

LIFE in

Pierrefonds Roxboro

Municipal magazine

JANUARY 2009
Vol. 4, No. 1

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

311
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

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

Printing

Litho-Mag imprimerie

Graphic Design

Centre de communications visuelles
de la Ville de Montréal

Registered with

Bibliothèque nationale du Québec
Bibliothèque nationale du Canada

Circulation

24,600 copies

The Publi-sac bag is biodegradable*

* Source Publi-sac Ouest de Montréal
www.publisac.ca

PUBLIC MEETINGS

COUNCIL ROOM

Borough Hall
13665, boulevard de Pierrefonds
Pierrefonds

January

12 at 8 p.m.

Borough Council meeting

13 at 8 p.m.

Urban Planning Advisory Committee meeting

February

2 at 8 p.m.

Borough Council meeting

9 at 8 p.m.

Urban Planning Advisory Committee meeting

March

2 at 8 p.m.

Borough Council meeting

9 at 8 p.m.

Urban Planning Advisory Committee meeting

April

6 at 8 p.m.

Borough Council meeting

14 at 8 p.m.

Urban Planning Advisory Committee meeting

May

4 at 8 p.m.

Borough Council meeting

11 at 8 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 7:45 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

January 26, February 23, March 30, April 27 and May 25 at 7 p.m.

IMPORTANT NOTICE

Municipal buildings will be closed Good Friday and Easter Monday, April 10 and 13, as well as Victoria Day, Monday, May 18.

MESSAGE FROM MONTRÉAL MAYOR



*Gérald Tremblay
Montréal Mayor*

Citizens of Pierrefonds-Roxboro borough, you have in your hands the latest issue of *Life in Pierrefonds-Roxboro*, your borough's winter guide.

This guide contains a great deal of useful and practical information about the many activities offered by your borough. As usual, you will enjoy a full program of sports, cultural and arts activities developed by skilled and dedicated citizens.

I urge you to keep this guide in a safe place, as it will help you plan your activities throughout the winter.

I hope you have a great 2009!

MESSAGE FROM THE BOROUGH MAYOR



*Monique Worth
Borough Mayor*

Looking ahead in turbulent times!

When I wrote these lines, at the end of October, the world was in financial turmoil and the consumer confidence index is at its lowest of the past several decades. Over the next year, it is unlikely that the consequences of this crisis won't impact us on an individual and a collective basis.

At the Borough, operating costs will increase in some areas and the contrary will be true in other aspects; the fluctuations may be significant, something that has become quite difficult to predict. We know the situation requires our close scrutiny and a commitment to action and make adjustments to continuously meet the needs of residents. I am furthermore very pleased with the balanced budget that was adopted and the healthy financial position we are in going into this new year.

Since the last publication of this municipal magazine, the media will have published articles concerning the significant conservation and development project at the western extremity of our borough. This urban development (homes, transportation, services, etc.) is an innovative project as it is being planned with conservation preceding development. The conservation zone encompasses property that is ecologically rich and diverse and it is at the source of our planning.

Our project will add 180 ha of natural green spaces (surface area equivalent to the Mount Royal) to the 593 ha already protected in the rivière à l'Orme ecoterritory. With affordable housing and the proximity to nature, this project will also represent a great alternative. The Pierrefonds-West project will in fact finance the conservation project, the development of the Anse-à-l'Orme Nature-Park and the infrastructures that will allow our citizens the means to reach this 5th nature-park to be located close by.

Work is being performed in a spirit of cooperation involving the City and the Borough, promoters and property owners, Ducks Unlimited and many other experts. The outcomes to date have been extremely positive and I am confident that the process and the objectives that we will achieved will be cited as an example for future projects.

I wish you a very happy New Year. May 2009 bring health and good tidings to you and your families!

MESSAGE FROM THE BOROUGH COUNCILLOR WEST



Catherine Clément-Talbot
Borough Councillor

Families of the land

I have great respect for the families who founded the parish of Sainte-Geneviève made up of Pierrefonds, Roxboro, Sainte-Geneviève, L'Île-Bizard and Dollard-des-Ormeaux in the 18th and 19th centuries. They were the first families to occupy the land concessions in the western part of the island, formerly owned by the Sulpicians. The 1731 census authenticates that 12 families lived in Côte Sainte-Geneviève.*

My compliments to these ploughmen, who worked the land to take care of their families and ensure their wellbeing. They laboured at their craft and helped one another for the benefit of their community.

Thank you Barbeau, Bastien, Benoit, Bédard, Bouchard, Cardinal, Castonguay, Charlebois, D'Amour, Daoust, Johnson, Labrosse, Lanthier, Lauzon, Laniel, Ladouceur, Lagrange, Lavigne, Locas, Legault, Marchand, Meloche, Paiement, Pilon, Paquin, Robillard, Roberge and St-Pierre families, and all the others that first came to our old parish.

Years later, in the 1950s, the population grew drastically with the arrival of the airport workers and their families. Thanks to these families, our community is now a privileged place to bring up children, where they can practice all types of sports – in winter as well as in summer.

*From the book *Sainte-Geneviève... ses quatre saisons* by Mr. Marc Locas, 1990



The Borough Council, Management and Personnel **Wish you a Happy New Year!**



Roger
Trottier

Christian G.
Dubois

Monique Worth
Mayor

Bertrand A.
Ward

Catherine
Clément-Talbot

Life in **MONTRÉAL**

Montréal: A life near everything

Montréal! Nowhere else in the greater Montréal area is there such good access to jobs and services, so close to homes. Nowhere else is there such a wide range of housing options to suit any budget or lifestyle. Whether you prefer a quiet neighbourhood or a lively urban street, you can find it in Montréal!

One of Montréal's greatest assets is its diversity—the diversity of its neighbourhoods, population, services and cultural life.

Nowadays, people want to spend more quality time with their children. Gas prices have given people second thoughts about how much time they spend in their cars and the costs of buying a second car, not to mention the impacts on the environment...


Nowadays, people want to be sure that buying a home will be truly profitable in the long term. Life in Montréal offers very sound solutions to all of these concerns.

For families, life in Montréal means giving their children the very best. It means being able to offer them quality time, as well as access to daycare, parks and schools, in their own neighbourhood.

For families, life in Montréal is a life close to everything.

**IL Y A UN
MONTRÉAL
POUR CHAQUE
MONTRÉALAIS.**



Montréal 

Une vie proche de tout

Swearing in of Canada's Senior Citizenship Judge

MR. GEORGE SPRINGATE

Last October 15 at the East Community Centre, Pierrefonds-Roxboro Mayor Monique Worth and the members of council had the pleasure of hosting the swearing in ceremony of our renown resident, Mr. George Springate, appointed Canada's Senior Citizenship Judge. The judge is responsible for some thirty citizenship judges, working across Canada.

