

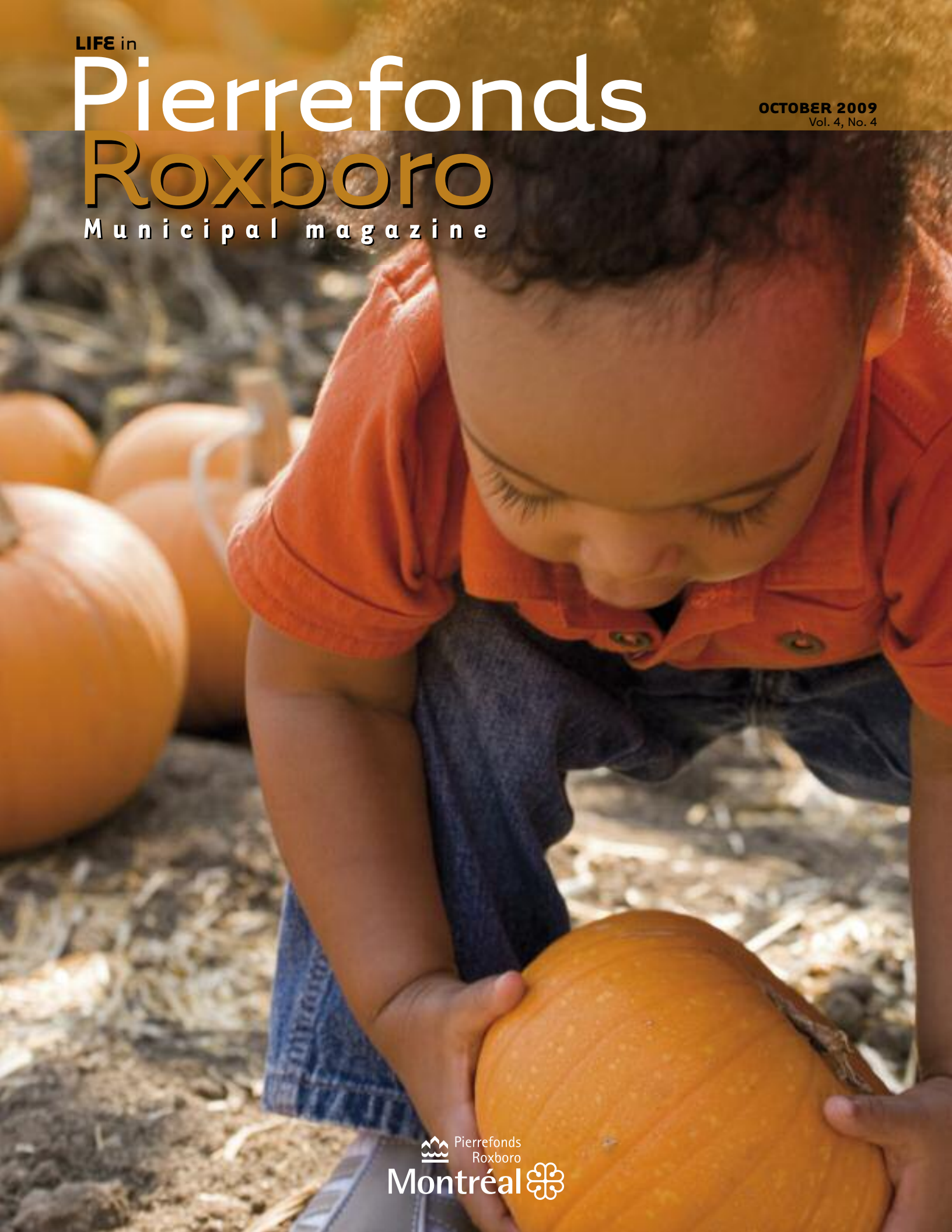
LIFE in

# Pierrefonds

# Roxboro

Municipal magazine

OCTOBER 2009  
Vol. 4, No. 4



Pierrefonds  
Roxboro

Montréal

# LIFE in Pierrefonds Roxboro

## LIFE IN PIERREFONDS-ROXBORO

Municipal magazine

### Publication

Ville de Montréal  
Pierrefonds-Roxboro  
Communications Division

### Borough hall

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

### Business hours

Monday to Thursday, 8 a.m. to 5 p.m. and  
Friday, 8 a.m. to 12 p.m.  
Fridays, all departments close at noon.  
They also close for lunch between 12 and 1 p.m.  
Monday through Thursday except for the Citizen  
Services Office, which remains open during  
lunch hour.

### Telephone

The new 311 service  
For recreational and cultural activities,  
please continue to dial the numbers published  
in the following pages.

### Fax

514 624-1300

pierrefonds-roxboro@ville.montreal.qc.ca  
ville.montreal.qc.ca/pierrefonds-roxboro

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## PUBLIC MEETINGS

### COUNCIL ROOM

Borough Hall  
13665, boulevard de Pierrefonds  
Pierrefonds

## November

### Date to be confirmed.

Watch for Public Notices in the local newspaper and on the electronic boards.  
Borough Council meeting

### 9 at 7 p.m.

Urban Planning Advisory Committee meeting

## December

### 7 at 7 p.m.

Borough Council meeting

### 14 at 7 p.m.

Urban Planning Advisory Committee meeting

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, status (owner, tenant or occupant) and the nature of your question. During the question period, you will be asked to address your question to the members of council.

City Council meetings at  
Montreal City Hall

275, rue Notre-Dame Est

**November 23 and December 14 at 7 p.m.**

### IMPORTANT NOTICE

Municipal buildings will be closed December 24 to January 4 inclusively.



MESSAGE FROM THE BOROUGH MAYOR



Monique Worth  
Borough Mayor

# Major issues for the future!

For many years we have talked about improving the road network and public transportation and, slowly but surely we are making progress. Express bus routes and talk of extending the metro to Bois-Franc; improvements announced and forthcoming to commuter train service and added capacity for free parking at the train stations; better bicycle paths and carpooling offers are examples of the small steps we are making that will make a difference.

More than ever, we are all more conscious of what kind of environment we want to leave to our children and grand-children. We must pursue our efforts to act efficiently when it comes to environmental issues, the quality of air, quality of life and traffic jams, a non-negligible factor in this. In fact, too many single-occupant cars use our streets and highways daily resulting in lost time and pollution.

