reducing traffic congestion.

The announcement of a major investment in the expansion and renovation of our Pierrefonds Public Library and the borough's new online carpooling platform, dedicated to residents and employees, both contribute to the implementation of the Strategic Plan for Sustainable Development in our community.

During the last year, we have worked hard to improve our visibility and promote the opportunities offered by our borough. I have been elected Member of Council in 2009 and since then, I have had the privilege to meet several of our residents and share many discussions on how to better manage and provide solutions to issues in their neighbourhoods. Our community is dependent upon the good works of our volunteers helping to plan and build new and needed facilities. This will hopefully include indoor aquatic and soccer facilities in

the future to meet the needs of our ever growing community.

As always, I encourage citizens to get involved either through volunteering, attending council meetings and meeting the elected officials at Citizens Saturdays throughout the year. Effective communication between the council and the community is the key to knowledgeable and productive participation.

Have a wonderful winter!

**Dimitrios (Jim) Beis**  
Borough Councillor

### THE BOROUGH COUNCIL, MANAGEMENT AND PERSONNEL WISH YOU A HAPPY NEW YEAR!



Catherine Clément-Talbot



Bertrand A. Ward



Monique Worth  
Mayor



Christian G. Dubois



Dimitrios (Jim) Beis

# WINTER REMINDER

## OPERATION SNOW REMOVAL LET'S ALL PITCH IN.



Let's make this winter a safe one.

Help keep snow-removal operations safe by respecting the by-laws.

In Pierrefonds-Roxboro, it is prohibited to throw snow onto the street \* and to park on the street at night.

Use public transit and leave earlier.

For more information, dial **311** or visit our website [ville.montreal.qc.ca/deneigement](http://ville.montreal.qc.ca/deneigement)

Montréal

### Snowfall: Have the good reflex!

During and after a snowfall, crews from the borough and its subcontractors are doing their best to clean the streets as quickly as possible.

We ask your cooperation to facilitate and accelerate snow removal operations. Please move your car if you think that it will slow down snow clearing operations.

### 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 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/reglements](http://ville.montreal.qc.ca/reglements).

### Car shelters

Car shelters must be taken down before April 15.

### Night parking regulation

#### Pierrefonds and Roxboro Sectors

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

### Garbage and recyclables collections

Collections are held on Mondays West of boulevard Saint-Jean and Thursdays East of boulevard Saint-Jean.

Recycling bins and garbage cans must be placed at 15 to 30 cm (6 to 12 inches) from the curb (important during snow removal).

**Recycling bins and garbage cans should never be placed in the street or on the snowbanks.**

The recycling bin should be placed on your property, wheels and handle facing your home.

\* This goes also for the snow removal contractor you hire.  
Remember that you are responsible for the work done by the contractor.

# CULTURAL PROGRAMMING

## SHOWS FOR CHILDREN AND FAMILIES



### Illusion Théâtre: À la belle étoile

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

This theater and puppetry show is a wonderful way to discover or revisit the famous story of *Hansel and Gretel*.

**Friday, January 25, at 7 p.m.**  
**East Community Centre**

Regular: \$4  
Subscription: \$3.40

### Les contes de la nuit

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

Young and old, get comfortable in your chair with popcorn for a new movie night! In this animated film, three friends meet every night in a small abandoned cinema to play all the stories of witches, fairies and powerful kings.

**Friday, February 8, at 7 p.m.**  
**East Community Centre**

**Free of charge - Passes required,**  
available as of January 26

### Jeunesses Musicales du Canada: Rhythm and Stomp!

(6-to 12-year-olds)

This concert presents a lively magical journey through percussion history, in the world of African music, Brazilian music to today's hip hop.

**Monday, March 4, at 1:30 p.m.**  
**East Community Centre**

**Free of charge - Passes required,**  
available as of February 20

### Jeunesses Musicales du Canada: The Rhythm Box Workshop!

(8-to 12-year-olds, bilingual activity)

Come discover rhythm and the pleasure to communicate through music! You can experiment percussion instruments from around the world under the guidance of two experienced animators.

**Monday, March 4, at 3 p.m.**  
**East Community Centre**

**Free of charge - Passes required,**  
available as of February 20

### Jeunesses Musicales du Canada: Skarazula

(3-to 6-year-olds, in French)

Explore musical instruments with fabulous shapes and mesmerizing sounds! A journey in song and music in the fascinating times of the troubadours.

**Thursday, March 7, at 10 a.m.**  
**East Community Centre**

**Free of charge - Passes required,**  
available as of February 20

### Mme Poule et le printemps de Mélie preceded by Philippe et le Papillon

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

Three cartoons rather than one! Come and meet Mrs. *Poule* and her eldest chicken, the villain Boniface or Philip, the young collector.

**Friday, March 8, at 10 a.m.**  
**East Community Centre**

**Free of charge - Passes required,**  
available as of February 20

### Théâtre de l'Œil: La félicité

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

This fanciful tale opens the door to the magic of puppets and real fabulous fairies with characters as surprising as Ragou, the cantankerous Magic Mouse and Toto, strange creature born of misfired magic tricks.

**Friday, March 15, at 7 p.m.**  
**East Community Centre**

Regular: \$4  
Subscription: \$3.40

### Eleonor's Secret

(5-year-olds and up)

Nathanael and his sister Angelica live adventures in which magic and spells are in the spotlight.

**Friday, April 5, at 7 p.m.**  
**East Community Centre**

**Free of charge - Passes required,**  
available as of March 22

## CLASSICAL MUSIC

### Eight Trumpets and a Piano

The trumpet virtuoso, Frédéric Demers and the talented pianist, Jacynthe Riverin have prepared, with love and humor, a memorable concert. A unique evening of musical discoveries to add to your agenda!

**Sunday, February 10, at 2 p.m.**  
**Pierrefonds Cultural Centre**

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



Photo: Martin Girard

### Orchestre métropolitain: Catherine's Four Seasons

Great musician and broadcaster, Catherine Perrin presents this concert with baroque and classical flavors with particular honor to the masterpiece *Les Quatre Saisons* by Vivaldi.