Mr. Springate is an attorney-at-law; he has been a police officer, a Montréal Alouettes player, a Grey Cup winner, a journalist, a professor, a member of the National Assembly, a judge and was appointed to the Order of Canada.



Bertrand A. Ward, City Councillor, Catherine Clément-Talbot, Borough Councillor,
Christian G. Dubois, City Councillor, George Springate, Monique Worth, Borough Mayor,
Roger Trottier, Borough Councillor, and a proud representative from the Royal Canadian Mounted Police



MUNICIPAL BY-LAWS

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, de Pierrefonds Boulevard during business hours. The employees will gladly inform you on applicable by-laws and standards. You can also consult the by-laws on line (see below).

Car shelters

PIERREFONDS AND ROXBORO SECTORS

As per the by-law, car shelters must be taken down before April 15.

Night parking regulation

PIERREFONDS SECTOR

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

ROXBORO SECTOR

Don't forget that it is illegal to park on the street between 2 a.m. and 6 a.m., all year round.

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

NEW — Municipal by-laws are on line !

All active by-laws on the territories of Pierrefonds and Roxboro are now on line. Whether they were adopted by the former City of Pierrefonds, by the former Town of Roxboro, by the former boroughs of Pierrefonds/Senneville and of Dollard-des-Ormeaux/Roxboro, by the current borough of Pierrefonds-Roxboro or by Ville de Montréal, all six types have been archived.

Go to the Pierrefonds-Roxboro Website at ville.montreal.qc.ca/pierrefonds-roxboro. Click on *Citizen Services* in the left margin. Click on *By-laws + Go to the section*, at the bottom of the page. You will be directed to a preamble that explains the complexity of our by-laws, how to find a by-law number and how to do a search. Click on the link ville.montreal.qc.ca/by-laws and you will be directed to the Service du greffe Internet pages, where our by-laws are archived

Scroll down the page to the *Search for a by-law* section. Search for a specific by-law by inserting a keyword, then select Title and text in the pull-down menu on the right. Then, in *Geographical application*, select Pierrefonds-Roxboro and click on *Search*.

For a list of all 109 by-laws, do not enter a keyword; enter Pierrefonds-Roxboro in *Geographical application* and click on *Search*. All current by-laws will be listed.



PIERREFONDS-ROXBORO ON STAGE...

Film, Classical and Jazz/Blues

FREE SHOWS

Maximum of 2 passes per person per presentation (except for Young Public Shows – 4 passes). Available in person only at the date indicated. Ticket valid up to 10 minutes before specified time

TICKET OFFICE

Tickets are available at the Pierrefonds Cultural Centre 13850, boul. Gouin Ouest or by phone (VISA, MC) at 514 624-1100 and on Admission Network (service fees) 514 790-1245 or 1-800-361-4595 Monday from 1:30 to 7:30 p.m. (closed between 4:30 and 6 p.m.) Closed on Monday night concerts and on public holidays. Tuesday to Friday from 9 a.m. until noon and from 1:30 to 4 p.m. Single tickets, if available, can be purchased on site 30 minutes before the show.

ACCÈS MONTRÉAL CARD

Present your Accès Montréal card (in person only) to obtain a 10% discount on the purchase of Regular tickets (excluding senior/students prices)

Senior: 65 and up

Student: 20 and under

Program and prices are subject to change.

INFORMATION

514 624-1100



Forestare



Éclectique!

FILM

Le peuple invisible

National Film Board (in French)

DATE: Monday, February 9 – 7 p.m.

VENUE: Pierrefonds Cultural Centre
FREE, pass required (available as of January 27)

CLASSICAL

Fibonacci Trio

Trio Fibonacci in concert

DATE: Monday, February 2 – 7:30 p.m.

VENUE: Pierrefonds Cultural Centre
FREE, pass required (available as of January 20)

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

Forestare

DATE: Monday, April 6 – 7:30 p.m.

VENUE: East Community Centre
FREE, pass required (available as of March 24)

Orchestre Métropolitain du Grand Montréal

Sibelius' Finland, opus 26

DATE: Friday, May 8 – 8 p.m.

VENUE: Marie-Reine-de-la-Paix Church

COSTS: Regular \$16

Senior or Student \$13 \$

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

JAZZ/BLUES

Éclectique!

Disques Tout-Crin

DATE: Monday, January 26 – 7:30 p.m.

VENUE: Pierrefonds Cultural Centre

COSTS: Regular \$13

Senior or Student \$11

Natasha Lima

Author-Composer-Interpret

DATE: Monday, March 30 – 7:30 p.m.

VENUE: Pierrefonds Cultural Centre

COSTS: Regular \$13

Senior or Student \$11

Yoel Diaz

DATE: Monday, April 20 – 7:30 p.m.

VENUE: Pierrefonds Cultural Centre

COSTS: Regular \$13

Senior or Student \$11

Garrett Mason

DATE: Monday, April 27 – 7:30 p.m.

VENUE: Pierrefonds Cultural Centre

COSTS: Regular \$13

Senior or Student \$11

PIERREFONDS-ROXBORO **ON STAGE...**

Music of the World, Tale and Shows for Youngsters



Shéhérazade



Fiestango

MUSIC OF THE WORLD**Plain Folk****DATE :** Monday, February 23 - 7:30 p.m**VENUE:** Pierrefonds Cultural Centre**COSTS:** Regular \$13

Senior or Student \$11

**Ensemble du carré
St-Louis****DATE:** Monday, March 9 – 7 :30 p.m.**VENUE:** Pierrefonds Cultural Centre

FREE, pass required (available as of February 24)

Dave Gossage**Multi-Montréal Music****DATE:** Monday, March 16 – 7:30 p.m.**VENUE:** Pierrefonds Cultural Centre**COSTS:** Regular \$13

Senior or Student \$11

*This event was subsidized by the Conseil des arts de Montréal.***TALE****Le jardin parfumé :
contes érotiques de
Shéhérazade****Maison internationale du conte inc.
(presented in French)****DATE:** Friday, February 13 – 7:30 p.m.**VENUE:** Pierrefonds Cultural Centre**COSTS:** Regular \$13

Senior or Student \$11

*This event was subsidized by the Conseil des arts de Montréal.***SHOWS FOR YOUNGSTERS****Ah, la vache!****(5- to 10-year olds – presented in French)****Théâtre de l'Oeil****DATE:** Friday, January 23 – 7 p.m.**VENUE:** East Community Centre**COST:** \$4*This event was subsidized by the Conseil des arts de Montréal.***Glou Glou****(2- to 5-year olds)****Le Théâtre de Quartier****DATE:** Friday, February 6 – 9:30 a.m.**VENUE:** East Community Centre**COST:** \$4*This event was subsidized by the Conseil des arts de Montréal.***Une forêt dans la tête****(4- to 8-year olds)****Théâtre de l'Avant Pays****DATE:** Friday, February 27 – 7 p.m.**VENUE:** East Community Centre**COST:** \$4*This event was subsidized by the Conseil des arts de Montréal.***SCHOOL BREAK****Les 7 trompettes de
Fred Piston****(6- to 12-year olds – presented in French)****Jeunesses Musicales du Canada****DATE:** Tuesday, March 3 – 1:30 p.m.**VENUE:** East Community Centre

FREE, pass required (available as of February 17)

Fiestango**(6- to 12-year olds)****Jeunesses Musicales du Canada****DATE:** Wednesday, March 4 – 10 a.m.**VENUE:** East Community Centre

FREE, pass required (available as of February 17)

PUBLIC LIBRARIES

Pierrefonds

13555, 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.