The Borough has provided a free parking area in the center of the Borough for people to at least join up on their way downtown or to work. This might seem like a very small step, however we feel that every small step can count. This parking lot is maintained and cleared of snow in the winter by the Borough and it is located between the fire station and the Borough hall on Pierrefonds Boulevard, conveniently located just east of St-John's Boulevard.

**There are many benefits to car pooling, such as:**

- Reduced greenhouse gas emissions, which helps preserve the environment;
- Reduced gas consumption, parking fees and vehicle maintenance costs which can present substantial savings...in some cases can even eliminate the need for a car;
- Increased opportunity to communicate with colleagues, friends, acquaintances and even family members which promotes harmonious relations between individuals;
- Passengers benefit from reduced stress levels that are linked to driving and traffic jams; they can relax and gain some valuable time for en-route entertainment, such as reading;
- Businesses and commercial sites eventually will need fewer parking spaces.

The Borough will continue to demand better services from the Société de transport de Montréal. Alternatives to the car could be implemented, such as the extension of Communauto stations to serve Pierrefonds-Roxboro and increasing the capacity of suburban trains serving Montréal-Deux Montagnes route.

**We can do things differently.**

**Please adopt car-pooling and let's ride together for a better environment !**



1. The borough council during the parade on Canada Day. From left to right: Mr. Bertrand Ward, Mr. Christian Dubois, Mr. Roger Trottier, Mrs. Monique Worth and Mrs. Catherine Clément-Talbot
2. Seniors Day with Pierre Perpall and Claudine Carle who gave an excellent performance
3. Mr. Bertrand Ward during the draw of prizes at the Seniors Day
4. Mrs. Monique Worth surrounded by citizens during Seniors Day
5. The strawberry shortcake always present at the Seniors Day. Mrs. Catherine Clément-Talbot is serving the guests
6. Mr. Christian Dubois participating in the Road Safety Operation

## HALL RENTAL

For information and rental, call Louis Rachiele at 514 624-1118.

### Pierrefonds Cultural Centre

13850, boulevard Gouin Ouest  
Pierrefonds

The Centre has several halls at your disposal for wedding receptions, anniversaries, conferences, meetings and exhibitions.



Photo : John Paterson

### East Community Centre

9665, boulevard Gouin Ouest  
Pierrefonds

The Centre has a reception hall with a capacity of 150, several rooms for conferences and meetings, a fully-equipped kitchen and is wheelchair accessible.



Photo : Louis Rachiele

### Marcel Morin Community Centre

14068, boulevard Gouin Ouest  
Pierrefonds

The Centre is ideal for all kinds of receptions. An attractive hall with a capacity of 250, wheelchair accessible building, fully-equipped kitchen, huge parking lot... Everything you need for your special event, anniversary, wedding, birthday party or dance.



Photo : John Paterson



## THINGS TO DO IN PIERREFONDS-ROXBORO

Something  
for everyone  
this fall!

## Pierrefonds-Roxboro blood drive

**Date:** Thursday, December 3

**Time:** 1 to 8 p.m.

**Location:** Marcel Morin Community Centre  
14068, boulevard Gouin Ouest, Pierrefonds

**GIVE BLOOD  
GIVE LIFE**

## An open air gym

CARDIO PLEIN AIR offers cardio and muscle toning classes at Bois-de-Liesse Nature-Park. The 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. Many courses are available: Cardio Muscle Toning, Cardio Stroller, Cardio Vitality, Cardio Express and Outdoor Tonus. Flexible schedule: mornings, lunch hour and evenings. Come and workout with us outdoors (four seasons) with dynamic and certified instructors.

### Information

514 363-7755  
www.cardiopleinair.ca

## Line dancing

### Schedule

Beginner: Mondays and Fridays,  
6:30 p.m. to 7:30 p.m.  
Intermediate and advanced:  
Monday and Friday, 7:30 p.m. to 10 p.m.

### Location

Marcel Morin Community Centre  
14068, boulevard Gouin Ouest

### Cost

Beginner: \$4 per course  
Intermediate and advanced: \$5 per course

### Information

Normand or Simone Dery : 514 620-3699

## Open badminton at Collège Charlemagne

You're looking for a place to practice open badminton... A gym is at your disposal.

### Location

Collège Charlemagne  
5000, rue Pilon in Pierrefonds

### Schedule

Monday through Friday,  
from 7 to 10 p.m.  
(October 5 until the end of April)

### Cost

\$2 per person, per evening

### Notes

The gym will be closed on October 12, November 2 to 6 inclusively, November 20, December 21 to January 3 inclusively, March 1 to 5 inclusively, April 2, and April 5 to 9 inclusively. Food and drinks are prohibited. Groups cannot reserve the gym.

### Information

514 624-1429

## Pierrefonds day camps

### Christmas Break and March Break

### Dates

December 21 to January 5  
March 1 to 5

### Location

Roxboro Chalet and St-Anthony Chalet

### Note

Closed December 25 and January 1

### Information

514 624-1430

**A FUN-FILLED PROGRAM awaits you!**



## Public skating

### Public Skating for All

#### Dates

From September 12, 2009 to March 21, 2010.

Closed: December 5, January 9 & 10, and February 13.

#### Schedule

Saturdays, from 7 p.m. to 9 p.m.

Sundays, from 1:30 p.m. to 4:30 p.m.

#### Cost

Adult: \$2

Child: \$1

#### Notes

Helmets are mandatory for all children aged 12 years and under. The public skating program for preschoolers is cancelled for the 2009-2010 season. In addition, there is no public skating during the Christmas or March breaks.

#### Information

514 624-1429

WHAT'S UP WITH REGIONAL ASSOCIATIONS

## Société d'horticulture et d'écologie de Pierrefonds inc.

Following are the Société's upcoming conferences held in French, at 7:30 p.m. the second Wednesday of the month at the Marcel Morin Community Centre, 14068, boulevard Gouin Ouest.

#### Cost

Annual subscription: \$17 per person or \$25 per couple

Non-members: \$5 per conference

#### OCTOBER 14, 2009

Cultivez vos fines herbes près de la maison  
par Blair Boucher

#### NOVEMBER 11, 2009

Montage et décoration pour Noël  
Intérieur et extérieur  
par Claude Gauthier

#### DECEMBER 9, 2009

Les oiseaux  
par Réjean D. Millette

#### information

514 624-1671 (voice mail)  
www.shep.fsheq.org

## Lakeshore general hospital foundation

Time is running out! Be sure to buy your tickets for our 9<sup>th</sup> Annual Lakeshore Ball, which will be held on October 24, 2009 at the Château Vaudreuil. The formal ball promises to be a magical evening of elegance, complete with superb dining, dancing with music by Paul Chacra Entertainment, and includes valet parking and a comprehensive silent auction. Our annual ball is one of the West Island's most desirable and memorable social events of the year. Purchase your tickets by calling at 514 630-2081.

