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letter from the editor

Hey students,

Welcome back, and welcome to *Cult MTL's* eighth annual Student Survival Guide.

Going back to school doesn't have to hurt so hard. This city is buzzing with enough activity and entertainment to get you through the year, and balancing your studies with an exciting and rewarding social life is easy, and even affordable.

Let us steer you. Because that's what we do.

Along with offering a pile of practical information to help you navigate the city and make the best use of its many services, this guide features pointers on Montreal food, nightlife, shopping and art, along with loads of other leisure activities, from cycling to spas.

All this is in keeping with the content in our newspaper and on our website, where our To-Do List tells you what's good daily. Meanwhile, our Best of MTL readers poll results reflect everything our audience loves about this town.

Cult MTL is Montreal's only online source of comprehensive cultural coverage and event listings; we write about the city's best festivals, music news, films, the restaurant scene, politics, sports and more.

So read this guide, keep it handy, look for our monthly newspapers, find us online at cultmtl.com and follow us on Facebook, Twitter and Instagram. And as you make your way through this semester, and semesters to come, know that we're here for you.

Lorraine Carpenter
Editor in chief,
Cult MTL

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Rising NYC pop-rock star King Princess on sexuality and gender, art and feelings and getting into the music business the right way.

Photo by Vince Aung

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Part 3 07.02–17.05.2020

**Sortis du cadre :
Out of the Box:**

Gordon MATTA-CLARK

**Revu par
Selected by Yann Chateigné
Hila Peleg
Kitty Scott**



Gordon Matta-Clark in Sag Harbor, New York, 1976–1977.
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to-do list

For the daily To-Do List, visit cultmtl.com

Sept. 5-7

In the UQAM Ghetto, OUMF kicks off the school year with a block party curated by the team behind November's M for Montreal music festival. This year's edition features music acts including Brown Family, OGB and Naya Ali on Thursday, an IleSoniq dance party on Friday and Loud, Imposs, Ragers and Shash'U on Saturday, with loads of other activities including street arts and gaming.
→ From Ste-Catherine to Sherbrooke, Sanguinet to Berri, 4-11 p.m., free

Sept. 6-8

Phi Centre hosts the third annual Resonance Festival of radio art, podcasts and sound creation. This year's theme focuses on the historical links between radio and literature.
→ 407 St-Pierre, \$10/session, \$30 day tickets for Sat or Sun, festival passport \$50

Sept. 8

Parc Jean-Drapeau and POP Spirit present a free outdoor yoga classic, conducted in Espace 67's main concourse (near the natural agora and the Calder sculpture), offering a panoramic view of downtown.
→ 67 Chemin MacDonald, 10:30-11:30 a.m., free

Sept. 8-29

Mona Golabek and Lee Cohen's book *The Children of Willesden Lane*, the true story of young Jewish musical prodigy Lisa Jura, was adapted and directed by Hershey Felder for the musical production *The Pianist of Willesden Lane*, on this month at the Segal Centre.
→ Sylvan Adams Theatre (5170 Côte-Ste-Catherine), \$67/students or under 30 \$30/seniors \$64

Sept. 9-15

The sixth annual YUL EAT festival is a gathering for epicureans, gourmets and foodies of all stripes. Its components include food and drink masterclasses

at various restaurants and bars as well as the Place des Festivals in the Quartier des Spectacles, the Parcours Gourmand (Grand Tasting) at the SAT and a series of special events with well-known local and international chefs.

Sept. 16-21

Montreal dancer and choreographer Katie Ward presents *Imaginationreality* at la Chapelle. Note that there will be an artist talkback on Sept. 18.
→ 3700 St-Dominique, Sept. 16 reduced price \$15, \$33.50/\$28.50 students, seniors, art pros, neighbourhood resident, partner, under 30

Sept. 16-22

The 10th edition of the Festival Stop Motion Montréal offers a look into the endlessly fascinating world of stop-motion animation and filmmaking, encouraging kids and adults alike to attend its various workshops, masterclasses and screenings (including world premieres).
→ Various locations, mostly around Concordia University, \$13.05 per event, \$70 festival pass/\$65 students

Sept. 17-21

The Mayday dance company's entry in the four-part Danse Mutante series (a world tour in four dance creations on three continents) comes to Agora de la Danse for five evenings and one midday show on Sept. 11. Meet the artists after the Sept. 18 performance. For mature audiences.
→ Edifice Wilder (1435 Bleury), 7 p.m. (12 p.m. on Sept. 11), \$22/\$28, \$29/\$35

Sept. 18-23

The Red Bull Music Festival returns to Montreal for a second edition, with four nights of shows featuring largely local talent, among them Marie Davidson's *Save the Last Dance for Me* (she's wrapping up her *Working Class Woman* tour), Hubert Lenoir's "Night School" show and a live iteration of the Moonshine parties with a full band.

Sept. 20-21

The annual Beau's Oktoberfest in nearby Vankleek Hill, Ontario promises live entertainment including roughly a dozen bands (such as the New Pornographers, Shad and John Jacob Magister), 14 Beau's beers, Bavarian-inspired cuisine and more. Shuttle buses from Montreal to the festival site will be departing from Palais des Congrès's Viger Hall.