Information

514 620-4181

Internet

Wireless Internet is available at the library.

Le Portillon

Pierrefonds Public Library has set up a new delivery service Le Portillon. Are you housebound? This service is for you! Novels, nonfiction books and talking books right to your door! Sign up, it's free!

REGULAR ACTIVITIES FOR ADULTS

Book Club (in French)

Share your passion for literature in a friendly and relaxed setting. One Monday a month (January 19, February 16, March 16, April 20, May 18 and June 15) from 1:30 to 3 p.m. with Jean-François Pépin, librarian. Registration required

New – English Book Club

Every month read a book suggested by our club leader, Mary Soderstrom, and share your impressions with other readers along with a good cup of coffee. February 9, March 9, April 6 and May 11. Registration required

Conferences and Workshops

People I Love Memory Book

Create a homemade photo book of loved ones specially for Valentine's Day, with Louise Charlton, Wednesday, February 4 at 7 p.m.

Pour parents débordés et en manque d'énergie (in French) with Francine Ferland, Tuesday, February 17 at 7 p.m.

As part of *Les Mots partagés*
Meet Myriam Beaudoin, author of *Hadassa*, Tuesday, March 10 at 7 p.m.
This event was subsidized by UNEQ



Photo: Roch Lecompse

Trésors et paradoxes d'un génie : regard sur les cantates sacrées de Jean-Sébastien Bach (in French) with Guy Sauvé, Tuesday, March 17 at 7 p.m.

New Zealand: A Kiwi Adventure with Frederic Hore, Tuesday, April 7 at 7 p.m.

As part of *Earth Day*
La consommation responsable : où commencer? with l'Éco-quartier de Pierrefonds-Roxboro, Wednesday, April 22, at 7:30 p.m.

As part of *Journée mondiale du livre et du droit d'auteur*
Roses, livres et coup de cœurs (in French) Come and meet the employees of the library who will make you discover their showstopper books and let us discover yours! A rose will be given to all participants, Thursday, April 23 at 1:30 p.m.

As part of *Journée mondiale du livre et du droit d'auteur*
Initiation à l'art-thérapie avec le journal créatif (in French) with Julie Jobin, Thursday, April 23 at 7 p.m.

Un voyage avec Ugo Monticone (in French) Aventurier et auteur de récits de voyage, Tuesday, May 5 at 7 p.m.

Asserting yourself! with Ruth Budovitch, Tuesday, May 12 at 7 p.m.

SPECIAL ACTIVITIES FOR CHILDREN

As part of *Black History Month*
Atelier de création de masques africains (in French) with Evelyne Carrenard de Vues d'Afrique
1st meeting (modeling): Saturday, February 7 at 10:30 a.m.
2nd meeting (decoration): Saturday, February 21 at 10:30 a.m. Limited seating. Registration required, starting January 10

Pyjama Story Time
In English: Wednesday, March 18 at 6:45 p.m.
In French: Wednesday, April 15 at 6:45 p.m.

REGULAR ACTIVITIES FOR CHILDREN

Tiny Tales for Tiny Tots (for two-year olds accompanied by an adult)
An introduction to picture books in a group setting. Stories, songs, finger plays, felt board, rhymes and puppets. Thirty minutes of fun! Registration required. Winter session begins the week of February 9.

Weekly Story Time (3- to 5-year olds)
Forty-five minutes of stories, songs, rhymes and crafts. Come and enjoy books and the library! Registration required. Winter session begins the week of January 26.

Saturday Story Time (3- to 5-year olds)
For children who do not attend the regular Weekly Story Time. Once a month. Registration required
In English with Michelle Wachman: February 14, March 28, April 25 and May 9
In French with Nathalie Boivin : January 31, March 14, April 18 and May 2

Once upon a time (5- to -year olds)
Once a month, Discover funny, serious or crazy stories. Registration required.
In English with Michelle Wachman: February 14, March 28, April 25 and May 9
In French with Nathalie Boivin: January 31, March 14, April 18 and May 2

Biblio-découvertes (in French for 9- to 12-year olds) with Nathalie Boivin. Fun with books! IRegistration required. Once a month: January 31, Marc 14, April 18 and May 2

English Book Club (for 9- to 12-year olds) with Carol-Ann Hoyte. Registration required. Once a month: January 25, February 22, March 29, April 26, May 31.

SCHOOL BREAK

Petits contes – Cartoon film from the National Film Board. The series consists of four original stories and three from children's story books. This collection banks on an energetic production to bring tales of various cultural communities to the big screen. Monday, March 2 at 1:30 p.m. This activity will take place at the East Community Centre. Passes available at the Pierrefonds Library and at the East Community Centre.

Éducazoo (bilingual activity for families)

Meet and touch all sorts of interesting animals! Wednesday, March 4 at 1:30 p.m. Limited seating. Registration required, starting February 9

Meet Annie Groovie

(for 8-12 year olds)

Creator of the serie Léon.

Thursday, March 5 at

1:30 p.m. Limited seating.

Registration required,

starting February 9

This event was subsidized by the Canada Council for the Arts



Photo : Dominique Malaterre

Roxboro

110, rue Cartier

514 684-8247

Opening hours

Monday to Wednesday: 1 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.

Information

514 684-8247

ACTIVITIES FOR ADULTS

Book Club

Meetings about a book chosen by the members

In English:

One Monday a month from 1 to 3 p.m.

In French:

One Friday a month from 9:30 to

11:30 a.m.

Book Club for Young Adults

With Madeeha Tariq (15- to 19-year olds)

One Tuesday a month at 7 p.m.:

January 13, February 10, March 10,

April 14 and May 12

Artist of the month

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

January: Jocelyn Jalette, Cartoon

February: Monique Généreux, Watercolour

March: Jean-Pierre Normand, Illustrations (science fiction)

April: Roger Ghys et Martine Garnier

Ghys, Glass and metal

May: Chantale Paré, Glass and calligraphy

June: Ingrid Black, Canvas

July: Halina Zabka, Oil

August: Djamel Benyekhlef, Oil

Conferences and workshop

Colour Therapy: What colour can do for you with Mary Swaine

Wednesday, January 28 at 7:30 p.m.