**Sunday, February 24, at 2 p.m.**  
**Marie-Reine-de-la-Paix Church**

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



## Art et Musique La Mandragore: Convivencia

This concert of great beauty, sometimes festive, sometimes melancholic where we encounter an almost mythical Andalusia. This tribute to the vibrant and passionate mix of cultures presents medieval melodies.

**Monday, March 25, at 7:30 p.m.**  
**Pierrefonds Cultural Centre**

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

## JAZZ, BLUES AND WORLD MUSIC



### Lorraine Klaasen: A Tribute to Myriam Makeba

Here is one of the few South African artists to have maintained the particular sound of "townships", the most distinctive music that South Africa has produced. Certainly, the audience will be captivated by her electrifying presence on stage.

**Monday, February 11, at 7:30 p.m.**  
**East Community Centre**

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

### Rob Lutes and Rob MacDonald: Live!

This duo delivers an amazing acoustic moment through hoarse and melancholy voices of Lutes and the virtuosity of the guitarist MacDonald.

**Monday, March 11, at 7:30 p.m.**  
**Pierrefonds Cultural Centre**

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

## VARIETY



# GENERAL INFORMATION

### 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 and Roxboro public libraries.

**Pierrefonds and Roxboro public libraries contact information and opening hours**  
See pages 11 and 12

### 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

Individual tickets can be also purchased on-site 45 minutes before the presentation if available.

\* 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.

## DOBA

DOBA, with her warm voice, expresses groove and sensuality in a very particular way. It's in English and in French that she offers the perfect elixir to celebrate love.

**Saturday, February 16, at 8 p.m.**  
**Beaubois College**

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

### INTERESTING REBATES!

**15% discount** with the purchase of five different shows in person.

**10% discount** on the purchase of regular tickets, excluding subscriptions and senior-student prices, upon presentation of the Accès Montréal Card (in person only).

### UNIVERSAL ACCESSIBILITY



### 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

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

### NOTES

Check our local newspapers for more cultural events.

Program and prices are subject to change.

Students: 20 years old and under  
Seniors: 65 years old and up

# ACTIVITIES FOR EVERYONE

## PUBLIC SKATING FOR ALL

### Schedule

Saturdays, from 7 to 9 p.m.  
Sundays, from 1:30 to 4:30 p.m.  
Until March 24

### Schedule during March School Break (free of charge)

Monday, March 4, from 4 to 5 p.m.  
Tuesday, March 5, from 4 to 5 p.m.  
Wednesday, March 6, from 4 to 5:30 p.m.  
Thursday, March 7, from 4 to 5 p.m.

### Location

Sportplex 4 Glaces Pierrefonds  
14700, boul. de Pierrefonds

### Cost

Adult: \$2  
Child: \$1 (aged 12 years and under)

### Note

Children aged 12 years and under must wear a helmet.

### Information

514 624-1429  
ville.montreal.qc.ca/pierrefonds-roxboro

## OUTDOOR SKATING RINKS

### Alexander (hockey and free skating)

12899, rue Oakwood  
(South of boul. de Pierrefonds, via boul. Jacques-Bizard)

### Borough Hall (free skating, from January to March 2013)

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<sup>e</sup> Avenue  
(South of the railroad track)

## PIERREFONDS TOASTMASTERS CLUB

People who get ahead in life are those who can communicate effectively. Wouldn't you like to develop this priceless skill? Now you can. Toastmasters will show you how to listen effectively, think on your feet, and speak confidently. You will learn valuable leadership skills. Be a success at home or on the job.

### Schedule

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

### Location

Marcel Morin Community Centre  
14068, boul. Gouin Ouest

### Information

514 624-1449  
papaguy007@gmail.com

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

In addition to our monthly lectures, we offer organized trips, garden tours, plant exchange and auction. Take advantage of your membership throughout the year by getting discounts at many of our sponsors' stores.

### Insect Repellent Plants

by Sylvie Fullum, in French  
Wednesday, January 9, 7:30 to 10 p.m.

### Year-Round Caring for Your Flower Beds

by Angela Henry, in French  
Wednesday, February 13, 7:30 to 10 p.m.

### How to Decorate a Pool or a Spa Deck

by Manon Touga, in French  
Wednesday, March 13, 7:30 to 10 p.m.

### Ferns

by Caroline Giroux, in French  
Wednesday, April 10, 7:30 to 10 p.m.

### Ikebana

by Jocelyne Levasseur, in French  
Wednesday, May 8, 7:30 to 10 p.m.

### Location

Marcel Morin Community Centre  
14068, boul. Gouin Ouest

### Information

514 624-1671  
shep.fsheq.org

## AN OPEN AIR GYM

Cardio Plein Air offers, among others, Cardio Muscle Toning and Cardio Stroller classes at Bois-de-Liesse and Cap-Saint-Jacques Nature Parks and at Grier Park. These small group classes (10 to 15 participants) are personalized and ensure a complete training and excellent aerobics while you socialize and take advantage of the great outdoors. Come and workout with us outdoors (four seasons) with dynamic and certified instructors.

### Information

Cardio Plein Air at Cap-Saint-Jacques Nature Park and at Grier Park: 514 634-1015

Cardio Plein Air at Bois-de-Liesse Nature Park: 514 604-7773

You wish to practice a sport this winter... For information about sporting activities, visit our website or call the Sports, Leisure and Sports Facilities Division at 514 624-1429.

## BADMINTON

### 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.  
Until the end of April

### Location

Charlemagne College  
5000, rue Pilon, Pierrefonds

### Cost

\$2 per person, per evening

### Notes

Food and drinks are prohibited. Groups cannot reserve the gym.