### Holiday Gift-Wrapping at the Fairview Pointe Claire mall

It seems like it is too soon, but the holiday season is approaching fast. Our yearly Holiday Gift-Wrapping Project will be held once again at the Fairview Pointe Claire mall from November 28 until December 24, 2009. In keeping with tradition, two locations will be set up so that shoppers could have their gifts wrapped by volunteers during all mall opening hours, with all proceeds going to the foundation.

All of our events will raise funds to develop and maintain health care excellence in the West Island and beyond. We look forward to seeing you at all of our events!

### Volunteers

We always need volunteers for our events. If you would like to volunteer or for more information about our events, please contact the Foundation office at 514 630-2081 or at info@fondationlakeshore.ca.

## West Island Community Shares

### 2009 -2010 Fundraising Campaign

Did you know that last year, 1 in 5 West Islanders turned to local community groups for help? West Island Community Shares raises and distributes funds to 30 local community groups that deliver essential services to more than 27,000 West Islanders in need. When you donate to Community Shares 100% of your donation goes to West Island community organizations – making it possible for them to be there for you and your neighbours in need. This year, our campaign will run until March 31, 2010 and our goal is \$700,000. Your donation can make a real difference, right here in the West Island.

For more information, visit the website: [www.communityshares.ca](http://www.communityshares.ca) or call at 514 695-8694.

**Thank you for your support!**

## ACTIVITIES AND SERVICES FOR SENIORS



### Carrefour des aînés de Pierrefonds

A bilingual meeting place where seniors 50 years of age and over can participate in a wide range of activities, while making friends with their peers in a fun, safe and peaceful environment.

#### Location

Marcel Morin Community Centre  
14068, boul. Gouin, Pierrefonds

#### Cost (membership)

Residents of Montréal: \$25  
Non-residents of Montréal: \$35

#### Information

514 624-1449  
www.carrefour-des-aines-de-pierrefonds.org

### Club des aînés Sainte-Suzanne

For information regarding the Club and its activities, please call Mrs. Pierrette Lefebvre at 514 695-6466.

### Club les doigts de fées

Please note that the club's annual art and craft exhibition will no longer be held. The club only kept its weekly activities at the Cultural Centre.

### Home aid service

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

**Hourly rate**  
\$7 to \$12

**Membership fee**  
\$12 per year

**Information**  
514 624-1448



### The Roxboro 60+

#### MONT-TREMBLANT

Bus trip to the new Casino in Mont-Tremblant.

#### Date

Wednesday, November 4

#### Schedule

Leaving the East Community Centre at 9:30 a.m., returning at 3:30 p.m.

#### Note

Dinner not included

#### CHRISTMAS PARTY

#### Date

Wednesday, December 9

#### Location and schedule

Casa Grecque Restaurant, boul. Gouin Ouest, Pierrefonds, at 7:00 p.m.

#### Cost

Member: \$20  
Guest: \$25

#### IMAX THEATRE

#### Schedule

Wednesday, January 27

#### Information

Mrs. Anne Kowal, 514 624-5018

### Public skating

For seniors ONLY (Free)

#### Dates

From September 14, 2009 to March 24, 2010.

#### Schedule

Mondays,  
from 4 p.m. to 5 p.m.  
Wednesdays,  
from 4 p.m. to 5 p.m.

#### Note

There is no public skating during the Christmas or March breaks.

#### Information

514 624-1429





## Services and Programmes for Individuals with a Deficiency

Ville de Montréal and its 19 boroughs have committed to rendering – in their field of practice – universal accessibility a reality. This approach has a unique purpose: That everyone who lives with a deficiency be able to benefit fully from his or her borough!



### **ALTERGO**

#### Leisure... A Door to Integration

AlterGo eases the social integration of individuals with a deficiency living on the island of Montréal by enabling access to leisure activities. The group works in collaboration with some 100 organizations. It also oversees the leisure support programme – in collaboration with the cities and the boroughs on the island of Montréal as well as a number of associations.

#### **A Website of resources adapted to the needs of the handicapped**

On the AlterGo Website, you will find a section with several Internet links, resources and references to services aimed at individuals who live with a deficiency.

#### **Information**

514 933-2739, ext. 215 (TTY)

#### **Website**

[altergo.net](http://altergo.net)

#### **Directory of On-Line Activities**

[altergo.net/repervmp/indexrep.htm](http://altergo.net/repervmp/indexrep.htm)

#### **Useful links**

[altergo.net/liens.html](http://altergo.net/liens.html)

#### **email**

[info@altergo.net](mailto:info@altergo.net)



### **BIBLIOTHÈQUE ET ARCHIVE NATIONALE DU QUÉBEC (BANQ)**

#### Adapted books offered in Québec through a single source

Bibliothèque et Archives nationales du Québec (BANQ) offers, free of charge, a range of services adapted to the needs of disabled persons. The services are provided by competent staff who are especially trained to meet the needs of the disabled.

Like all members of BANQ, disabled persons have free access to all collections, including large print books and films that are subtitled for the hearing impaired.

Visually impaired persons wishing to subscribe to the service by mail should contact the Magnétothèque at **514 282-1999** or at **1 800 361-0635** or by email [info@lamagnetothèque.qc.ca](mailto:info@lamagnetothèque.qc.ca). Braille and audio books are delivered free of charge to subscribers' homes by Canada Post.





### SOCIÉTÉ DE TRANSPORT DE MONTRÉAL COMPANION CARD... A free outlet for your leisure activities!

The Société de transport de Montréal (STM) Companion Card is designated for people with psychological, physical or visual disabilities whose functional limitations justify the need to have a companion in order to use the public transit network. This card allows the companion to access the bus and metro network for free. There are no fees related to the issuance of this card. With this measure, the STM wishes to facilitate the use of the public transit network for people living with disabilities in their daily and leisure activities.