Meet Rawi Hage, Author of De Niro's

Game (Parfum de poussière)

(in French) Friday, February 13 at 10 a.m.

As part of *Journée mondiale du livre et du droit d'auteur*

Elsie Meighen Reford, l'âme des jardins

de Métis (in French) Musical conference

with Hélène Jasmin and Antonin

Marineau, saxophonist, Thursday,

April 23 at 7 p.m.

ACTIVITIES FOR CHILDREN

Weekly Musical Initiation for Babies

(bilingual activity for 0- to 2-year olds)

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

begins the week of January 19.

Registration required

Weekly Story Time

(bilingual activity for 2- to 5-year olds)

There will be nursery rhymes, poetry,

song, dance and handycraft. Winter

session begins the week of January 19.

Registration required

Musical Story Hour

(bilingual activity for 1- to 5-year olds)

The younger children will discover new

dances, nursery rhymes, songs and

marvellous stories. We shall finish with

some colouring. Saturdays, January 10,

February 7, March 7, April 4 and May 2 at

10:15 a.m.

Chasse aux livres

(in French for 6- to 8-year olds)

Discover the library while having fun with your friends. You will find a little surprise

at the end of the book hunt! Saturdays,

January 10, February 7, March 7, April 4

and May 2 at 1:30 p.m.

Club Les rats de bibliothèque

(in French, for 5- to 7-year olds)

A beautiful story will transport you to the magic land of fairy tales. Each child will

receive a logbook where he will draw a

scene from the story he just heard.

Saturdays, January 24, February 21,

March 21, April 18 and May 16 at

10:15 a.m.

Les écrivains en herbe

(in French, for 10- to 12-year olds)

Have fun making up your own character who will be the hero of the best

adventures you can imagine!

Wednesdays, January 14, February 11,

March 11, April 15 and May 13 from 4:30

to 5:30 p.m.

BD en folie!

(in French, for 13- to 15-year olds)

You love to write? You love to draw?

Participate with your friends in a cartoon

workshop. All creations will be exhibited

at the end of the workshop. Saturdays,

January 24, February 21, March 21,

April 18 and May 16 at 1:30 p.m.

SCHOOL BREAK

Origami Workshop (for 6- to 12-year olds)

With Japanese Canadian Cultural Centre

of Montréal, Thursday, March 5 at

10:30 a.m. Places are limited.

Registration required, starting February 9

Family Story Hour (in French)

Friday, March 6 at 10:30 a.m. Places are

limited. Registration required, starting

February 9

For more details, please consult our Calendar of activities.

Don't forget! Membership at the library is FREE for all Pierrefonds-Roxboro and Montréal borough residents.

Enjoy all the services we offer!

MUNICIPAL LIFE AND THINGS TO DO IN PIERREFONDS-ROXBORO

NATURAL CHRISTMAS TREE COLLECTION

The last natural Christmas tree collection will take place **Wednesday, January 14** on the territories of Pierrefonds and Roxboro sectors.

Trees must be placed close to the street between 9 p.m. the night before and 7 a.m. the day of collection. To ensure pick-up, trees must be free of all decorations. You can also bring trees to the chalet of the parks below. They will be used around the rinks to protect skaters from the wind.

OUTDOOR SKATING RINKS

You will find a rink for hockey and another for free skating in each of the borough's parks listed below.

ALEXANDER

12899, rue Oakwood
(south of de Pierrefonds Blvd.,
via Jacques-Bizard Blvd.)

BROOK

12800, rue Brook
(north of Gouin Blvd., via Perron Street)

D'À-MA-BAIE

9625, boul. Gouin Ouest
(east of Sunnybrooke Blvd.)

DE LA RIVE-BOISÉE

355, chemin de la Rive-Boisée
(east of Saint-Jean Blvd.)

GRIER

17760, rue Meloche
(west of Saint-Charles Blvd.,
via des Cageux Street)

ROXBORO

10, 11^e Avenue
(south of the railroad track)

LES DOIGTS DE FÉES DE PIERREFONDS

The club **Les doigts de fées de Pierrefonds'** activities, which include oil painting, knitting, wood painting, personalized greeting cards, thematic decorations, sewing and card games, take place Tuesdays, between 7 and 10 p.m., starting January 20, at the Pierrefonds Cultural Centre, 13850, boul. Gouin Ouest. To attend the club's activities, you must obtain a membership card at the cost of \$10.

INFORMATION

Mrs. Pierrette Fontaine
514 626-6795

THE ROXBORO 60+ CLUB

I Max

Wednesday, January 14

Bus trip to the I Max Theatre for 2 shows. Lunch at the Topaz Restaurant. Leaving the East Community Centre at 9 a.m.; returning at 3:30 p.m.

Theatre

Wednesday, February 11

Bus trip to see the play *The Lakeshore Players*. Dinner at Homard Plus Restaurant. Leaving the East Community Centre at 4:30 p.m.; returning at 10:30 p.m.

INFORMATION

Mrs. Anne Kowal, 514 624-5018

OPEN PAINTING WORKSHOP

For amateur or semi-professional adults. Acquire training in oil and acrylic on any support at the Pierrefonds Cultural Centre, 13850 boul. Gouin Ouest, Thursday afternoons from 1 to 4 p.m. Registration on site

INFORMATION

514 683-1474

PIERREFONDS DAY CAMPS

A dynamic camp that offers exciting programs for children aged 4 to 15 years. Thanks to our 30 years of service to the community, we can offer safe, fun and affordable programs, in six great locations to better serve you. Come join the adventure!

Sunday, April 19

11 a.m. to 12 p.m.

Annual General Assembly
(participation recommended)

12 to 2 p.m.

Registration for participants in the assembly

2 to 4 p.m.

Registration for non-participants in the assembly

Job opportunities for students 16 years and over, apply by March 20.

INFORMATION

514 624-1430
campspierrefonds.com



MUNICIPAL LIFE AND THINGS TO DO IN PIERREFONDS-ROXBORO

CABARET CAMP

The camp of the Performing Arts

5- to 14-year olds

C.I.T. program – 15- and 16-year olds –
\$75 per week

Camp Cabaret is the place to be if you hope to become an actor or actress. Drama, dance, voice training, impro on film acting, art, swimming are taught by highly trained professionals. We build confidence in each camper.
New: Elite Tour Performers (by audition only). Live performances. Limited enrollment

DATES

June 29 to August 7 (6 weeks)
Register for one week or all 6

COST

\$175 per week (discount for family) –
Daycare available. Discount if you register before January 28

LOCATION

Pierrefonds Cultural Centre
13850, boulevard Gouin Ouest

REGISTRATION

Via the Internet (cabaretkids.ca) or by phone Bonnie (514 683-6079) or Randi (514 683-3332) or in person at the Pierrefonds Cultural Centre on Thursday, April 23 from 6:30 to 8 p.m.