→ Tickets \$32 per day or \$45 for a two-day festival pass

Sept. 21-22

The Montreal Vegan Festival appeals to those already on a strictly plant-based diet (and/or living a plant-based lifestyle) as well as anyone curious about trying it out, with exhibitors including restaurants, food retailers and cosmetics and clothing brands.
→ Palais des Congrès (1001 Jean-Paul Riopelle), 10 a.m.-6 p.m. Saturday, 10 a.m.-6 p.m. Sunday, free entry, workshops ticketed

Sept. 24-29

This year's edition of the Montreal International Black Film Festival brings in special guest actors Isaach de Bankolé and Jimmy Jean-Louis as well as two of the stars of the Central Park Five Netflix series *When They See Us*. There will also be workshops, shorts programs and screenings of fiction films and documentaries.

Sept. 25-29

The 18th edition of POP Montreal brings shows, shows and more shows to bars, concert halls and unusual venues, along with art, films, panels, shopping and more. See 10 show recommendations on p. 14, and look to cultmtl.com for additional preview and review coverage.

Sept. 26

At the CCA, check out the opening of the second installment of the Out of the Box exhibition series, dedicated to the writings, photographs, films, correspondence and select artworks of architect and conceptual artist Gordon Matta-Clark, produced between 1969 and 1978. A talk by curator Hila Peleg will be followed by a reception.
→ 1920 Baile, 6:30 p.m., free

Sept. 26-29

The lucky 13th edition of punk festival A Varning From Montreal promises three nights of searing DIY punk rock at Katacombes with some matinees at Turbo Haüs.

Sept. 27

The Museum of Fine Arts hosts Chiaroscuro Nights, featuring hip hop karaoke and dance battles, music by DJs Gayance and Lis Dalton, food, signature cocktails, beer and wine.
→ 1380 Sherbrooke W., 8 p.m.-12 a.m., \$12/\$15, free for members

THIS FALL AT POINTE-À-CALLIÈRE - pacmusee.qc.ca/en



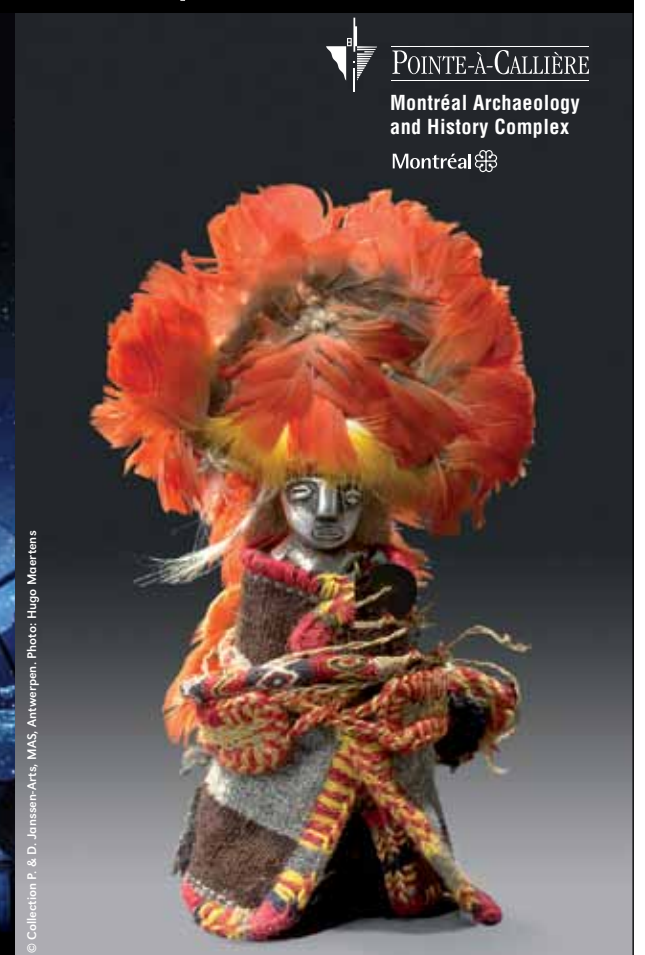
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:persona mtl

By Dave Jaffer

On its website, Apathy Is Boring states that it is “a non-partisan, charitable organization that supports and educates youth to be active and contributing citizens in Canada’s democracy.” As you’d expect of the executive director of such an organization, Caro Loutfi prides herself on being “someone who gives a shit.” As we’re careening towards a federal election whose results will affect young people in this country for years to come, it made perfect sense to talk to her about the state of affairs. So I did.

Dave Jaffer: Generally speaking, who are you?

Caro Loutfi: I’m a first generation Canadian, born and raised in Montreal. My father immigrated to Canada from Beirut during the civil war, and my mother moved here after being born and raised in Takaoka, a small town in rural Japan. I was finishing my undergraduate degree in Art History at Concordia University and was

waitressing when I took on a paid summer internship at Apathy Is Boring. A year and a half later, I took on the leadership role and I’ve been the executive director for the last four and a half years.