For more information on the companion card, please contact the Société de transport de Montréal at **514 280-8211, extension 4** or visit the website: [www.stm.info/t-adapt/index.htm](http://www.stm.info/t-adapt/index.htm)



### QUÉBEC COMPANION CARD FOR INTERCITY BUS TRAVEL For a hassle-free tourism!

This card is addressed to all disabled persons aged eight and over who need support for their long distance travel. It provides a free ticket to the companion at no additional charge. The card is issued free of charge for a period of 5 years. For more information, please contact the APAQ at **418 522-7131, extension 26** or visit: [www.apaq.qc.ca](http://www.apaq.qc.ca)

### DISASTER OR FIRE? Stop worrying and have a nice sleep!

If you are an elderly, a disabled person, or you are having trouble to move, it can be difficult for you to leave your home in case of a fire or a disaster.

Firefighters can help you get out safely and quickly from your residence. To do this, simply register in the Disabled Persons Register of the Fire Prevention Department. With this information, firefighters can intervene more effectively in case of an emergency thanks to a computerized service that alerts them when your home is identified during a disaster or fire.

Remember to inform them of any changes related to your situation. To register, call at **514 872-3775**



### SAAQ REMOVABLE PARKING TAG Passenger or driver, you're eligible!

You are a person with reduced mobility? Get the SAAQ removable parking tag whether you're a driver or passenger. It allows you to use the reserved parking space on the street, in malls, cinemas and all places where there are parking spaces reserved for disabled persons. It is noteworthy that a medical certificate is required. The tag is for the disabled person and not for the vehicle. Using it without a passenger with reduced mobility on board is a violation of the Highway Code. For information call **514 873-7620** or **514 954-7763 (TTY / TDD)** or visit the website: [www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)

### Tourist and Leisure Companion Sticker

The companion sticker permits the companion of a person with a disability free entry to tourist, cultural or recreational sites.

To complete the application form online and know all places in Quebec that accepts the Tourist and Leisure Companion Sticker, please visit: [www.vatl-tlcs.org](http://www.vatl-tlcs.org)



## BY-LAWS



### CONSTRUCTION

We would like to remind you that a building permit or a certificate of authorization is required for construction work except for the regular upkeep of a building or to finish a basement, unless a bathroom or toilet is installed.

If you are not sure if your project requires a permit or certificate, call Construction and Building Inspection Division (311) or come to Borough Hall (13665, boul. de Pierrefonds).

The personnel will inform you on pertinent rules and standards.

## Just a reminder ...

### False fire alarm: beware the fees!

Fees will be charged to building owners when the Service de sécurité incendie de Montréal have been called to respond to a second false alarm for a same building. These fees may vary between \$100 and \$2 700 depending on the category of the building and the number of false fire alarms received for it. Information: [www.ville.montreal.qc.ca/sim](http://www.ville.montreal.qc.ca/sim)

### Parking reserved for handicapped persons

According to the Road Safety Code, it is prohibited to park a vehicle in a parking space reserved for handicapped persons unless such vehicle displays a sticker or plaque issued for a handicapped person.

### Temporary car shelters

The residents of Roxboro Sector, like the residents of Pierrefonds Sector, are authorized to put up temporary car shelters between November 1 and April 15.



### Wood heating

On April 27, 2009, Ville de Montréal adopted a by-law aimed at protecting the quality of the air we breathe. According to this by-law:

- It is prohibited to install any device or fireplace capable of using a solid fuel;
- The installation of an EPA or CAN/CSA-B415.1 certified pellet stove is permitted;
- Gas or electric appliances are also permitted;
- Already existing equipment may continue to be used. However, should they ever need replacement, units complying with the by-law currently in force must be installed.

[www.ville.montreal.qc.ca/chauffageauboiss](http://www.ville.montreal.qc.ca/chauffageauboiss)

## Municipal by-laws: everything with one click!

For information concerning applicable by-laws on zoning, certificates and permits, etc., you can visit at any time the page By-laws of our website.

[www.ville.montreal.qc.ca/pierrefonds-roxboro](http://www.ville.montreal.qc.ca/pierrefonds-roxboro)  
Citizen Services → By-laws





## Parking reserved for fire vehicles

The Canadian Fire Prevention Code prohibits parking of a vehicle in such a way as to block access to fire department vehicles in places where a sign indicates the No Parking zone.

## Snow removal

It is forbidden to throw snow or ice on public roads. This goes also for the snow removal contractor you hire. Remember that you are responsible for the work done by the contractor.

Report damages to your property's landscaping caused by the City's snow removal equipment to the Public Works Department no later than May 15.

## Winter parking regulations

### PIERREFONDS AND ROXBORO SECTORS

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

## Parking of recreational vehicles

Recreational vehicles are defined as vehicles (motorized or not), pleasure boats or sail boats used for leisure purposes, including but not limited to mobile homes, tent trailers, snowmobiles, water scooters, and 3- or 4-wheel all-terrain vehicles.

### PIERREFONDS SECTOR

It is forbidden to park or store a recreational vehicle measuring more than 6 metres in length in a residential front yard, unless it is more than 15 metres from the street. Exceptions are made on weekends, starting Fridays at 4 p.m., and on holidays.

It is forbidden to park a recreational vehicle measuring 6 metres or less in a residential front yard, in season\* except on a land on which there is a building; only one vehicle may so be parked.

It is forbidden to park in-season\* a recreational vehicle that measures 6 metres or less in the front yard except if the land is built and there is only one such vehicle.

It is forbidden to park off-season\*\* a recreational vehicle in most residential zones; however, on land zoned H-1 (detached, semi-detached or contiguous

one-family dwelling), no more than three such vehicles can be parked in the back yard or a side yard.

### \* in-season parking:

parking or storing a winter recreational vehicle in winter or a summer recreational vehicle in summer

### \*\* off-season parking:

parking or storing a winter recreational vehicle in summer or a summer recreational vehicle in winter

### Summer season

between April 16 and October 31

### Winter season

between November 1 and April 15

It is forbidden to park or store a recreational vehicle in an off-street parking space required by a zoning by-law, except in residential H-1 zones (detached, semi-detached or contiguous one-family dwelling), at all times.

It is forbidden to park or store a recreational vehicle in the part of the driveway bordering the street, at all times.

## GREEN WASTE AND DEAD LEAVES COLLECTION

A few more collections are scheduled to take place

Every Wednesday until November 25

### REMINDER

See-through and orange bags are mandatory so that the content is easily visible.