PRESCHOOL PROGRAMME

For 2- to 5-year olds,
starting in September

There will be a pre-registration session for the fall programme at the Pierrefonds Cultural Centre, 13850, boul. Gouin Ouest, Thursday, February 9 from 6:30 to 8 p.m.

NOTE

You must bring \$25 in cash, proof of the child's age (Medicare card) and a cheque.

INFORMATION

Jessica Gozlan
514 369-8800

SOCIÉTÉ D'HORTICULTURE ET D'ÉCOLOGIE DE PIERREFONDS INC.

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

February 11, 2009

Fleurs comestibles et le chocolat

Didier Girol
(tasting: \$1/person)

March 11, 2009

Le jardin potager en carré
by Hélène Surprenant

April 8, 2009

Les algues bleues-vertes, un défi social
by Robert Jobin

May 13, 2009

À la découverte des plantes indigènes et de leur intégration au jardin
by Robert Robert

INFORMATION

514 624-1671 (voice mail)

WHAT'S UP WITH REGIONAL ASSOCIATIONS...

West Island Citizen Advocacy is a non-profit organization, which recruits, trains, matches and follows up competent volunteer citizen advocates who work on a one-on-one basis or on a team with a person having a handicapping condition. If you are interested in becoming a volunteer, please call West Island Citizen Advocacy at 514 694-5850 or 514 631-9151 visit westislandcitizenadvocacy.com

Bread Basket Lac-Saint-Louis presents a series of community kitchens at various West Island locations whereby a small group of people gather to cook healthy economical meals in a fun and informative environment. There is a \$2 participation fee. For more information about the Bread Basket project, please call 514 694-5850.

Lakeshore General Hospital Foundation

The Lakeshore General Hospital Foundation's 8th Annual Gala, Carnival do Brasil – bal masque held last November 1 was a resounding success, raising approximately \$250,000 towards a CR Developer with Mammography Option for the LGH Breast Clinic. Thank you to our guests, sponsors and volunteers for their support.

The Christmas Wrapping Project was held at Fairview Pointe-Claire from November 26 to December 24, 2008. Thank you to all of those who gave generously. Please keep an eye out for announcements of our upcoming events, including the Annual Duck Race and Golf Tournament. We look forward to seeing you there.

For more information about the LGH Foundation, please call our office at 514 630-2081.

Cultural Activities

Art and personal development courses, music and dance lessons

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

Art Courses

■ ACRYLIC/OIL PAINTING

18 years +

Tuesday, 9 a.m. to 12 p.m.
Jan. 13 to March 31 (12 wks)
at the cultural centre
\$220 (material not included)
Ghulam Mustafa: 514 696-0455

■ ACTING

Given at the East Community Centre
Lois Dellar : 514 646-1477
Live performance at the end of each session

Adult Acting for the Camera

18 years +

Wednesday, 7:30 to 9:30 p.m.
Jan. 21 to March 11 (8 wks)
\$170

On-Camera Kids

6 to 11 years

Tuesday, 6 to 7:30 p.m.
Jan. 20 to April 14 (13 wks)
\$240

On-Stage Kids

6 to 11 years

Wednesday, 6 to 7:30 p.m.
Jan. 21 to April 15 (13 wks)
or Saturday, 11 a.m. to 12:30 p.m.
Jan. 24 to April 19 (13 wks)
\$240

Teen Acting for the Camera

12 to 17 years

Saturday, 1 to 3 p.m.
Jan. 24 to April 18 (13 wks)
\$275

Teen Acting for the Stage

12 to 17 years

Saturday, 3 to 5 p.m.
Jan. 24 to April 18 (13 wks)
\$275

Voice-Over Workshop

Voice training for narration, commercials and animation
Sunday, 10 a.m. to 4 p.m.
Feb. 22 (1 wk)
\$75

■ AIR DRY CLAY CRAFT II

18 years +

Friday, 7 to 9 p.m.
Jan. 23 to Feb. 20 (5 wks)
at the cultural centre
\$95 (material included)
Anny King: 514 626-4871

■ CROCHET & KNITTING

16 years +

Tuesday, 9 a.m. to 12 p.m. or 7 to 10 p.m.
Jan.20 to March 24 (10 wks)
at the cultural centre
\$140
Louise Nadon: 514 624-0012
nadonlouise@sympatico.ca
Jan. 17 to Feb. 21 (6 wks)

■ DECORATIVE PAINTING

18 years +

at the cultural centre
\$80 (material not included,
\$140 for wood, paint, brushes)
Donna McGee: 514 696-9326

Beginners/Intermediates

Tuesday, 7 to 9:30 p.m.
Jan. 20 to Feb. 24 (6 wks)

Intermediates

Wednesday, 1 to 3:30 p.m. or 7 to 9:30 p.m.
Jan. 21 to Feb. 25 (6 wks)

Intermediates/Advanced

Thursday, 9:30 a.m. to 12 p.m. or 1 to 3:30 p.m.
Jan. 22 to Feb. 26 (6 wks)

■ DRAWING – PASTEL

16 years +

(Charcoal, dry pastel; given in French)
Thursday, 9:30 a.m. to 12 p.m. or 7 to 9:30 p.m.
Feb.5 to April 9 (10 wks)
at the cultural centre
\$205 (material not included; approx. \$30)
Ginette Levac: 514 624-1559

■ DRAWING/PAINTING

8 to 11 years

(Watercolour, charcoal, pastel; given in French)
Friday, 5 to 6:30 p.m.
Jan.30 to April 3 (10 wks)
at the cultural centre
\$125 (material not included; approx. \$30)
Ginette Levac: 514 624-1559

■ ICONS

18 years +

Monday, 7 to 9:30 p.m.
Jan.19 to March 23 (10 wks)
at the cultural centre
\$180 (material not included)
Anna Esin:
514 677-7484

■ INTERIOR DECORATING # 1

18 years +

(Registration mandatory, minimum 8 participants required; everything you need to know for a successful décor: planning, combining styles, colours, floor and wall finishes, window coverings, accessories, and lighting; theory and practice)
Monday, 7:30 to 9 p.m.
Feb. 16 to May 4 (12 wks)
at the cultural centre
\$230 (material included)
Céline Benoit: 514 457-4508