DJ: What facts and statistics regarding young people in Canada stick out as the most important for everyone in Canada to know?

CL: Youth 18–34 are the largest segment of the voting population this election, making up over a quarter of the electorate (26.5 per cent of electors). We have the potential to have a significant impact this election.

In partnership with the Environics Institute, we conducted a study where we identified six different groups of youth and organized them based on whether or not they are civically engaged, and what their motivations are. Half of us are interested in politics (52 per cent), and the other half are not (48 per cent), and there is a correlation between education level and stated interest in politics. Apathy Is Boring therefore has different strategies to engage youth depending on who we’re trying to reach.

We also did a study with Abacus data which found that [57 per cent of young people 18-30] hear about major news events through non-traditional sources including Facebook, Twitter, Snapchat and word of mouth, [and] 55 per cent also describe seeing deliberate disinformation once a week on social media. This is more of an issue this election than in previous ones, and a new area of focus for us.



Caro Loutfi

Helena Valles

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Luna

Clayton Sandhu

BY CLAYTON SANDHU

In the Plateau space that formerly housed French bistro Au 917 is a new Korean restaurant called Luna. Luna's design is classic and refined, paying respect to its namesake, the moon, by incorporating dark walls and tables with splashes of white in the tablecloths and milk-glass pendant lighting. The design is like that of a little black dress or a well-tailored suit — it doesn't break the mold, it just simply looks good, and for a tiny 40-seat restaurant, it feels intimate. As we arrived at the restaurant on a warm Saturday evening, the room was humming with the soft chatter of conversation.

Our server points out that the prix-fixe menu is offered in two formats, for \$30 or \$40, the price difference determined by the number of dishes. It's certainly a good option for diners completely unfamiliar with Korean cuisine as a tasting menu is designed to guide you through a well-considered sampling of the restaurant's specialties, but we decided to forgo the tasting menu, opting to try the things that spoke most to us. To begin we ordered the assortment of kimchi-, pork- and beef-filled dumplings known as *galbi mandoo* and *dakgaejang*, a spicy chicken soup. For main courses, we ordered a classic *dolsot bibimbap* with *bulgogi* (beef) and *jeon*, a traditional Korean pancake offered with many different topping options — we chose ground pork.

Almost immediately after placing our order, our server disappeared and reappeared again brandishing a long slender board supporting five small ceramic bowls each holding a unique morsel of food. This, of course,

was the *banchan*, which translates to side dish. These are the amuse-bouche-like small plates that arrive at the beginning of any Korean meal. At Luna, the banchan options were composed of two types of cabbage: a spicy *gochujang* marinated cabbage and soy-marinated version. There was also crispy fried tofu, pickled cucumber with chilli and cubes of potato cooked in a sweetened soy sauce. Each of the banchan served were delicious and also classic examples of traditional Korean cooking. The quality of the banchan at any given Korean restaurant is often the barometer by which the rest of the meal is judged, and like a handshake, it's a telling first impression. In Luna's case it says a lot about the overall level of cooking to be expected, which is good, because Luna's banchan ranks among the best I have had in town.

The next dish to arrive was the kimchi served three ways: classic cabbage kimchi bundled tightly into a rose-like shape, neatly stacked batonettes of cucumber kimchi and neatly arranged cubes of daikon kimchi each representing the various incarnations of kimchi, reminding us that kimchi is a method, not a product. Each version is delicious; although my preference leans toward the cabbage, the daikon is very good. I have had it prepared before at other restaurants, but it was more subtle at Luna, lacking the pungent fermented radish aroma that can be so overpowering. The next dish, the *galbi mandoo* were three steamed pierogi-sized dumplings served in their bamboo steamers and accompanied by a soy and vinegar sauce. These were incredible. Stuffed with a seemingly simple combination of ground beef short ribs and pork, the depth of flavour of these dumplings was astounding: savoury with a slight bit of balancing sweetness, spice and richness from slowly rendered mushrooms, onions and garlic lightened with a subtle bit of ginger. They could serve nothing but dumplings and kimchi and it would still be an incredible restaurant. Finally, the *dakgaejang*, a spicy chicken soup was delightful, the bright crimson-red broth iconic of Korean cuisine was spicy, there's no doubt, but not face-meltingly spicy. This soup is more about heat and aromatics working in harmony. In the soup were a few mushrooms, glass

noodles and of course bits of braised chicken. It was homey and comforting like any good chicken soup, and certainly as the months grow colder, I will think back fondly on it.

The high level of execution was easily carried through to the main courses. The *dolsot bibimbap* came served in a traditional stone bowl and served so searingly hot that the rice at the bottom of the bowl fries and begins to caramelize and crisp up. Topped with vibrantly coloured piles of carrots, daikon, cucumber both raw and marinated and mushrooms all centred around beautifully browned thin ribbons of marinated beef topped with a lusciously yellow and plump egg yolk. If you have ever had good *dolsot bibimbap*, you know the pleasure of mixing the rice and toppings to make varied and wonderfully flavourful bites, a bit of marinated cucumber and beef in one bite and then some crispy rice and a daikon so subtly glazed with egg yolk. It's a wonderful dish that Luna masters with elegance.