### PROCEDURE

Bags must be deposited close to the street between 8 p.m. the night before and 7 a.m. the day of pick-up.

### ACCEPTED

Horticultural residues, twigs, leaves, stems, grass, garden waste, and small branches no more than 1 meter long and 5 centimeters in diameter.

### EXCLUDED

Table waste, soil and stone, pet litter and waste, branches more than 5 centimeters in diameter, and stumps.

## [GREEN] LINE

## HOME COMPOSTING

## Did you know that you could still compost during winter time?

First, you can continue to fill the compost bin in the backyard, as long as you previously removed the mature compost from the bin in the fall to make space. Since the activity of microorganisms is reduced, waste will accumulate until spring. It is strongly advised to add layers of dead leaves or wood mulch (sold as litter for animals in pet shop) during winter to prevent odour problems caused by an excess of moist material (kitchen waste) when the pile will thaw. Of course, here we presume that the access to the compost bin will be shovelled.



The other possibility consists of putting kitchen residues in tightly closed containers (pail, garbage can, etc.) stored outside. You should expect a volume of waste of 40 litres per person. When the content thaws in spring, you can incorporate it with a lot of dry material (brown material) to prevent odour problems.

few simple things. However, you must get compost worms (*Eisenia foetida*) from specialized producers or from a person who is already vermicomposting. Higher quality compost will be created in 3 to 6 months only. For more information on vermicomposting, contact Pierrefonds-Roxboro eco-quartier at **514 752-0778** or visit its website [www.epqr.ca](http://www.epqr.ca). You can also contact the borough Green Line at **514 624-1215** or at [infopesticides@pierrefonds-roxboro.qc.ca](mailto:infopesticides@pierrefonds-roxboro.qc.ca)

Finally, there is a solution to compost indoor all year around. It is called vermicomposting. Funny and ideal to initiate children to composting, this technique is interesting for families that don't have access to a lawn. Vermicomposting is done by worms that are specialized in decomposing organic matter in a controlled environment. You can buy vermicomposting bin but you can build one at low costs with

## The Daddy longlegs: A truly big fake spider!

Belonging to the class of Arachnida, the harvestman, commonly named daddy longlegs, is not a spider because its body is made of only one segment and it doesn't have venom gland. It does not produce silk like spiders. In addition of being harmless to human, it is very useful in the garden as it can catch slugs, snails and caterpillars. It also feeds on dead or living insects and organic matter. When a predator catches a harvestman's leg, this leg breaks at a precise point, allowing it to escape. The lost limb doesn't grow back. It's the perfect creature to get comfortable with spiders and learn how to control our fear







## What can we do with dead leaves?

In the forest, fallen leaves are an essential source of organic matter that will be transformed into rich humus with the contribution of soil organisms. To avoid losing this organic matter, we can:

- **Mulch dead leaves on grass with a mulching mower** (without bag) as soon as they fall. The leaves will compost directly on the lawn and will enrich the soil. It is also thought to be a great method to control some tree and shrub diseases.
- **Keep leaves in bags or cans** so that they can be used in the compost bin during the following year. By the time they stay in bags, they will start to decompose and it will accelerate the composting process.
- **Protect perennials and non-hardy plants with pile of leaves.** This prevents temperature fluctuations where snow cover is thin.
- **Allow the leaves accumulate in plant beds** to recreate forest mulch that is rich in humus
- **Deposit the leaves** in see-through or orange bags for the borough's **green waste and dead leaves** collections.

### EMERALD ASH BORER



A single piece of firewood can destroy millions of trees.  
**DON'T MOVE FIREWOOD!**

Because of the infestation of invasive species such as the emerald ash borer in areas of Québec and Ontario, the Canadian Food Inspection Agency (CFIA) prohibits the moving of firewood to or from certain places.

You could face penalties or prosecution. All it takes is one harmful pest to create an imbalance in nature. You must then learn where your firewood comes from and find out if you live or travel (e.g. summer cottage, camping) in a regulated area. CFIA recommends to buy and burn local firewood only and to leave natural items in their natural habitats.

For more information, please visit the CFIA's website at [www.inspection.gc.ca](http://www.inspection.gc.ca) or call **1 800 442-2342**.



## Clear The Air!

"Clear The Air!" is Quebec's contribution to the Canadian vehicle recycling program Retire Your Ride. The program's global objective for the entire country consists of recycling 50,000 vehicles built in 1995 or earlier, every year until March 31, 2011. Quebec's objective is to retire 20,000 vehicles from the province's roads before the end of the program.

Do you own an old vehicle manufactured in 1995 or earlier? Are you hoping to have it recycled in an eco-friendly fashion in exchange for \$300 in cash, public transit tickets or passes, or other great rewards? Then, check the website:

<http://www.cleartheairprogram.org/>

## ÉCO-QUARTIER

Your eco-quartier team visited St-Michel Environmental Complex so as to be more competent in responding to your questions regarding their procedures.

**éco**  
quartier  
Pierrefonds - Roxboro

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

## OPENING HOURS

Tuesday, Thursday, Friday and Saturday:  
from 10 a.m. to 3 p.m.  
Wednesday: from 3 p.m. to 8 p.m.  
Sunday and Monday: closed

## Where does the recycling go?



During 2009, the collection of recyclable materials underwent some scheduling changes. Recycling collection is now on Mondays for residences west of St-Jean Boulevard and on Thursdays for residences east of St-Jean Boulevard including the territory of the former city of Roxboro. The company in charge of this collection is RCI Environnement; a company specialized in the area of waste management. The sorting of recyclable materials within recycling bins is no longer necessary. The sorting centre at the St-Michel Environmental Complex takes care of separating all materials automatically, with the help of technological advances in the sorting equipment that they now use. Your eco-quartier team visited this sorting centre so as to be more competent in responding to your questions regarding their procedures. According to information provided by the St-Michel Environmental Complex, before unloading their cargo, recycling trucks are weighed. There is a characterization station at the entrance of the sorting centre, where a person evaluates, at random, samples of the recycled materials that were collected. This is to evaluate the quality of the sorting at the collection stage of the recycling process.