■ INTERIOR DECORATING # 2 18 years +

(Prerequisite: Interior Decorating # 1; bilingual workshop; registration mandatory, minimum 8 participants required)
Tuesday, 7:30 to 9 p.m.
March 10 to April 28 (8 wks)
at the cultural centre
\$180 (material included)
Céline Benoit: 514 457-4508

■ JAPANESE CALLIGRAPHY 13 years +

Wednesday, 7 to 8:30 p.m.
Feb. 4 to April 8 (10 wks)
or Friday, 1 to 2:30 p.m.
Feb. 6 to April 17 (10 wks)
at the cultural centre
\$150 (material included)
Fumi Wada: 514 696-3543

■ OIL PAINTING 18 years +

(Personalized teaching, intense basic techniques study, free choice of subjects; given in French)
Friday or Saturday
9:30 a.m. to 12 noon
Jan. 23 to April 17 (12 wks)
at the cultural centre
\$210 (material not included)
Bernard Marsy: 514 630-4316

■ PHILATELY CLUB 16 years +

(Given in French)
First Wednesday of the month
7:30 to 9 p.m.
Jan. 4 to June 3 (once a month)
at the cultural centre
\$25 + \$5 for the membership card
Jean-Paul Alloï: 514 626-7454
jpalloï@vif.com

■ PHOTOGRAPHY CLUB Students and adults

(Given in French)
Friday, 7 to 10 p.m.
Jan. 9 to May 29
at the cultural centre
\$50 for the membership card
Francine Chartré: 514 626-7741

■ THEATRE LA RUÉE VERS L'ART

8 to 12 years
(Teachers: Marie-Claude Legault and Catherine Gonthier; year-end stage show)
Saturday, 9:30 to 11:30 a.m.
Jan. 17 to April 18 (12 wks)
at the Roxboro Chalet
\$125
Marie-Claude Legault:
514 293-9207
ruee_vers_lart@hotmail.com

12 to 16 years Saturday, 1 to 3 p.m.

■ WATERCOLOURS/PASTELS 18 years +

Wednesday and Thursday
9 a.m. to 12 p.m.
Jan 14 to April 1 (12 wks)
at the cultural centre
\$220 (material not included)
Ghulam Mustafa: 514 696-0455

Personal Development Courses

■ ARTISTIC WORKOUT 18 years +

(ballonforme.com)
Wednesday, 1:30 to 3 p.m.,
or 7 to 9 p.m.
Feb. 4 to April 8 (10 wks)
at the cultural centre
\$142.50
Louise Kanemy: 514 237-9034

■ CHI GONG 16 years +

(Meditation in movement; given in French; www.tai-chi-gong.org)
Wednesday, 9:30 to 11 a.m. or
7 to 8:30 p.m.
Jan. 14 to March 18 (10 wks)
at the cultural centre
\$150
Luce Desgagné: 514 696-1845

■ PILATES 16 years +

(Beginner – Mat Course)
Thursday, 11:15 a.m. to
12:15 p.m. or 12:30 to 1:30 p.m.
Jan. 22 to April 2 (10 wks)
at the Cultural Centre
\$140
Carolyn Bouchard: 514 586-1594

■ PLAY GROUP 1 to 3 years

(Parent/child; bilingual)
Tuesday, 9:15 to 10:45 a.m.
Jan. 13 to March 30 (12 wks)
at the cultural centre
\$132
Jessica Gozlan: 514 369-8800

■ PRESCHOOL PROGRAM

(Bilingual; registration fees: \$25; an extra \$5/month will be charged to non-residents. Possibility of afternoon program:
1. lunch period available from 11:45 a.m. to 12:45 p.m., \$3/day
2. Afternoon course from 12:45 to 14:45 p.m., \$6/day; registration mandatory)
Jessica Gozlan: 514 369-8800

Rates:

2 days per week: \$88/month
3 days per week: \$122/month
4 days per week: \$153/month
5 days per week: \$179/month

2 years

Monday, Tuesday, Thursday,
8:45 to 11:45 a.m.
Jan. 5 to June 19
at the West Community Centre

2 years

Wednesday and Friday
8:45 to 11:45 a.m.
at the cultural centre

3 to 5 years

Monday to Friday
8:45 to 11:45 a.m.
at the West Community Centre
and the cultural centre

3 to 5 years

Monday, Tuesday and
Wednesday
12:45 to 3:45 p.m.
at the cultural centre

■ SPANISH LEVEL 1 16 years +

(Minimum 10 participants; mistralspanishcourses.com)
Monday, 6:30 to 8 p.m.
Jan. 12 to March 23 (11 wks)
at the East Community Centre
\$125 (material not included, \$40 for book)
Ricardo Dedios: 450 451-6123

■ SPANISH LEVEL 3 16 years +

(mistralspanishcourses.com)
Monday, 8 to 9:30 p.m.
Jan. 12 to March 23 (11 wks)
at the East Community Centre
\$125 (material not included, \$40 for book)
Ricardo Dedios: 450 451-6123

■ SPANISH LEVEL 4 16 years +

(www.mistralspanishcourses.com)
Tuesday, 6:30 to 8 p.m.
Jan. 13 to March 24 (11 wks)
at the East Community Centre
\$125 (material not included, \$40 for book)
Ricardo Dedios: 450 451-6123

■ TAI CHI

Advanced

16 years +

(given in French)
Monday, 7 to 9 p.m.
Jan. 12 to March 16 (10 wks)
at the cultural centre
\$145

Beginners

16 years +

(given in French)
 Tuesday, 6 to 7:30 p.m.
 Jan. 13 to March 17 (10 wks)
 at the Marcel Morin
 Community Centre
 \$140
 Luce Desgagné: 514 696-1845

■ **YOGA**

16 years +

Tuesday, 8 to 9:30 p.m.
 Jan. 20 to April 7 (12 wks)
 at the Marcel Morin
 Community Centre
 \$180
 Laurence Côté: 514 696-5870

Music Lessons and Choir

■ **ACCORDION**

7 years +

Tuesday, 4 to 6:45 p.m.
 Jan. 6 to March 10 (10 wks)
 at the cultural centre
 \$120
 Jean-Claude Duclos:
 514 766-9632

■ **FLORILÈGE DE PIERREFONDS
 FRENCH VOCAL ENSEMBLE**

18 years +

Wednesday, 7 to 10 p.m.
 Jan. 7 to May 6 (18 wks)
 at the cultural centre
 \$100
 Gérard Camisa: 514 694-4235

■ **GUITAR, BASS**

9 years +

Monday, Tuesday, Wednesday or
 Thursday, 2 to 9:30 p.m.
 Jan. 11 to April 3 (12 wks)
 at the cultural centre
 \$210
 Radford Crasto: 514 346-8805 or
 450 452-9929