For scheduled black-out dates, please visit our website:  
ville.montreal.qc.ca/pierrefonds-roxboro

### Information

514 624-1429



# Winter Fun

*Skating under the stars*

**Friday, February 8,  
5 to 10 p.m.**

*postponed to*

**Friday, February 15, 5 to 10 p.m.**  
if weather conditions  
do not permit

**Outdoor rink,  
adjacent to  
Borough Hall**

**13665, boul. de Pierrefonds**

**Free!**

On location: Entertainment, hot  
chocolate, games, hot dogs  
and music with DJ

## ACTIVITIES FOR EVERYONE



### **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.

### **STEP**

Tuesdays and Thursdays, from 8:15 to 9:15 p.m.

### **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.

### **Information**

514 796-4619  
victor@bodybyvic.ca

### **Location**

Pierrefonds Comprehensive High School  
13800, boul. de Pierrefonds

## ACTIVITIES FOR YOUTH AND CHILDREN

### **PIERREFONDS DAY CAMPS**

A dynamic camp that offers exciting programs for children aged 4 to 15 years during the March School Break. Thanks to our 30 years of service to the community, we can offer safe, fun and affordable programs. Come join the adventure!

**Job opportunities for students 15 years old and over.**

### **Schedule**

From March 4 to 8

### **Locations**

Roxboro Chalet and West Community Centre

### **Information**

514 624-1430  
campspierrefonds.com

# ACTIVITIES FOR SENIORS

## PUBLIC SKATING FOR SENIORS

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

### Schedule

Mondays, from 4 to 5 p.m.  
Wednesdays, from 4 to 5:30 p.m.  
Until Wednesday, March 27

### Location

Sportplex 4 Glaces Pierrefonds  
14700, boul. de Pierrefonds

### Cost

Free of charge!

### Note

There is no public skating program for seniors during the March School Break.  
For the public skating for all schedule during this time period, see page 8.

### Information

514 624-1429  
[ville.montreal.qc.ca/pierrefonds-roxboro](http://ville.montreal.qc.ca/pierrefonds-roxboro)



## 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 Fridays, from 8:30 a.m. to 4 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

## CLUB DES ÂÎNÉS SAINTE-SUZANNE

### MILITARY WHIST

#### Dates

Wednesdays, January 16, February 6 and March 6, from 7:30 to 10 p.m.

#### Location

East Community Centre

### CARD GAMES

#### Schedule

Thursdays, from 1 to 5 p.m.

#### Location

East Community Centre

#### Information

Mrs. Pierrette Lefebvre: 514 695-6466

## LES DOIGTS DE FÉES DE PIERREFONDS

Knitting, personalized greeting cards, thematic decorations, demonstrations and conferences on various subjects.

### Schedule

Wednesdays, from 1 to 4 p.m.  
From January 16 to April 24

### Location

Pierrefonds Cultural Centre

### Membership fees

Membership card available at the cost of \$10.

### Information

Mrs. Pierrette Fontaine: 514 626-6795  
Mrs. Gisèle Palladini, President: 514 626-5275



## 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.

### We need employees.

#### Hourly rate

From \$10 to \$14

#### Membership fees

\$12 per year

#### Information

514 624-1448

## THE ROXBORO 60+ CLUB

### IMAX THEATRE

Bus trip to IMAX Theatre

### Schedule

Wednesday, January 23, leaving the East Community Centre at 9 a.m., returning at 2:45 p.m.

### Information

Mrs Anne Kowal: 514 624-5018

### BEING A GOOD NEIGHBOUR

The Borough does not always have the jurisdiction to receive and deal with complaints associated to neighborly relations. Therefore, and to help you find as fast as possible, a solution to a problem related to property limits, access to someone else's property, encroachment, direct views, right of way, water runoff and trees, please read the "Being a good neighbour" brochure published by the *ministère de la Justice du Québec*: [justice.gouv.qc.ca](http://justice.gouv.qc.ca).

## 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)

# 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. Your membership card must be presented at the door.

### REGISTRATION

Registration prior to the activity is compulsory for all our activities. 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](http://bibliomontreal.com)

## PIERREFONDS PUBLIC LIBRARY

13555, boul. de Pierrefonds  
514 620-4181, ext. 2203  
[ville.montreal.qc.ca/pierrefonds-roxboro](http://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

Good Friday: March 29

Easter: Sunday, March 31

Easter Monday: April 1

Victoria Day: Monday, May 20

### SERVICES

#### Wireless Internet

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

#### Le Portillon: Home delivery service

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

## É-LISEZ-MOI CONTEST

(in French, for 11-to 17-year-olds residents of Pierrefonds-Roxboro or students attending borough's schools)

Defend your favourite book in a debate and have a chance of winning an iPod Touch or choose your favourite book and you could win an iPod Shuffle or earbud headphones.

Until February 17, 2013, at the Pierrefonds and Roxboro Libraries

## LECTURES AND WORKSHOPS FOR ADULTS

### NUTRITION FOR A HEALTHY HEART

(in French)

with Michèle Lefebvre Dufresne, nutritionist

Learn about good food choices for decreasing your cholesterol and triglycerides. This lecture will also offer useful tips for prevention.

Wednesday, February 6, at 7 p.m.

Compulsory registration

### FROM BACH TO RAP: A MUSICAL JOURNEY!

with Guy Giard

From Bach to rap, what is the thread that connects all these musical styles? Guy Giard, with music and much humor, guides us through 1000 years of Western Music's amazing history.

Wednesday, February 13, at 7 p.m.

Compulsory registration

### MENTAL AEROBICS

with Carlos Ochoa

How to exercise every major area of the brain with interesting, fun and dynamic games in order to improve your memory and concentration.

Wednesday, February 20, at 7 p.m.

Compulsory registration

### MONTRÉAL PLAYS FESTIVAL

Come play a variety of games! On the program: games for all including giant Sudoku competitions, giant crossword puzzles, spelling games in French for adults (advanced level), board games, games with a microscope and much more!

From February 23 to March 10

Compulsory registration

### HOW TO GET ORGANIZED FOR THE TAX SEASON

with Susan Portnoy and Elaine Lang  
of Organized Success

Learn all the things you have to do to get ready for a stress-free tax season.