**Paper**

Large heavy objects (like cardboard boxes) are mechanically separated from the lighter and finer papers (such as newspapers and magazines). The second sorting step, which is mechanical, allows them to sort newspaper from the rest of the types of paper. The third step involves the manual separation of other materials such as recyclable containers, garbage, and non recyclable materials. The rest of the material runs along 3 conveyor belts where up to 25 tons of fibrous materials (materials made from wood) per hour may be collected. (Source: Centre d'expertise des matières résiduelles de St-Michel)

**Glass, plastic and metal**

Glass bottles, plastic and metal containers as well as milk and juice cartons are sorted in this part of the sorting process. A large magnet is used first to isolate and remove any ferrous metal; this metal is then compacted and stacked in bundles. Next, a strong fan blows any plastic and aluminium materials and juice and milk cartons off of the conveyor belt leaving just the glass which is sorted into clear, coloured and mixed bins. The aluminium and plastic containers and the juice and milk cartons are then all separated manually. The plastic containers enter into a large drum where they are separated by weight and size; they are then sorted manually by type of plastic. (Source: Recyc-Québec).

**The reprocessing of recyclable materials**

When it comes to the valorizing of recyclable materials in Quebec's industrial sector, many players are implicated. There are more than 700 companies in Quebec specializing in the reprocessing of recycled materials. They are essential in leading recyclable materials back to the market as new products containing post consumer recycled content. Most of these companies are involved in collecting, sorting, processing of recyclable materials or production of goods with recycled content. Some companies receive recycled material and fully process it into new products. Acier Bouffard inc (for metal and ferrous objects), Cascade & Turcal inc. (division of Kruger inc.) (for paper products), and Chen group International Inc. (for plastic products) are all examples of companies that have huge involvement in the recycled materials market in Quebec. (Recyc-Québec)



PIERREFONDS-ROXBORO ON STAGE



Carol Welsman

For more information concerning rates and subscriptions please refer to the *Pierrefonds-Roxboro on Stage* Brochure available in our points of service and on the Borough website:

[www.ville.montreal.qc.ca/pierrefonds-roxboro](http://www.ville.montreal.qc.ca/pierrefonds-roxboro)

You can also call 514 624-1100.

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

**Église Marie-Reine-de-la-Paix**  
11075, boul. Gouin Ouest

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



Joey Elias



Orchestre métropolitain



Renaud Paradis



Max Minsky et moi



Sergiu Popa Ensemble

**OCTOBER**

**Sergiu Popa Ensemble**

**Jazz / Blues**  
Monday, October 19, 2009, at 7:30 p.m.  
Pierrefonds Cultural Centre

**Denis Chang**

**Jazz / Blues**  
Monday, October 26, 2009, at 7:30 p.m.  
Pierrefonds Cultural Centre

**NOVEMBER**

**Pierre et le pou**

**Show for youngsters**  
(4 to 8 years)  
Friday, November 6, 2009, at 7 p.m.  
East Community Centre

**Joey Elias<sup>1</sup>**

**Comedy**  
Monday, November 9, 2009, at 7 p.m.  
Pierrefonds Cultural Centre

**Renaud Paradis chante Brel**

**Song**  
Monday, November 16, 2009, at 7:30 p.m.  
Pierrefonds Cultural Centre

**Carol Welsman**

**Jazz / Blues**  
Monday, November 23, 2009, at 7:30 p.m.  
Pierrefonds Cultural Centre

**Sagapool**

**Jazz / Blues**  
Monday, November 30, 2009, at 7:30 p.m.  
Pierrefonds Cultural Centre

**DECEMBER**

**Max Minsky et moi<sup>2</sup>**

**Film**  
(8 to 12 years)  
Saturday, December 5, 2009, at 1 p.m.  
East Community Centre

**Christmas at the Opera**

**Opera (Orchestre métropolitain)**  
Friday, December 11, 2009, at 8 p.m.  
Église Marie-Reine-de-la-Paix

**Copeaux de neige**

**Show for youngsters**  
(4 to 10 years)  
Friday, December 18, 2009, at 7 p.m.  
East Community Centre

<sup>1</sup> Presented in English

<sup>2</sup> In French. Free, passes required (available as of november 24, 2009)

## PIERREFONDS PUBLIC LIBRARY

PIERREFONDS  
PUBLIC LIBRARY

1355, boulevard de Pierrefonds  
514 620-4181

## Opening hours

Monday to Thursday: 10 a.m. to 9 p.m.  
Friday: 10 a.m. to 6 p.m.  
Saturday and Sunday: 10 a.m. to 5 p.m.

## Holidays

Closed: December 24, 25, and 26, 2009  
January 1 and 2, 2010

## SERVICES

## Wireless Internet

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

## Le portillon

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, it's free!

For more information about the  
activities at our libraries, please refer  
to the *Pierrefonds-Roxboro on Stage*  
Brochure available in our points of  
service and on the Borough website:  
[www.ville.montreal.qc.ca/  
pierrefonds-roxboro](http://www.ville.montreal.qc.ca/pierrefonds-roxboro)

Membership at the  
libraries is FREE  
for all the Ville de  
Montréal residents.

Enjoy all the services  
we offer!

Activities  
for Adults

## REGULAR ACTIVITIES

## English Book Club

Every month read a book suggested by  
our club leader, Mary Soderstrom, and  
share your impressions with other rea-  
ders along with a good cup of coffee.

## Registration required

➤ OCTOBER 26

Mr. Pip by Lloyd Jones

➤ NOVEMBER 16

The Reader by Bernhard Schlink

➤ DECEMBER 14

Earth and High Heaven  
by Gwethalyn Graham

## French Book Club

Share your passion for literature With  
Jean-François Pépin, librarian, in a friendly  
and relaxed setting.

## Registration required

➤ MONDAYS, SEPTEMBER 21, OCTOBER 19,  
NOVEMBER 23, AND JANUARY 18,  
FROM 1:30 P.M. TO 3 P.M.

## Les Mots partagés

## with Hélène Denis

For people with a good knowledge of  
the French language who wish to improve  
it. Twice a month, 15 people will meet to  
discuss a book they have read at the  
suggestion of the animator.

## Registration required

➤ TUESDAYS, OCTOBER 20, NOVEMBER 3  
AND 17, DECEMBER 1, AND JANUARY 26,  
FROM 7 P.M. TO 8:30 P.M.

CONFERENCES AND  
WORKSHOPSRedécouvrez l'histoire  
du Québec

(in French)

with Marcel Tessier

Let this exceptional communicator  
and historian take you on a tour of  
the past.

This activity will take place at the  
Pierrefonds Cultural Centre. Passes  
required (available at the Pierrefonds  
Cultural Centre and at the Pierrefonds  
Library).