■ **PIANO**

6 years +

(musiccentre.ca)
 Monday, Wednesday and
 Thursday, 4 to 8:15 p.m.
 Feb. 1 to May 1 (12 wks)
 at the cultural centre
 \$228
 Dora Cojocaru: 514 685-0487

■ **RECORDER FLUTE**

7 years +

Tuesday, 4 to 6:45 p.m.
 Jan. 6 to March 10 (10 wks)
 at the cultural centre
 \$120
 Jean-Claude Duclos:
 514 766-9632

Dance and Social Dance

■ **BALADI**

Beginners

16 years +
 Tuesday, 7 to 8 p.m.
 Jan. 20 to April 7 (12 wks)
 at the cultural centre
 \$150
 Audrey Pellerin: 514 704-8802

■ **BALADI**

Intermediates

16 years +
 Tuesday, 8 to 9 p.m.
 Jan. 20 to April 7 (12 wks)
 at the cultural centre
 150 \$
 Audrey Pellerin : 514 704-8802

■ **BALLROOM AND
 INTERNATIONAL DANCING**

(Given by two 39-year
 experienced teachers;
 stage show on June 13;
 dansegrenier.com)

Beginners

16 years +

Monday or Wednesday,
 7 to 9 p.m.
 Jan. 5 to April 24
 at the Sainte-Suzanne Church
 \$10/pers./2 hrs
 Aldor ou Andrée Grenier:
 1 450 652-9591 or
 514 626-4960

Advanced

16 years +

(Bronze, silver, gold, social
 and international)
 Monday, Wednesday or Friday

■ **FLAMENCO**

18 years +

(paloma-flamenca.com)
 Friday, 7 to 8:30 p.m.
 Jan. 9 to April 3 (12 wks)
 at the cultural centre
 \$245
 Sarah Murphy: 514 453-0721

■ **HIP HOP**

5 to 18 years

Thursday, 6:30 to 7:30 p.m.
 Jan. 15 to April 16 (14 wks)
 at the cultural centre
 \$145
 Charles Griffith: 514 365-4778

18 years +

Thursday, 7:30 to 8:30 p.m.
 Teacher: Erin McDonnell

■ **TAP DANCING**

5 to 18 years

Thursday, 6:30 to 7:30 p.m.
 Jan. 8 to April 16 (14 wks)
 at the cultural centre
 \$145 (shoe rental:
 \$28 for session)
 Charles Griffith: 514 365-4778

18 years +

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

**Addresses of buildings where
 courses are given:**

- cultural centre
 13850, boul. Gouin Ouest
 Pierrefonds
- East Community Centre
 9665, boul. Gouin Ouest
 Pierrefonds
- Marcel Morin
 Community Centre
 14068, boul. Gouin Ouest,
 Pierrefonds
- Roxboro Chalet
 10, 11^e Rue, Roxboro
- Sainte-Suzanne Church
 9501, boul. Gouin Ouest
 Pierrefonds
- West Community Centre
 17760, rue Meloche,
 Pierrefonds

Note: Unless indicated
 otherwise, an additional \$5 fee
 will be charged to non-residents
 of the city of Montréal.



[GREEN] LINE

The use of de-icing salt close to plants

During winter, the use of de-icing salts is sometimes necessary to ensure drivers or pedestrians' safety. However, exposed plants can be seriously damaged when roots, leaves or buds are in contact with these salts. Symptoms of salt exposure will be similar to those of a summer drought. We detect a reduction of the leaves surface, yellowing and browning, usually at the fringe of the foliage, and sometimes the loss of leaves. Destruction or damage to the buds is frequently observed on trees and shrubs, leading to a "witches' broom" formation. The use of salt could also be responsible for the death of very vulnerable species.



"Witches' Broom"

The best way to prevent damage is to avoid the use of de-icing salts, using instead abrasives like gravel or coarse sand. However, if you need to use them for your safety, cover your plants with barrier sheets and choose de-icing agents containing calcium chloride (CaCl_2), magnesium chloride (MgCl_2), limestone or urea. Avoid the use of sodium chloride (NaCl : Table salt) whenever possible.

Shortly after snow thaws, water generously salt-exposed evergreen foliage and trees or shrubs buds. The soil or the turf close to the street or sidewalk must also be washed with water. Gypsum can be used to neutralize the excess of sodium in soil.

Some plants are more tolerant to salt exposure. Among the resistant trees and shrubs, we find the Austrian pine, the mountain pine, the Colorado blue spruce, the Norway maple, the Russian olive and the maidenhair tree. Yews and cedars are very sensitive to salt. Among the tolerant perennials, there is the dianthus, the common bearberry, some calamagrostis and miscanthus grasses as well as sea pink. Consider these species and many other tolerant plants when designing the landscape of salt exposed areas.

Are you water smart?



In Québec, the average water consumption per person is more than 400 litres a day. Knowing that a human needs 20 to 50 litres of freshwater to satisfy basic needs, it seems obvious that our comfortable lifestyle has trivialized the importance of preserving this essential resource.

Simple actions in everyday life can make a big difference on our water consumption.

- Kitchen sink disposal requires a lot of water to operate properly. In addition to the waste of energy, it releases a lot of waste in the sewers, which then must be treated in wastewater treatment plants, increasing the costs. Consider composting your kitchen wastes or throw them away; the sink is not a garbage can.
- Install aerator attachments on sink faucets. These are known to reduce water use by 25%. Also, make sure that faucets do not leak. One drop per second is a waste of more than 9000 litres per year.
- 26,500 litres of water are needed to create a ton of paper. Recycling the paper decreases manufacturing water pollution by 35%.
- 30% of the water used is wasted by flushing the toilet. Avoid flushing just for tissues; toilet is not a garbage can. When replacing a toilet, consider a low-flush toilet that uses a smaller water tank.
- Avoid drinking bottled water. Tap water from municipal facilities is more often of a better quality and can be up to 5000 times cheaper than bottled water. Moreover, bottles are made from non-renewable resources and their manufacturing requires energy. They also create unnecessary wastes. Store drinking water in the refrigerator to have fresh water. It also allows chlorine, which is responsible of bad taste, to evaporate.



Some companies are selling us tap water that comes directly from municipal installations.



Urban wildlife: **Striped skunk**

Inactive during winter, skunks begin to awaken from their winter state of torpor by late February, and are fully active by the end of March. It is estimated that **almost 70 percent of a skunk's diet is composed of harmful organisms** such as rodents and insects.

An angry skunk will growl or hiss, stamp its front feet rapidly, or even walk a short distance on its front feet with its tail high in the air. The striped skunk cannot spray from this position. The musk is discharged only as a last desperate measure after repeated warning signals. Although it is myopic, the

skunk has a very good sense of smell. It is thus sensitive to its own odour and will prefer to run away instead of spraying an annoying visitor. As a matter of fact, their dens have little of the skunk odour about them.