Wednesday, March 13, at 7 p.m.

Compulsory registration





# PUBLIC LIBRARIES ACTIVITIES

## THESE TREASURES IN YOU!

(in French)

with Benoît Tanguay

Benoît Tanguay will show you an easygoing lifestyle that will allow you to achieve the life of your dreams by discovering These Treasures in You!

**Wednesday, April 3, at 7 p.m.**  
**Compulsory registration**

## MAKING BOOKMARKS

(in French)

with Chantal Benoît of Mabelle

Make two different bookmarks using ribbon and plastic, perfect for your diary, your recipe books or your paperbacks... Come and discover how to make them!

**Sunday, April 21, at 1:30 p.m.**  
**Compulsory registration**

## HORMONE SABOTAGE: HOW EVERYDAY PRODUCTS THREATEN OUR HEALTH

(in French)

with the Réseau des femmes en environnement

Lecture on endocrine disruptors: substances found in the environment which alter one or many functions of the endocrine system and how they affect people's health.

**Wednesday, April 24, at 7 p.m.**  
**Compulsory registration**

## REGULAR ACTIVITIES FOR CHILDREN

### 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!

**Winter session begins the week of February 10.**  
**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!

**Winter session begins the week of January 27.**  
**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: Saturdays, February 9, March 16 and April 20, at 10:15 a.m.**  
**IN ENGLISH: Saturdays, February 16, March 23 and April 27, 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: Saturdays, February 9, March 16 and April 20, at 11 a.m.**  
**IN ENGLISH: Saturdays, February 16, March 23 and April 27, 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 9, March 16 and April 20, at 1 p.m.**  
**IN ENGLISH: Saturdays, February 16, March 23 and April 27, 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: Saturdays, February 9, March 16 and April 20, at 2:15 p.m.**  
**IN ENGLISH: Saturdays, February 16, March 23 and April 27, at 2:15 p.m.**

**Compulsory registration**

## SPECIAL ACTIVITIES FOR CHILDREN

### TALES OF AFRICA (in French)

(5-year-olds and up, during Black History Month)

with Franck Sylvestre

From Africa to the Caribbean Islands, stories have travelled through time. Here is a delightful mix of traditional tales that will lead you to the heart of these great traditions through humour and reflection.

**Sunday, February 3, at 1:30 p.m.**  
**Compulsory registration**

### PYJAMA STORY TIME

(for 3-to 5-year-olds)

**IN FRENCH: Thursday, April 11, at 6:45 p.m.**  
**IN ENGLISH: Thursday, February 28, at 6:45 p.m.**

**Compulsory registration**

## MARCH SCHOOL BREAK

### BARTHOK'S TALES (in French)

(6-year-olds and up)

with Marc-André Berthold

Come and listen to Barthok's tales. Through his words and his banjo, he will share two fantasy tales: *Le rhume de peur* and *Mur du temps*. During his show, Barthok will illustrate these tales using a strange Japanese object known as a kamishibai!

**Tuesday, March 5, at 1:30 p.m.**  
**Places are limited. Compulsory registration as of February 5**

## ROXBORO PUBLIC LIBRARY

110, rue Cartier  
514 684-8247  
[ville.montreal.qc.ca/pierrefonds-roxboro](http://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

Good Friday: March 29  
Easter: Sunday, March 31  
Easter Monday: April 1  
Victoria Day: Monday, May 20

### SERVICE

#### Wireless Internet

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



## REGULAR ACTIVITIES FOR ADULTS

### ENGLISH BOOK CLUB

Discussion on a book chosen by the participants.

**One Monday a month: January 28, February 25, March 25, April 29 and May 27, 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.

**One Friday a month: January 11, February 8, March 8, April 5 and May 3, at 10 a.m.**

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

## LECTURES AND WORKSHOPS FOR ADULTS

**CRUISES IN THE CARIBBEAN AND ELSEWHERE** (in French)  
with **Caroline Béneteau**,  
author of *Guides Ulysse*

This lecture will be about cruise companies and their ships, ports of embarkation, ports of call and finally, how to choose your cruise and how to prepare for your trip.

**Wednesday, January 23, at 7 p.m.**  
**Compulsory registration**

### MONTREAL PLAYS FESTIVAL

Come play a variety of games! On the program: games for all including giant Sudoku competitions, giant crossword puzzles, spelling games in French for adults (advanced level), board games, games with a microscope and much more!

**From February 23 to March 10**  
**Compulsory registration**

**DISCOVER HOME STAGING AND INTERIOR DECORATING** (in French)  
with **Virginie Phénix**  
of Phénix Décor enr.

Learn tips and tricks from experts to optimize the chances of selling your home. Also, refresh

your interior at low cost. Transformations will be illustrated by showing before and after photographs.

**Wednesday, February 27, at 7 p.m.**  
**Compulsory registration**

**AUTHOR VISIT: MARCELYNE CLAUDAIS**  
(in French)

The author of the novel *Belle journée pour tomber en amour* will talk about her career path as a writer.

**Wednesday, March 20, at 7 p.m.**  
**Compulsory registration**

**AUTHOR VISIT: CATHERINE MCKENZIE**  
Meet the author of *Spin* and *Arranged!*

**Wednesday, April 10, at 7 p.m.**  
**Compulsory registration**

**BOOST YOUR STYLE SMARTS**  
with **Monica Giliati** of *Les effrontés*

The ten most common mistakes in style... and how to fix them.

**Wednesday, April 17, at 7 p.m.**  
**Compulsory registration**

## REGULAR ACTIVITIES FOR CHILDREN

**MUSIC FOR LITTLE ONES**  
(for 0-to 2-year-olds)

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

**IN FRENCH: Thursdays, at 9:30 a.m.**  
**IN ENGLISH: Fridays, at 9:30 a.m.**  
**Winter session begins the week of February 4.**  
**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!