The *jeon* is a savoury rice pancake and classic Korean dish, perhaps one of the most versatile dishes in Korean cuisine — it may be served as a banchan, a main dish, as an appetizer or as a bar snack. Its base is relatively simple which allows it to be customized to suit a variety of tastes. Meat, kimchi and scallions are all classic variations of the dish. Ours was served with spicy ground pork and the combination of the sweet and spicy pork enveloped in a crispy fried dough reminded me very much of Indian *pakoras*. It's no wonder this is a popular bar snack — I could easily imagine myself devouring a pancake while enjoying an ice cold beer or two.

Luna is a restaurant of very high quality, and like many in town you can expect good service in a comfortable and attractive space. But unlike so many restaurants in town, you can enjoy all these things for an extremely reasonable price, completely devoid of grandeur and pretension. What more is left to say? Go.

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music

School of rock

BY DARCY MACDONALD

When I tell Mikaela Straus that my 13-year-old daughter cried watching her perform at Osheaga last month, she's surprised but in no way stoic about the prospect of having this effect on young fans.

BRUTOPIA
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 THURS. SEPT. 12 - T-MONEY AND THE HONEYS DUO
 FRI. SEPT. 13 - DANO AND THE ONE LOVE PROJECT
 SAT. SEPT. 14 - JONO TOWNSEND
 TUES. SEPT. 17 - YAIR COHEN
 WED. SEPT. 18 - JOHNNY OWEN
 THURS. SEPT. 19 - THE DAMN TRUTH DUO
 FRI. SEPT. 20 - THE RUBBER CHICKEN PROJECT
 SAT. SEPT. 21 - FRISCO LEE AND THE GOLDEN GATES
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"I remember the first time that I cried to a piece of art, and feeling like that was an important feeling, and understanding that you're not going to always feel that way," says Straus, better known as King Princess.

"When you do, you know it's something good. And I remember being very young, and very gay, and very emotional about it," she adds.

The 20-year-old multi-instrumental, singer, songwriter and producer, the first signee to Mark Ronson's Zelig label (his new imprint under Columbia Records), has been garnering acclaim since 2018 with a brand of pop rock so true to its emotional centre that the listener can't help but feel an almost immediate sense of familiarity belonging in her words and melodies.

"It makes me feel so proud to be a part of (Ronson's) legacy. I'm not only coming up with his support as an artist but also as a young producer.

"He worked with Amy (Winehouse)! And Amy is everything. And with Adele, and Lily Allen. I get really shook sometimes thinking about it," Straus says.

The child of a record engineer dad and corporate-leaning mom, King Princess's roots inform her rock both poetically and politically.

"I'm of New York," she accepts, "and I know that if I hadn't been from New York, my life would have been really different, and I don't think that my experience with the industry would have been the same if I was in L.A.

"Actually, no, because my experience would have been different if I'd had parents who weren't my parents. They were fucked up," she adds lovingly, "but they didn't want to sell me."

Sought by labels from the age of 11, Straus's parents taught her the value of refusal from the jump.

"They were like, 'It's not gonna change your future (to say no). You can say no to whatever the fuck you want. You need to figure out who you are before you start saying 'yes' to shit.'"

Straus didn't need to descend from royalty to understand the value of being herself on her own terms.

"The name (King Princess) is very connected to my gender, and my body and my art. I'm a girl in the middle," she says offhandedly. "You don't think about (identity) when it's straight (artists) because their sexuality is embedded in their music. So is gay people's. When you're writing songs about love there's no way not to make it a conversation because being gay is politicized.

"(The reason) good songs that are about love in a conventional sense resonate with us," Straus continues, "is because the art is so fucking good that you could listen to that song and be gay as fucking hell and think about your person, and you don't even know what the person who originally wrote it was writing about because it's become your song.



King Princess

Vince Aung

"It's also important to talk about your sexuality because it's lit. It's fine. I just know I'm very gay," she says. "I'm a King Princess. I have both in me, that I'm sure about."

Straus takes a moment to educate this middle-aged white cis hetero male on parenting a teen as we approach 2020. "The only reason that shit is topsy-turvy crazy right now is because all of a sudden there's language for shit that's been going down for so long," Straus offers enthusiastically. "These kids are learning what it means to be gay, or bi, or genderqueer really young because it's all the fuck over the place.

"As a parent, your only job is to kinda just be like, 'Tight! There's nothing wrong with that! Tell me! Tell me what you learned today about that! Do you feel like you're that? That's okay, who the fuck cares?'

"I've always been gay," she asserts, "but even just growing up and being in high school just, like, six years ago, that shit was different. There still was less language for that than there is now."

Sexuality and gender also play into her business acumen.

"I have to be crafty about it," she says when asked why she chose label support. "In the past the people signed to labels were signed in a way that their queerness was not public and the label wasn't monetizing on it, they were actually just trying to hide it. Now, being gay is a way to make money. If my identity is valued in the eyes of people in corporate settings as lucrative, I have to be smart about that and make sure I'm signing somewhere that I'm safe as a gay artist, which I did.