➤ THURSDAY, OCTOBER 15, AT 7 P.M.

Rencontre avec  
Michel Rabagliati

(in French)

During Public Libraries Week, meet the  
author of autobiographical-style comic  
books, Michel Rabagliati, creator of the  
series Paul for which he has been awarded  
many prizes (Bédelys, Harvey Award).

➤ MONDAY, OCTOBER 19, AT 7 P.M.

An evening with  
Bill Haugland

(in English)

During Public Libraries Week, Pierrefonds  
Public Library offers you a meeting with  
Bill Haugland. His extensive and com-  
pelling career in broadcast journalism  
brought him into living-rooms across  
Quebec for 46 years. Bill will read from  
his mystery novel, Mobile 9.

This activity will take place at the  
Pierrefonds Cultural Centre. Passes  
required (available at the Pierrefonds  
Cultural Centre and at the Pierrefonds  
Library).

➤ THURSDAY, OCTOBER 22, AT 7 P.M.



## Le club Canadien et les Montréalais Cent ans de passion

(in French)

### With the Centre d'histoire de Montréal

For a hundred years Montreal has been ringing with the sound of loud cheering every winter and the Montreal Canadiens have something to do with it! Come and share not only your love for the Habs but also your love of the city to which they belong.

This activity will take place at the Pierrefonds East Community Centre. Passes required (available at the Pierrefonds Cultural Centre and at the Pierrefonds East Community Centre)

➤ **SATURDAY, OCTOBER 24, AT 1:30 P.M.**

## Walser

(in French)

A literary spectacle dedicated to the works of Robert Walser, a Swiss writer born in 1878. Franz Kafka, Hermann Hesse, and Robert Musil, his friends and contemporaries, considered him their equal. A stroll through Walser's works in the company of actors Pier Paquette, Renaud Lacelle-Bourdon, and musician Christophe Papadimitriou. An experience not to be missed!

This activity will take place at the Pierrefonds Cultural Centre. Passes required (available at the Pierrefonds Cultural Centre and at the Pierrefonds Library)

➤ **MONDAY, NOVEMBER 2, AT 7:30 P.M.**

## Série petites escapades : Boston

(in French)

### with François Tisseur

You'll tour Bean Town aboard the Old Town Trolley discovering the Freedom Trail and the fascinating history of the American War of Independence.

➤ **WEDNESDAY, NOVEMBER 4, AT 7 P.M.**

## Get ready for Christmas

(in English)

### with Sandra Phillips

Informative and fun talk about how everyone can save money with Sandra Phillips, author of « Smart Shopping Montreal ».

➤ **WEDNESDAY, NOVEMBER 18, AT 7 P.M.**

## The Art of Mindful Reflection™ : Meditation for everyday life

(in English)

### with Stephen Schettini

Coping with stress means facing up to the everyday difficulties of life. Although you can't change how life happens, you can change your response to it. With Mindful Reflection you can come to terms with stress by facing, identifying and retraining the part you play in it instead of trying to escape it.

➤ **WEDNESDAY, DECEMBER 2, AT 7 P.M.**

## Les États-Unis et Barack Obama : un an plus tard

(in French)

### with Donald Cuccioletta

What is the state of the United States a year after the swearing in of Barack Obama? Come to the discussion with Donald Cuccioletta, a specialist in American history and research director in the Raoul Dandurand Chair at UQAM.

➤ **WEDNESDAY, JANUARY 20, AT 7 P.M.**

## Activities for children

### REGULAR ACTIVITIES

### Book Mart

All books will be sold for \$1. This activity will take place at the Pierrefonds Cultural Centre.

➤ **SATURDAY, NOVEMBER 21 AND SUNDAY, NOVEMBER 22**

### English Book Club

(9 to 12 years)

#### with Carol-Ann Hoyte

Registration required

➤ **SUNDAYS, OCTOBER 25, NOVEMBER 29, AND JANUARY 24, AT 1:30 P.M.**

### French Book Club

(9 to 12 years)

#### with Nathalie Boivin

Fun time with books!

➤ **SATURDAYS, OCTOBER 24 AND NOVEMBER 28, AT 2:15 P.M.**

### Once upon a time

(6 to 8 years)

Discover funny, serious or crazy stories.

Registration required

In English

with Michelle Wachman

➤ **SATURDAYS, OCTOBER 17 AND NOVEMBER 21, AT 1 P.M.**

In French

with Nathalie Boivin

➤ **SATURDAYS, OCTOBER 24 AND NOVEMBER 28, AT 1 P.M.**

## Saturday Story Time

(4 to 5 years)

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

**Registration required**

**In English  
with Michelle Wachman**

➤ **SATURDAYS, OCTOBER 17 AND  
NOVEMBER 21, AT 11 A.M.**

**In French  
with Nathalie Boivin**

➤ **SATURDAYS, OCTOBER 24 AND  
NOVEMBER 28, AT 11 A.M.**

## Tiny Tales for Tiny Tots

(2 ½ to 3 years)

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

**Registration required**

**In English  
with Michelle Wachman**

➤ **SATURDAYS, OCTOBER 17 AND  
NOVEMBER 21, AT 10:15 A.M.**

**In French  
with Nathalie Boivin**

➤ **SATURDAYS, OCTOBER 24 AND  
NOVEMBER 28, AT 10:15 A.M.**

## SPECIAL ACTIVITIES

### Pyjama Story Time

**Registration required**

**In French**

➤ **WEDNESDAY, OCTOBER 28, AT 6:45 P.M.**

**In English**

➤ **WEDNESDAY, NOVEMBER 25, AT 6:45 P.M.**

### La magie et la folie de Noël

(6 to 12 years old children and their parents)  
(in French)

**with Yanik Comeau**

Discover stories, picture books, legends, and novels inspired by this festive date in the month of December.

**Registration required**

➤ **SATURDAY, DECEMBER 12, AT 10:30 A.M.**

## ROXBORO PUBLIC LIBRARY

### ROXBORO PUBLIC LIBRARY

110, rue Cartier  
514 684-8247

#### Opening hours

Monday to Wednesday: 1 p.m.  
to 9 p.m.

Thursday: 10 a.m. to 9 p.m.

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

Saturday: 10 a.m. to 5 p.m.

Sunday: 1 to 5 p.m.

#### Holidays

Closed: December 24, 25  
and 26, 2009.