**IN FRENCH: Thursdays, at 10:05 a.m.**  
**IN ENGLISH: Fridays, at 10:05 a.m.**  
**Winter session begins the week of February 4.**  
**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.**  
**Winter session begins the week of February 4.**  
**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, February 16, at 10:15 a.m.**  
**IN ENGLISH: Saturday, May 11, 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, February 16, at 11 a.m.**  
**IN ENGLISH: Saturday, May 11, 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 16, at 1 p.m.**  
**IN ENGLISH: Saturday, May 11, 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, February 16, at 2:15 p.m.**  
**IN ENGLISH: Saturday, May 11, at 2:15 p.m.**  
**Compulsory registration**

## MARCH SCHOOL BREAK

**THE AMAZING TODSKY**  
(5-year-olds and up)

Are you ready to be amazed? Come share the magic, mystery and laughter with The Amazing Todsky!

**Wednesday, March 6, at 1:30 p.m.**  
**Places are limited. Compulsory registration as of February 7**

# 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 SESSION 2013**  
Wednesday, January 9, from 7 to 9 p.m.  
Pierrefonds Cultural Centre  
13850, boul. Gouin Ouest

## ART COURSES

### ACRYLIC

16 years +  
Thursdays, 1:30 to 4 p.m.  
Feb. 14 to April 11 (9 wks)  
Pierrefonds Cultural Centre  
Ginette Levac: 514 624-1559  
artglevac.com

### ACRYLIC/OIL

18 years +  
Tuesdays, 7 to 10 p.m. or Thursdays, 9 a.m. to 12 p.m.  
Jan. 17 to April 25 (15 wks)  
Pierrefonds Cultural Centre  
Ghulam Mustafa: 514 696-0455

### ACTING

Jan. 16 to April 19 (13 wks)  
East Community Centre  
Lois Dellar, ACTRA, CAEA : 514 646-1477  
Lois\_dellar@hotmail.com  
pages.videotron.com/loisd

### Kids Acting for the Camera

6-to 11-year-olds  
Live stage play at the end  
Tuesdays, 6 to 7:30 p.m.

### Teens and Adults Acting for the Camera

12-to 18-year-olds  
Live stage play at the end  
Saturdays, 12 to 2 p.m.

### Voice/Over Workshop

Saturday, April 27, 10 a.m. to 4 p.m.

### AIR DRY CLAY CRAFT

16 years +  
Fridays, 7 to 9 p.m.  
Jan. 18 to Feb. 22 (5 wks)  
Pierrefonds Cultural Centre  
Anny King: 514 626-4871

### ARTS AND CRAFT

6-to 9-year-olds or 10-to 15-year-olds  
Saturdays, 10 a.m. to 12 p.m.  
Feb. 2 to April 6 (10 wks)  
Pierrefonds Cultural Centre  
Ghulam Mustafa: 514 696-0455

### DECORATIVE PAINTING

16 years +  
Beginner, intermediate or advanced  
Wednesdays, 1 to 4 p.m. or 7 to 10 p.m. or  
Thursdays, 9:30 a.m. to 12:30 p.m. or 1 to 4 p.m.  
Jan. 17 to March 21 (10 wks)  
Pierrefonds Cultural Centre  
Donna McGee: 514 696-9326  
artistscirclewestisland.ca

### DRAWING BEFORE PAINTING

16 years +  
Thursdays, 9:30 a.m. to 12 p.m.  
Feb. 14 to April 11 (9 wks)  
Pierrefonds Cultural Centre  
Ginette Levac: 514 624-1559  
artglevac.com

### DRAWING/PAINTING

Feb. 5 to March 26 (8 wks)  
Pierrefonds Cultural Centre  
Mariola Nykiel: 514 684-5511  
m.nykielart@gmail.com

### 5-to 8-year-olds

Tuesdays, 5:30 to 6:30 p.m.

### 9-to 14-year-olds

Tuesdays, 6:30 to 8:30 p.m.

### HOME STAGING

18 years +  
Compulsory registration, minimum of 8 participants  
Increase the value of your house  
Thursdays, 7:30 to 9 p.m.  
Feb. 28 to April 11 (7 wks)  
Pierrefonds Cultural Centre  
Céline Benoit: 514 457-4508  
celinebenoit.design@videotron.ca

### INTERIOR DECORATING

18 years +  
Compulsory registration, minimum of 8 participants  
Mondays, 7:30 to 9 p.m.  
Jan. 28 to April 15 (11 wks)  
Pierrefonds Cultural Centre  
Céline Benoit: 514 457-4508  
celinebenoit.design@videotron.ca

### OIL PAINTING

18 years +  
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. 22 to March 26 (10 wks)  
Pierrefonds Cultural Centre  
Bernard Marsy: 514 630-4316  
bernard@marsy.com

### PHILATELY CLUB

16 years +  
3rd Wednesday of the month, from 7:30 to 9:30 p.m.  
Jan. 16 to May 22  
Pierrefonds Cultural Centre  
Jean-Paul Alloï: 514 626-7454  
jpalloi@vif.com

### PHOTOGRAPHY CLUB

Student or adult  
Fridays, 7 to 10 p.m.  
Jan. 11 to May 3 (20 wks)  
East Community Centre  
Robert Benoit: 514 626-9776  
Claudy Said: 514 620-1700  
clubphotopierrefonds.com

### THÉÂTRE LA RUÉE VERS L'ART

Teachers: Catherine Gonthier and Simon Fleury  
End of session show: April 13, 2013  
Jan. 12 to April 6 (12 wks)  
Roxboro Chalet  
Catherine Gonthier: 514 274-6381  
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.