"And I think it's cool to sign to a major-ass label for those who couldn't. I don't sit around thinking about my identity as money and assets, but the world could. That's why social politics play into social values so much, and I'm very conscious of that in a work setting.

"But my identity is the music, and the songs."

→ King Princess plays MTelus (59 Ste-Catherine E.) on Oct. 29, 8 p.m., \$43.75

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About to POP

BY LORRAINE CARPENTER

Over five days (Sept. 25-29), the festival known since 2002 as POP Montreal presents roughly 300 bands in venues around the city (largely concentrated in Mile End and the Plateau), along with art and film events, parties, conferences and an artisanal fair.

Since the beginning, the POP line-up has always fallen somewhere between an industry festival of the SXSW variety and an experimental-oriented discovery festival like Montreal's Suoni per il Popolo, with a touch of the summer music fest via POP's smatterings of big-name headliners and penchant for party atmospheres (not to mention the BBQ and occasional free outdoor concerts).

With a program so deep and dense with names that may not strike a chord with the average music fan (let alone the average person), here are 10 highlights worth spending your concert budget on:

Top-billed headliner Laurie Anderson is a legendary avant garde electronic musician from New York City with a background in performance art and sculpture as well as experience in film and multimedia art. This heroine of underground music (interviewed in last month's issue — see that article at cultmtl.com) will be supported by local faves and internationally renowned musicians Colin Stetson (avant garde composer and bass saxophonist extraordinaire) and Rebecca Foon (a cellist, of modern chamber ensemble Esmerine, formerly of Thee Silver Mt. Zion Memorial Orchestra). *Théâtre Rialto (5723 Parc), Wednesday, Sept. 25, 8 p.m., \$45*

Montreal country crooner Li'l Andy is releasing a new album called *All the Love Songs Lied to Us* on Sept. 13 and will play a hometown launch on the festival's opening night, with support from Gigi French (one of many musical guises of Montrealer Giselle Webber) and Rae Spoon (Victoria-based singer-songwriter whose sound has varied from country to rock to electronic). *La Sala Rossa (4848 St-Laurent), Wednesday, Sept. 25, 8:30 p.m., \$15*

Québécoise singer-songwriter Safia Nolin and her guests Gabrielle Destroismaisons (a popular Quebec singer of the aughts), Elisapie (an active local singer, documentary filmmaker and Inuk activist) and up-and-coming classically trained singer Antony Carle, who released his debut EP on Bonsound in the spring. *Club Balattou (4372 St-Laurent), Wednesday, Sept. 25 (repeat performance Thursday, Sept. 26), 9 p.m., \$25*

British post-R&B artist Tirzah makes her North American debut with openers Jon Bap (a Dallas-based experimental soul artist) and New Orleans art-rock duo Hildegard. *Théâtre Rialto (5723 Parc), Thursday, Sept. 26, 8 p.m., \$25*

It's been a quiet year for Montreal-based folk-pop singer-songwriter Basia Bulat, but she'll be playing a free show at POP, right downstairs from the festival's HQ at Martha Wainwright's music venue. *Ursa (5589 Parc), Thursday, Sept. 26, 9:30 p.m., free*

L.A.-based alt-folk-rock artist Weyes Blood (aka Natalie Mering) released her fourth album *Titanic Rising* on Sub Pop in April, describing the sound as "the Kinks meets WWII, or Bob Seger meets Enya." Opening is Markus Floats, the electroacoustics-trained bassist for dream pop band Silver Dapple. *Théâtre Rialto (5723 Parc), Friday, Sept. 27, 8 p.m., \$20*

California art rock band Xiu Xiu have released 14 albums since 2002, the latest being *Girl With Basket of Fruit* (which came out on Polyvinyl in February), but like a Todd Solondz film, it has to be seen to fully experience their exquisite torture. Opening is Montreal's Jessica Moss, a violinist and composer with an impressive live show. *Cinéma l'Amour (4015 St-Laurent), Friday, Sept. 27, 10:30 p.m., \$18*

Jordanian Palestinian band 47Soul are one of the primary practitioners of shamstep, an electronic dance music movement in the Middle East. Check them out with openers Waahli (an MC and beatmaker from the local hip hop collective Nomadic Massive) and Toronto house collective LAL. *La Sala Rossa (4848 St-Laurent), Saturday, Sept. 28, 8:30 p.m., \$22*



Li'l Andy

Nasima Stuart-Ulin

Montreal no wavers Look Vibrant can wow you with flurries of way-out sounds one minute and drop a beautiful Kate Bush cover the next. Released back in June, their latest record *Cherish Everything* is an ambitious one that "paints anxiety with bright colours and reveals the underbelly of a world built to distract us from the stories that make us human." Also on the bill are fellow locals Laps (post-punk), Alexia Avina (dream folk) and NYC indie rockers Poppies. *Diving Bell Social Club (3956 St-Laurent), Saturday, Sept. 28, 9 p.m., \$10*