If you meet a skunk on your path, do not take it by surprise by making sudden movements. It will go on its way, without worries.

For more information, consult the website [Hinterland who's who – ffdp.ca](http://Hinterland.who's.who-ffdp.ca)

Let's shed a light on compact fluorescent light bulbs



Broken bulbs or used ones are considered as dangerous wastes and must be disposed safely at the municipal hazardous waste collection or at some retailers such as Home Depot, Rona, Réno-Dépôt and Ikea.

THE GREEN LINE

For information, call the Green Line at 514 624-1215 or write infopesticides@pierrefonds-roxboro.qc.ca

Here are some facts learned on the website of the Office of energy efficiency of Canada as regards to compact fluorescent light bulbs.

- They use far less energy than incandescent bulbs, so they reduce greenhouse gas emissions from electrical generating stations powered by fossil fuels.
- They last up to 10 times longer than incandescent bulbs, so fewer bulbs and less packaging ends up in landfills.
- The amount of **mercury** in those bulbs is so small – less than one-fifth of the mercury found in a wristwatch battery or 100 times less than in an ordinary thermometer – that it does not pose a significant threat to human health or the environment. No mercury is released from the bulbs when lighting and they are safe for you and your family when they are used properly. Nevertheless, they should be handled with care and disposed of safely. If a breakage happens, sweep up the debris with a stiff paper or cardboard, and then wipe the area with a damp paper towel and put everything in a sealed plastic bag which is considered as a dangerous waste.

For more information, consult the Website: oee.rncan.gc.ca/energystar

ÉCO-QUARTIER



13, rue du Centre-Commercial in Roxboro
514 752-0778 or 514 752-0978
ecoquartier.pfds.rox@gmail.com

Business hours

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

Did you know that waterways don't sleep during the winter?

It is fairly obvious that the cold temperatures of autumn slow down most plant and algae growth, but it only takes a few rays of sunlight to keep the photosynthetic process in motion for most algae.



Ever since the opening of the Eco-quartier, we have had many products for sale, which are environmentally friendly, organic, and fair trade.

Amongst these items, you can find soaps and cleaning products that do not contain environmentally harmful chemicals such as phosphates, formaldehydes, bad enzymes, NTA and EDTA acids, chlorine, and lauryl sulphate.

These products are hypoallergenic, non-toxic, and biodegradable in 28 days or less.

They include laundry detergents, dishwashing liquids, all-purpose cleaners, and much more. In addition, these products are not tested on animals. Below is a list of more items:

- We have bulk amounts of dish, laundry and all-purpose soaps to refill your containers when they become empty. This helps reduce packaging by the reuse of previous containers.
- We sell fair trade sugar, coffee, teas, chocolates and cocoa.
- Reusable bags made from juice containers by a woman's cooperative in the Philippines.
- Biodegradable and compostable bags.
- Biodegradable bags for dog waste.
- Reusable sanitary pads for women.
- Diva Cups (Reusable menstrual cups).
- Handkerchiefs.
- Reusable and compostable coffee filters.
- Toilet water economisers.
- Rain barrels.
- Artistic corkboards made from reused wine bottle corks.
- Kitchen compost container with filters



Our local distributor for our ecological products is Coopérative du Grand Orme, a partner with SOS Planet (our governing non-profit organization). Their recent opening offers us a local store in which we can buy local, ecological products to help us shrink our ecological footprints. They are located at 99, rue Sainte-Anne in the maison Lamarche (175-year old house), in Sainte-Anne-de-Bellevue.

Contact the Coop at
coopdugrandorme.ca
info@coopdugrandorme.ca
or at 514 457-0858



SOCIAL DEVELOPMENT

For a better quality of life!

Centre Bienvenu

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.

Information

514 421-2212

Cloverdale Village Housing Cooperative

The new Cloverdale offers quality and affordable apartments in a beautiful setting, near the new East Community Centre and Sunnybrooke train station. The Montréal Municipal Housing Bureau offers subsidies to families who demonstrate need, as per their criteria. Our new residence for retirees is currently under construction and should be ready for occupation in March 2009.

Information

514 683-9988

West Island Assistance Fund

9, rue Centre-Commercial, Roxboro
514 683-0456

Created in 1966, the West Island Assistance Fund's mission is to help the underprivileged of the West Island. Our food bank distributed 4000 food baskets to 984 families last year and paid for day camps for children of needy families. We also operate second-hand clothing and used-furniture stores and hold income-tax return preparation clinics.

Maison des jeunes À-Ma-Baie

9625, boul. Gouin Ouest, Pierrefonds
514 685-2989 or 514 684-9353
mdjamabaie.webnode.com

Maison des jeunes À-Ma-Baie is a community organization that serves teenagers between the ages of 12 and 17. Its mission is to enrich teenagers' life and to encourage them to become responsible citizens. We offer services such as homework assistance, workshops, outings and a drop-in centre with exceptional animators, an abundance of technology (giant plasma screen, computers, and video games), as well as many board games.

Hours of Operation

Tuesday, Wednesday and Thursday:
1:30 to 9:30 p.m.
Friday and Saturday:
1:30 to 11 p.m.
Sunday: 3:30 to 8:30 p.m.

PAIR Programme

The program consists of an individual assistance and telephone support for retired persons enabling them to feel safe and secure while maintaining their autonomy. By this service, the user is called daily by phone seven days a week to verify that all is well. The program applies to persons 65 years and over who live alone, and to those sick or convalescing, who live alone and are aged 55 years and over.

Information

Mr. Renya, 514 747-5353, ext. 234

West Island Women's Shelter

In addition to temporary shelter, the association offers a 24/7-telephone line, external services, individual counselling, and support groups. Call us if you have any questions concerning your intimate relationship. Conjugal violence always occurs in the context of a current or past love relationship.

Information

Services: 514-620-4845

Administration: 514 620-9401

Urban Security and Crime Prevention

Did you know that YMCA West Island and the Pierrefonds-Roxboro borough are working together on a crime prevention program entitled Urban Security? The program is meant to educate residents and provide them with the necessary tools to increase their feeling of security and prevent crimes.

Information

514 630-9864, ext. 338

Table de quartier du Nord-Ouest-de-l'île de Montréal

The past year (2007-2008) was a turning point for the Table. A new strategic planning exercise has been achieved. It includes an action plan for the next three years. The objectives of the action plan for 2008-2009 are to:

- Increase the membership;
- Inform the members of the objectives of the three-year action plan;
- Develop communication efforts through the municipal ballots, through Internet and possibly through the arrondissement.com portal;
- Hold two public events focused on local issues;
- Develop measures to fight against poverty.

Information

Michel Poirier, coordinator

514 624-7742 or tqnoim@videotron.ca