### WATERCOLOUR/PASTEL

18 years +  
Wednesdays or Thursdays, 9 a.m. to 12 p.m.  
Jan. 16 to April 24 (15 wks)  
Pierrefonds Cultural Centre  
Ghulam Mustafa: 514 696-0455

## PERSONAL DEVELOPMENT COURSES

### FASHION DESIGN / ECO SEWING

10-to 13-year-olds  
Thursdays, 6:30 to 8:30 p.m.  
Feb. 7 to March 28 (8 wks)  
Pierrefonds Cultural Centre  
Mariola Nykiel: 514 684-5511  
m.nykielart@gmail.com



## CULTURAL ACTIVITIES

### GLEE-BROADWAY PERFORMANCE

Jan. 24 to April 11 (12 wks)  
Pierrefonds Cultural Centre

Noelle Hannibal: 514 952-5199  
gleeclasses@mail.com

#### 9-to 13-year-olds

Thursdays, 6 to 7 p.m.

#### 14 years +

Thursdays, 7 to 8 p.m.

### PLAY GROUP (bilingual activity)

1-to 3-year-olds, parent/child  
Tuesdays, 9:15 to 10:45 a.m.

West Community Centre  
Jan. 15 to April 9 (13 wks)  
or April 16 to May 27 (7 wks)

Jessica Gozlan: 514 369-8800

### PRESCHOOL PROGRAM (bilingual)

Jan. 7 to June 14  
West Community Centre

Jessica Gozlan: 514 369-8800

#### 2 years

Mondays, Wednesdays and Thursdays,  
8:45 to 11:45 a.m.

#### 3-to 5-year-olds

Choice of 2 to 5 days a week  
Mondays to Fridays, 8:45 to 11:45 a.m.

### QI-GONG - MEDITATION IN MOVEMENT

16 years +  
Tuesdays or Wednesdays, 7 to 8:30 p.m.  
East Community Centre  
or Wednesdays, 9:30 to 11:30 a.m.  
Pierrefonds Cultural Centre  
Jan. 15 to March 20 (10 wks)

Luce Desgagné: 514 696-1845  
tai-chi-gong.org

### SPANISH

16 years +  
Jan. 14 to April 13 (11 wks)  
East Community Centre

Academia Espanola Mistral: 450 424-6123  
academia.mistral@sympatico.ca  
mistralspanishcourses.com

#### Level 1

Tuesdays, 8 to 9:30 p.m.

#### Level 2

Wednesdays, 6:30 to 8 p.m.

#### Level 3

Wednesdays, 8 to 9:30 p.m.

#### Level 4

Mondays, 8 to 9:30 p.m.

#### Level 5

Tuesdays, 6:30 to 8 p.m.

#### Level 6

Mondays, 6:30 to 8 p.m.

### TAI-CHI

16 years +  
Advanced level  
Mondays, 7 to 9 p.m.  
Jan. 14 to March 18 (10 wks)  
East Community Centre

Luce Desgagné: 514 696-1845  
tai-chi-gong.org

### WINE TASTING

18 years +  
Mondays, 7:30 to 9:30 p.m.  
March 18 to April 22 (5 wks)  
Pierrefonds Cultural Centre

Nathalie Purchio: 514 638-1379  
isommelier.ca

## MUSIC AND CHOIR LESSONS

### GUITAR, BASS

9 years +  
Mondays, Tuesdays or Wednesdays, 3 to 9:30 p.m.  
Jan. 14 to April 4 (12 wks)  
Pierrefonds Cultural Centre  
Rad Crasto: 514 346-8805 or 450 452-2252

### PIANO

7-to 17-year-olds  
Mondays, Wednesdays and Thursdays, 4 to 8 p.m.  
Jan. 14 to April 1 (11 wks)  
Pierrefonds Cultural Centre  
Dora Cojocar: 514 685-0487  
musiccentre.ca

### VIOLIN

6 years +  
Wednesdays, 4:30 to 5:30 p.m.  
or Saturdays, 9 to 11 a.m.  
Jan. 9 to April 24 (17 wks)  
Carolyn Klause: 514 620-8741

## DANCE COURSES

### BALLROOM AND INTERNATIONAL DANCING

16 years +  
Dance Gala in June 2013  
Jan. 14 to May 31  
Sainte-Suzanne Church  
Aldor or Andrée Grenier: 450 652-9591  
or 514 626-4960  
dansegrenier.com

#### Beginner

Mondays or Wednesdays, 7 to 9 p.m.

#### Advanced

Bronze, silver, social and international  
Mondays, Wednesdays or Fridays

### FLAMENCO

18 years +  
Jan. 11 to May 31 (20 wks)  
East Community Centre  
Sarah Murphy: 514 453-0721  
flamenco46@hotmail.com  
flamencomontrealwestisland.com

#### Level 1: Without experience

Fridays, 7 to 8 p.m.

#### Level 2: 1 year of experience

Fridays, 8 to 9 p.m.

### HIP HOP

Teacher: Wendy Sparks  
Jan. 10 to April 11 (14 wks)  
East Community Centre  
Charles Griffith: 450 691-2246  
or 514 796-2246

#### 7-to 12-year-olds

Thursdays, 6:30 to 7:30 p.m.

#### 13-to 16-year-olds

Thursdays, 7:30 to 8:30 p.m.

### TAP DANCING

Jan. 10 to April 11 (14 wks)  
East Community Centre  
Charles Griffith: 450 691-2246  
or 514 796-2246

#### 5-to 18-year-olds

Thursdays, 6:30 to 7:30 p.m.

#### 18 years +

Thursdays, 7:30 to 8:30 p.m.

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## ADDRESSES

### 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 stated otherwise, an additional \$5 will be charged to non-resident of Ville de Montréal.

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# 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				

### 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 carried out 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 the parks (see addresses on page 8, Outdoor skating rinks). 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?

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

- 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 (important during snow removal);
- leave a clearance of at least 1 m (3 ft) around the container;
- make sure that the container lid is closed and that it does not overflow. No recyclable material outside the bin will be picked up;
- the recycling bin should be easily visible and accessible to the operator at all times.