Closing with another music legend, Rock 'n' Roll Hall of Famer (and Blues Hall of Famer) Mavis Staples brings her famous gospel and R&B pipes to town with support from local contemporary soul artists Clerel and Hanorah. *Théâtre Rialto (5723 Parc), Sunday, Sept. 29, 7:50 p.m., \$50*

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<p>WEDNESDAY SEPT 11, 19-21H 4 SESSIONS</p> <p>Comic-Book Making with Payton Surette</p>	<p>MONDAY OCT 21, 19-21H 8 SESSIONS</p> <p>Intro to Creative Writing with Willow Loveday Little</p>
<p>THURSDAY SEPT 12, 19-21H 4 SESSIONS</p> <p>Intro to Ableton with Solomon Krause-Imlach</p>	<p>WEDNESDAY OCT 30, 19-21H 4 SESSIONS</p> <p>Tabletop Game Design with Allison Cole</p>
<p>TUESDAY OCT 15, 19-21H 4 SESSIONS</p> <p>Intro to Video Editing with Raymon Fong</p>	<p>THURSDAY OCT 31, 19-21H 4 SESSIONS</p> <p>Introduction to Photoshop with Tegan Bowers</p>
<p>WEDNESDAY OCT 16, 19-21H 4 SESSIONS</p> <p>Introduction to Publication Design with Tegan Bowers</p>	<p>WEDNESDAY NOV 6, 19-21H 4 SESSIONS</p> <p>Creative World Building: From Concept to Story to Art with Shayna Hall</p>

Nicolas GENDRON



OH, LA BOULETTE !
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Stephane CRÊTE



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LES DIMANCHES
28 SEPTEMBER

Clara FUREY



RATHER A DITCH
26, 28, 29 NOVEMBER

student survival guide 2019-2020

START

#eating groceries

MARKETS

More and more temporary markets pop up around the city in the summertime. Below are Montreal's year-round markets, where local farmers and gourmet vendors peddle their wares alongside restaurants both seasonal and permanent.

Marché Jean Talon
7070 Henri-Julien

Marché Atwater
138 Atwater

Marché Maisonneuve
4445 Ontario E.

Marché Saint-Jacques
2035 Amherst

COMMUNITY-SUPPORTED AGRICULTURE

Community-supported agriculture programs give you the chance to buy food straight from a local farm. Equiterre (equiterre.org) offers an online resource for finding the basket drop closest to you; don't wait long to sign up, as some of these listings are strictly seasonal. There are more and more farms serving Montrealers - here are seven:

Jardin des Anges
jardindesanges.com

Les Jardins d'Ambroisie
lesjardinsdambroisie.com

Les Jardins du Petit Tremble
lesjardinsdupetitremble.net

Lufa Farms
lufa.com

Potager André Samson
3samson.com

Morgan Farm
fermemorgan.com

Terrabella Montreal
terrabellamt.ca

HEALTH FOOD + ORGANIC

À Votre Santé
5126 Sherbrooke W.
Well-stocked organic grocer.

Bio-Terre
201 St-Viateur W.
Large health food selection, plus a weekly produce basket program.

Branche d'Olivier
Various locations including 3439 Notre-Dame W., 1376 Mont-Royal E., 4342 Wellington
Large selections of spices, organic by-weight selections of flours and grains, cosmetics and more.

Frenco
3985 St-Laurent
Bulk grocer that also sells vitamins, herbs and spices and some organic foods.

Fleur Sauvage
5561 Monkland
Organic and animal-friendly cosmetics, supplements and other herbal solutions.

Le Frigo Vert
1440 Mackay
Cheap, non-profit, Concordia CSA co-op, 20 per cent discount for Concordia students. Open Monday through Thursday 12-7 p.m.

P.A. Nature
5029 Parc
A well-stocked, almost all-organic sister store to the P.A. Supermarché up the street.

Pousse l'anas
6346 St-Hubert
Organic produce, health food, local meats and lactose-free cheese, as well as a contract-free organic basket program.

Rachelle-Béry
Various locations including 505 Rachel E., 2346 Beaubien E., 4810 St-Laurent
Organic produce and packaged foods, cosmetics and vitamins.

international ingredients

VILLERAY

Anatol Spices
6822 St-Laurent

Fruiterie Milano
6862 St-Laurent

Epices de Cru
7070 Henri-Julien

La Dépense / Olives & Épices
7070 Henri-Julien

Marché Hung Phat
7099 St-Denis

Marché Oriental St-Denis
7101 St-Denis

Marché Thai Hour
7130 St-Denis

Tortilleria Maya
7016 Casgrain

PLATEAU/MILE END

La Vieille Europe
3855 St-Laurent

Marché Sabor Latino
4387 St-Laurent

Segal's Market
4001 St-Laurent

NDG & WESTMOUNT

Marché Akhavan
6170 Sherbrooke W.

Marché Oriental Jang Teu
2116 Decarie

Miyamoto
382 Victoria

Montreal Korean & Japanese Foods
6151 Sherbrooke W.