January, 1 and 2, 2010

www.ville.montreal.qc.ca/pierrefonds-roxboro

Membership at the  
libraries is FREE  
for all the Ville de  
Montréal residents.

Enjoy all the services  
we offer!

## ACTIVITIES FOR ADULTS

### REGULAR ACTIVITIES

#### Artist of the month

Every month you can discover the works of a different artist:

➤ OCTOBER

**Roger Webber (Watercolor)**

➤ NOVEMBER

**Marlene Smyth (Canvas)**

➤ DECEMBER

Special topic

**Destination Vacations (Canvas)**

➤ JANUARY

**Sara Barnoff (Watercolor)**

#### Book Club for Young Adults

(15 to 19 years)

(in English)

**with Madeeha Tariq**

➤ TUESDAYS, OCTOBER 13, NOVEMBER 10, DECEMBER 8, AND JANUARY 12, AT 7:30 P.M.

#### French Book Club

Discussion on a book chosen by the participants.

➤ FRIDAYS, OCTOBER 16, NOVEMBER 13, DECEMBER 11, AND JANUARY 15, AT 10 A.M.

#### English Book Club

Discussion on a book chosen by the participants.

➤ MONDAYS, OCTOBER 26, NOVEMBER 30, AND JANUARY 25, AT 1:15 P.M.

### WORKSHOP

#### Decorative "Explosion" Box

(in English)

**with Louise Charlton**

Are you looking for an original "photo" gift for someone special? This explosion box would be a very original and personal gift. Made and decorated with beautiful papers, the box itself is very pretty on its own. But when the cover is removed, the inside "explodes out" and each section can be decorated with photos.

➤ WEDNESDAY, NOVEMBER 11, AT 7 P.M.

## ACTIVITIES FOR CHILDREN

### REGULAR ACTIVITIES

#### French Book Club

(8 to 12 years)

**Registration required**

➤ THURSDAYS, OCTOBER 15, NOVEMBER 19, JANUARY 14, AT 3:30 P.M.

(11 to 13 years)

Work of reference:

Joseph Delaney's series:

The Last Apprentice (volumes 1, 2 & 3)

**Registration required**

➤ WEDNESDAYS, OCTOBER 21, NOVEMBER 25, AND JANUARY 27, AT 4:30 P.M.

#### Make your own comic book

(bilingual)

(9 to 12 years)

Creation of a comic book.

Comic books will be exhibited at the end of the workshop.

**Registration required**

➤ WEDNESDAYS, NOVEMBRE 11, AND JANUARY 13, AT 4:30 P.M.

#### Musical Initiation for Babies

(bilingual)

(0 to 2 years)

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

**Registration required**

➤ THURSDAYS OR FRIDAYS, AT 10 A.M.

#### Musical Story Hour

(bilingual)

(1 to 5 years)

Children will discover new dances, nursery rhymes, songs and marvelous stories. We shall finish with some coloring.

➤ SATURDAYS, OCTOBER 17, NOVEMBER 28 AND JANUARY 9, AT 10:15 A.M.

#### Story Time

(bilingual)

(2 to 5 years)

Nursery rhymes, poetry, song, dance and handicrafts.

**Registration required**

### SPECIAL ACTIVITIES

#### Story Time – Halloween

(in French)

(6 to 10 years)

**Registration required**

➤ SATURDAY, OCTOBER 31, AT 10:30 A.M.

#### Story Time – Christmas

(in French)

(6 to 10 years)

**Registration required**

➤ WEDNESDAY, DECEMBER 9, AT 7 P.M.



**SOCIAL DEVELOPMENT**

# For a better quality of life!

## Centre Bienvenue

A Mental Health Day Centre, a non-profit community-based organization providing support, psychosocial intervention and social reintegration services via various psycho-educational programs and preparatory groups toward a return to work, studies, or volunteering. Some of the objectives of the Centre are to improve quality of life, provide mutual support services and offer a caring meeting place for people who feel isolated. Our programs aim at providing a choice of psychoeducational, recreational and cultural activities in order to maximize life skills management as well as a progressive social reintegration for our participants.

The IPS model included within the program (Individual Placement and Support program) offers individualized, personalized support of variable duration and intensity, according to the client's needs, with the goal of finding the client an employment that will answer his interests, strengths and weaknesses, in a competitive work environment.

**Information**  
514 421-2212

## Cloverdale Village Housing Cooperative

**Opening of an Affordable Cost Retirement Home in Cloverdale Village.** Designed for autonomous or semi-autonomous individuals, Godard Residence offers 22 one bedroom apartments, of which 11 are eligible for rent subsidies from the Office municipal

d'habitation de Montréal. The building is sound proofed, has an elevator and is built according to innovative economy saving concepts. It is located near services and the Bois-de-Liesse Nature Park.

**Information**  
514 683-9988

## Initiative 1,2,3 GO! de Pierrefonds-Roxboro

The Initiative is a group of parents, workers and citizens dedicated to the well-being of children aged from 0 to 5 years old. Many projects are in the works for this coming fall / winter season. Daycare services and programs will be very important topics.

**Information**  
Diane Cardinal, 514 682-8228  
initiative123gopierrefonds@gmail.com

## Maison des jeunes de Pierrefonds

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

**School-year hours**  
Tuesdays, Wednesdays and Thursdays: 2:30 p.m. to 9 p.m.  
Fridays: 2:30 p.m. to 10 p.m.  
Saturdays: 1 p.m. to 10 p.m.

**Information**  
514 683-4164

## West Island Black Community Association

The West Island Black Community Association (WIBCA) was created in 1982 in order to find solutions to problems that affect the well-being of African Americans as well as society in general in Montreal's West Island community.

Saturdays morning tutorials in English, French and math are offered at the WIBCA Centre from 10 a.m. to 12:30 p.m. Welcome to everyone!

**Information**  
514 683-3925

## West Island Women's Shelter

The Shelter is at the service of women (with or without children) of the community victims of conjugal violence. We provide a 24/7 crisis line, intervention towards sheltered women and children, as well as external services for women and children. The organization will also provide outreach and sensitisation activities in high schools, to prevent the prevalence of dating violence among adolescents, as well as support groups for women newly single parents so that they can, among other things, develop a supporting relationship with their children.

**The organization is currently fundraising in order to raise money to maintain all these services.**

**Information**  
514 620-4845 ou 514 626-4445