**MISPLACED BINS WILL NOT BE EMPTIED.**

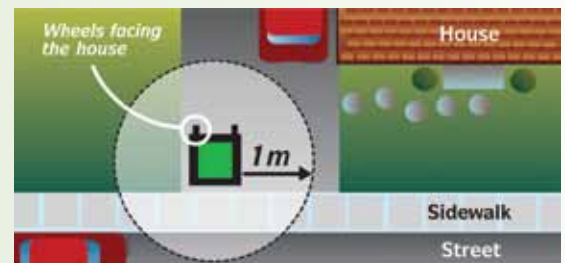


Image courtesy of the Borough of Saint-Laurent

#### 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.

# SUSTAINABLE DEVELOPMENT

## A SUSTAINABLE DEVELOPMENT RESPECTFUL PARKING AND A UNIVERSALLY ACCESSIBLE ENTRANCE FOR THE BOROUGH HALL

This project, elaborated with the perspective to promote universal accessibility while respecting the Pierrefonds-Roxboro Borough's Strategic Plan for Sustainable Development guidelines, allowed the replacement of a heat island by a modern, eco-friendly and accessible parking.

### Universal accessibility

The Borough Hall West entrance is now accessible for persons with reduced mobility thanks to the construction of an access ramp.

### Sustainable Development

The Borough Hall's parking lot has been reconstructed while taking into consideration the fight against urban heat island effect and greenhouse gas emissions. Thus, the parking lot width was reduced; bike racks have been added and two parking spaces with charging stations have been reserved for electric vehicles. The said stations will be installed as part of a project in partnership with Hydro-Québec. In addition to that, existing lighting has been converted into energy efficient lighting (LED).

## CARPOOLING: EASIER THAN EVER!

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).

This platform was implemented as part of a strategy aiming to promote sustainable transport by offering a complete solution including a reserved lane for carpooling, public transit and taxis, on boulevard Saint-Jean, and a carpooling park-and-ride lot located East of the Fire Station.

In order to convince you of the importance of carpooling as an alternative to the car, here are some highlights inspired of our reality in Pierrefonds-Roxboro:

- \$2,800, is the amount of money that you can save per year;
- 1.5 tons of CO<sub>2</sub>, is the quantity of greenhouse gas not emitted per person per year;
- 6 minutes, is the time required to drive up on boulevard Saint-Jean, between boulevard de Pierrefonds and Highway 40 using carpool lanes during rush hours.



## WOODSTOVE AND FIREPLACE CHANGEOUT PROGRAM

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 March 31, 2013.**

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.





### WHY HIRE AN ARBORIST?

Trees are majestic and useful organisms that need special care to ensure their benefits without threatening your safety and the safety of your belongings. For example, pruning will eliminate the branches that are diseased, dead or dangerous while cabling will add support to branches with weak attachments.

Tree care can be dangerous work, whether for the safety of people or for the tree's health. Therefore, it is advised to hire a qualified arborist. Well, how can you tell if an arborist is qualified?

First, the arborist must be knowledgeable about the needs of trees and trained to provide proper care. Poorly maintained trees can become dangerous. A good arborist will determine the type of pruning necessary to maintain or improve the health, appearance and safety of trees. Furthermore, he will be able to correct or secure the structure of a tree to reduce the likelihood of future damage

during a storm. He will recommend the tree removal as a last resort only.

Québec's International Society of Arboriculture (SIAQ) suggests some criteria to consider when choosing an arborist:

- check for membership of a professional organization;
- ask for a proof of insurance for personal and property damage as well as workers insurance (CSST). Otherwise, you could be liable for damage or injuries that might happen during the work;
- ask for references and consult the SIAQ

website to know more about arborists' reputation;

- be aware of individuals who go door-to-door and offer bargains or to work without bills;
- get a written submitting that includes the description of the work to be done, the wood management and the clean-up of the site;
- get more than one estimate to compare the quality/price rate.

To know more about arboriculture basics and to get the SIAQ's members list, visit the following website: [siaq.org](http://siaq.org) (available in French only).



13, rue du Centre-Commercial, Roxboro

514 752-0778

[ecoquartier.pfds.rox@gmail.com](mailto:ecoquartier.pfds.rox@gmail.com)

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

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

Wednesdays: 1 a.m. to 6 p.m.

Saturdays and Sundays: closed

### REPORT ON ACTIVITIES CARRIED OUT IN 2012

We are entering 2013 with many planned projects in order to meet and possibly even exceed our mandates in terms of environmental education and awareness in Pierrefonds-Roxboro.

But before looking at future plans, let's take a look back at 2012 to see what kind of success we had.

#### Waste management and the 3RVs (Reduce, Reuse, Recycle and Valorise)

- offering information sessions on the 3RVs and household hazardous waste (HHW) management to 415 new residents at the *Centre d'intégration multi-services de l'Ouest-de-l'Île* and at the Gérald-Godin College;
- promoting the principles of 3RVs among 40 youths from *La Corde* youth centre;
- informing 700 students and about 20 teachers from Lalande Elementary School in Roxboro on reusing and recycling through a show put on by the group Junkyard Symphony;

- participating in the mobile household hazardous waste (HHW) collections to which 1,343 families have contributed and allowed the ecological disposal of 31.7 tons of HHW;
- selling compost bins, organising workshops and animating kiosks on composting permitting the education of 500 citizens on the benefits of composting;
- collecting 300 kg of used batteries at the éco-quartier office;
- coordinating the work of this past summer's Green Patrol who spread environmental awareness among 1,900 citizens;
- distributing flyers and posters on recycling to 73 units in apartment buildings on rue Riviera.

#### Cleanups

- cleaning over 2 km of shoreline in Rapides-du-Cheval-Blanc Park with the participation of 30 volunteers as part of the [operationmontreal.net](http://operationmontreal.net) Program;
- coordinating the work of 25 volunteers to clean 1.2 km of rivière à l'Orme shores;
- organising a cleanup at Charles-Perreault Elementary School involving 7 parents, 10 teachers and 330 students;
- cleaning up rue du Centre-Commercial by the employees of the éco-quartier.