DOWNTOWN

Downtown proper can be a bit of a cheap-grocery desert, but the streets around Concordia's downtown campus pack in several small Asian grocers. Here are solid options:

Bonjour Supermarché
2070 de Maisonneuve W.

Épicerie Coréenne et Japonaise
1829 Ste-Catherine W.

Marché Adonis
2173 Ste-Catherine W.

Sheng Tang Supermarket
1425 Fort

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Supermarché Noor
1905 Ste-Catherine W.

LATE-NIGHT

B & Y Urban Market

3695 St-Laurent (open 24 hours), 5600 Parc (open until 11 p.m.)

Intermarché

1670 Mont-Royal E. (open 24 hours)

Provigo

3421 Parc (open until midnight), 50 Mont-Royal W., (open until 11 p.m.)

Supermarché PA

5242 Parc (open until 11 p.m.), 1420 Fort (open until midnight)

restaurants

There's no shortage of food options in this city. Here's a list of some perennial favourites and local legends, more than a few of which have earned a place in our annual Best of MTL readers' poll — see the complete Best of MTL results (along with restaurant reviews and food-scene news) at cultmtl.com.

And PLEASE don't forget to tip, and tip reasonably (15 per cent on the subtotal is considered the bare minimum). Waiters, waitresses and bartenders are taxed on tips, and rely on them for their income. Don't fuck around.

BRUNCH

Bagels Etc.

4320 St-Laurent

Leonard Cohen's favourite breakfast spot. This Plateau institution has been slinging eggs in a myriad of ways since the 1940's.

La Bête à Pain

114 Fleury W., 195 Young

These brunch pros sport locations in Ahuntsic and Griffintown, and have another on the way. They serve multiple courses of all the fan favourites, and then some.

Arthurs Nosh Bar

4621 Notre-Dame W.

A contemporary take on the classic Jewish deli. Everything from the tuna scoop to matzah ball soup is delicious, but the pancakes are what pay the bills.

Café Regine

1840 Beaubien E.

One of the most popular and sumptuous spots for brunch in town (see: line-ups), served daily. Reservations are taken on weekdays by phone-in only.

Larrys

9 Fairmount E.

Breakfast for the Instagram hypebeast. Larrys serves breakfast all day and has been on every best restaurant list from *The New York Times* to *Bon Appétit*. Get the breakfast sandwich.

Réservoir

9 Duluth E.

Grab a beer with your brunch full of unconventional dishes at more than reasonable prices at this microbrewery.

DELI + SANDWICHES

Boucherie Hongroise

3843 St-Laurent

Hit up their deli counter for immensely stacked (and cheap!) hot sandwiches of deli cuts.

Boucherie Provisions

1142 Van Horne

The cuts of meat and selections of sandwiches at this butchery extension of Provisions 1264's finer dining are on the cutting edge. Pun definitely intended.

Café Gentile

9299 Parc, 4126 Ste-Catherine W.

An Italian institution with a newer Westmount enclave, but the OG spot's got an array of delicious sandwiches to choose from. Sandwich lovers beware.

Schwartz's

3895 St-Laurent

Probably the world's most famous smoked meat joint and a tourist destination in its own right. Perennial line-ups, surly staff and cramped seating are considered part of its charm.

Clarke Café

2483 Centre

The reincarnation of the classic Mile End deli serves some of the city's best Italian sandwiches out of their Pointe Ste-Charles sandwich counter.

Snowdon Deli

5265 Decarie

An old-school deli on the NDG/Côte-des-Neiges border with all the hot and cold Jewish culinary staples and generous breakfasts.

Wilensky's Light Lunch

34 Fairmount W.

A Mile End institution that feels like time travel to the '50s. Check out their famous special baloney sandwich and order yourself a drink from their old-school soda fountain.

BURGERS

Burger Royal

3820 St-Laurent

One of the best burgers in the city, with a focus on locally sourced, hormone-free, organic products, plus vegetarian/vegan versions of every burger.

Chez Tousignant

6956 Drolet

Classic-style neighbourhood diner with delicious burgers, hot dogs and poutines plus a retro-rock soundtrack.

Dic Ann's Various

(mostly suburban) locations including 10910 Pielx and 1000 Marché Central

This long-running chain serves flat and messy burgers that are incredibly addictive. Don't ask questions, just order two when you hit the counter.

Lawrence

5201 St-Laurent

This might be a slightly upmarket burger, but the beef is locally sourced, dry-aged and ground onsite by the restaurant's in-house butcher. It's definitely worth the splurge.

Mr. Steer

1198 Ste-Catherine W.

The “Steerburger” has been one of Montreal's most celebrated burgers since 1958, and over half a century later it's still one of the city's best.

Uniburger

5655 Côte-des-Neiges, 2001 St-Denis, 4412 Notre-Dame W. Montreal's answer to In-N-Out, this cult-classic does upscale fast-food-style burgers and is yet another contender for the best burger in Montreal.

POUTINES

La Banquise

994 Rachel E.

The city's best-known poutine joint, offering loads of variations on Quebec's national dish. Open 24 hours and a victim of its own popularity — beware line-ups.