## Greening and urban agriculture

- putting in place a vegetable garden in Harfang-des-Neiges Elementary School's schoolyard in collaboration with 100 students and 5 teachers;
- participating in an urban agriculture project at Lalande Elementary School with 4 teachers and 48 students and organising 4 fresh vegetable tastings;
- informing 105 new residents and the French courses students on the activities and the garden of the éco-quartier;
- distributing 50 strawberry plants, 50 raspberry plants, 45 junipers and 1,000 seedlings;
- helping the Pointe-Claire's YMCA to create its vegetable garden;
- informing 92 people about ragweed and distributing 366 flyers concerning this matter;
- promoting the fight against urban heat

islands among 30 businesses located on rue du Centre-Commercial and in Plaza Pierrefonds;

- designating the éco-quartier as an official pick-up location for Équiterre's organic vegetable baskets provided by D-Trois-Pierres.

## Water management

- coordinating the West Island Blue Patrol who distributed 1,225 flyers, visited 182 places and spoke with 1,021 people;
- distributing 140 rain barrels, 100 water debit bags, 40 aerators, and spreading awareness on drinking water saving among 500 people permitting the preservation of 6,720 m<sup>3</sup>.

## Management of the éco-quartier

- hiring a Pierrefonds-Roxboro resident thanks to an *Emploi-Québec* subsidy for 6 months;

- hiring a student residing in Pierrefonds-Roxboro thanks to a Canada Summer Jobs subsidy;
- offering a stage opportunity to three residents of Pierrefonds-Roxboro totalling 485 hours;
- welcoming five volunteers that donated 428 hours of their time;
- achieving a pilot project on energy efficiency with 50 businesses from Pierrefonds-Roxboro, in collaboration with the *Coalition environnementale des étudiants universitaires de Montréal*.

The éco-quartier Pierrefonds-Roxboro is proud to serve the citizens of Pierrefonds-Roxboro and hopes to be able to offer even more services and projects in 2013.

Thank you for your involvement and don't forget that protecting the environment is a way of life!

# SOCIAL DEVELOPMENT

## FOR A BETTER QUALITY OF LIFE!

### AMCAL FAMILY SERVICES

For parents who care, Amcal is there!

#### Services

Short-term family counselling, parents' support groups to strengthen parenting skill, a residential program of respite care for youth facing challenges, a supervised visitation program for families in situations of foster care or difficult divorce.

#### Information

514 694-3161, ext. 223  
amcal.ca

### 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, support groups, pain management courses and free information sessions.

#### Information

514 631-3288  
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

### CLOVERDALE MULTI-RESSOURCES

A great value for the family!

Since 20 years, we offer a range of services for children, adults and families in a friendly environment.

#### Services

Prenatal activities, preschool programs employability program, information and referral services, summer camp, social and cultural activities.

#### Information

514 684-8228  
cloverdalemulti-ressources.org

### COOPÉRATIVE D'HABITATION TERRASSE SOLEIL

The *Cooperative d'habitation Terrasse Soleil* 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



## SOCIAL DEVELOPMENT

### FAMILY RESOURCE CENTRE

**Building community success, one family at a time!**

Family Resource Centre mission is to provide a variety of services to improve the lives of children who have behavioural problems and learning difficulties and to support families and professionals by offering them programs and information sessions.

#### Information

514 685-5912  
familyresourcecenter.qc.ca

### MAISON DES JEUNES À-MA-BAIE

The *Maison des Jeunes À-Ma-Baie* offers 12-to 17-year-olds an opportunity to socialize, to exchange and to realize activities and common projects. Furthermore, with its A+ Program, the MDJ helps the youth having difficulties in mathematics, French, sciences, etc., to improve and to succeed at school.

#### 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 share our resources and we offer attentive listening to young people. Membership is free!

#### Services

Outings, in-house activities, discussions, tournaments, camping, sports, workshops and group meals.

#### School year hours

Tuesdays, Wednesdays and Thursdays,  
from 2:30 to 9 p.m.  
Fridays, from 2:30 to 10 p.m.  
Saturdays, from 1 to 10 p.m.

#### Information

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

### PROJET COMMUNAUTAIRE DE PIERREFONDS

#### Educational preschool

2 mornings per week for 3-to 4-year-olds  
3 mornings per week for 4-to 5-year-olds

#### Homework program

4 afternoons per week

#### Women's Groups

These groups are offered throughout the week with childcare.  
Registration is mandatory for all the programs. The participants must be eligible to become members.

#### Informations

514 684-5995

### REGROUPEMENT DES SÉPARÉS ET DIVORCÉS DE L'OUEST

(also for widowed and single people)

A support group whose mission is to help members weave a social web and break away from loneliness.

#### Services (in French)

Conferences, personal development sessions, social and sporting events.

#### Location

Marcel Morin Community Centre  
14068, boul. Gouin Ouest

#### Information

514 697-2882 or 438 390-7736  
rsdo@videotron.ca  
rsdo.org

### TABLE DE QUARTIER DU NORD-OUEST DE L'ÎLE DE MONTRÉAL

Since 2004, the *Table de quartier* participates in the social and sustainable development of the community. It plays an important role in informing, consulting and mobilizing citizens and local stakeholders on priority issues in the West Island, including the distribution of food, the fight against poverty and sustainable development. Organizations and individuals wishing to help are welcome to join the table.

#### Information

514 675-3006  
tqnoim@videotron.ca  
tqnoim.org

### WEST ISLAND ASSISTANCE FUND

Since 46 years, the West Island Assistance Fund, a non-profit organization, offers immediate assistance to West Island residents in need of food or any other urgent type of help.

#### Services

Food bank, collective kitchen, thrift store, bric-à-brac (furniture) pick-up and delivery.

#### Information

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

### WEST ISLAND YOUTH ACTION

For the past 5 years, WIYA has been trying to establish and maintain intervention services, outreach/street work for youth 12-to 25-year-olds at risk and/or in difficulty.

#### Services

Listening, support, accompaniment, referral, etc.

#### Information

514 675-4450  
ajoi.info

Emploi  
et Solidarité sociale  
Québec



Montréal