Chez Claudette

351 Laurier E.

All-day breakfast, lively atmosphere and one of the best poutines in town, with myriad variations. Open 24 hours Thurs–Sat.

Fameux Viande Fumée et Charcuterie

4500 St-Denis

Classic Plateau diner with a fully stocked menu including poutine choices galore. Open Mon–Wed until 4 a.m., open 24 hours Thur.–Sun.

Paul Patates

760 Charlevoix

A Pointe-St-Charles diner that's making its own spruce beer and slinging some of the better poutines in town. Hours vary, closed on Sundays.

OPEN LATE

See poutines and Chinese for more options.

AA

3700 Notre-Dame W.

Not far from Greenspot, this St-Henri institution dates back more than 50 years, and is known as one the best late-night casse-croûtes in town. Open 8 a.m.–5 a.m. daily.

Bocadillo

3677 St-Laurent

Specialists in Venezuelan arepa sandwiches, with fillings ranging from pulled pork to shredded beef to cheese and avocado. Open till 4 a.m. on Fridays and Saturdays.

Chez la Mère

4028 Masson

An all-encompassing casse-croûte (that delivers) in the East End, open 24 hours.

The Main

3864 St-Laurent

Deli and diner food, famous for smoked meat sandwiches and Eastern European fare. Open 10 a.m.–5 a.m. daily.

Majestique

4105 St-Laurent

A Plateau oyster bar that's open till 3 a.m. Their 12-inch hot dogs and matane shrimp rolls are more than on point.

Le Roi du Smoked Meat

6705 St-Hubert

A '50s-style diner on the Plaza St-Hubert strip, open Mon to Wed 10 a.m.–2:30 a.m., and Thurs to Sun 10 a.m.–5:30 a.m.

STUDY-FRIENDLY CAFÉS

Here are some of our favourite workplaces around town. Remember that the price of occupying these cafés for hours and hours is your business – please buy more than just one coffee, and don't hog tables unnecessarily. If you're looking for free study spots, try the libraries, but cafés have the bonus of social potential.

Café Ferlucci

432 de Castelnau E.

Cosy Italian café near the Jean-Talon Market with authentic sweets and fresh sandwiches that stays open late.

Café Névé

151 Rachel E.

A friendly, crowded hipster café in the Plateau.

Café Oui Mais Non

72 Jarry E.

Popular and quirky neighbourhood spot with beer, hearty snacks and a built-in stationery boutique.

Café Pista

500 Beaubien E.

Crisp, clean and sunny corner café with pastries and a chill vibe.

Café Replika

252 Rachel E.

This Turkish café offers specialties you wonDt find anywhere else, plus a large communal work table.

Café Saint-Henri

Several locations including 3632 Notre-Dame W. and 4159 Wellington

A third wave café chain with branches in St-Henri, Verdun, Quartier Latin and Jean-Talon Market.

Crew Collective & Café

360 St-Jacques

This gorgeous café is built into the main hall of Old MontrealDs landmark 1920s-era Royal Bank Tower. A well-rounded menu, great coffee and the option of rentable creative space for the financially ambitious.

Humble Lion

904 Sherbrooke W.

Go-to café just across from McGill gates with excellent coffee and pastries and lively atmosphere.

Kafein

1429 Bishop

Cozy Concordia ghetto café with delicious eats.

Résonance

5175 Parc

A Mile End café with vegan and gluten-free grub and live performances every night.

SWEETS + DESSERTS

Bilboquet

1311 Bernard, 4864 Sherbrooke W., 1600 Laurier E.

Famous Montreal ice cream, available in-store and at many grocers.

Ca Lem

6926 Sherbrooke W.

Ca Lem is to NDG as Kem CoBa is to Mile End. Offering head-turning flavours such as black sesame with coconut ash, taro yam and basil-strawberry sorbet for those looking for something with less lactose.

Cacao 70

3585 Parc, 1310 Ste-Catherine E., 929 Mont-Royal E.

Similar to Juliette & Chocolat with specialty chocolate drinks and confections. You can also take a tour of their factory in Pointe-St-Charles (1751 Richardson).

Churros Montreal

7497 St-Hubert

The original churro bakery in Montreal.

Cocoa Locale

4807 Parc

Unique and tasty artisan cakes and cupcakes.

D Liche Cupcakes

3964 St-Denis

Possibly the perfect cupcakes, and gorgeous to boot.

Dalla Rose

4609 Notre-Dame W.

A small service counter-based ice cream shop selling a variety of intriguing flavours like sunflower seed, and ice cream sandwiches made with cookies, not that imitation graham stuff.

Havre aux Glaces

7070 Henri-Julien

Sorbets and ice creams in Jean-Talon Market.

Kem CoBa

60 Fairmount W.

Excellent and unusual sorbet and ice cream flavours, like salty butter and peanut butter and honey. Expect line-ups.

Léché Desserts

640 de Courcelle

Incredible donuts in St-Henri.

Pandan Creamery

3833 St-Jacques

Expand your frozen treat horizons with Thai-rolled ice cream with flavours like *caramel beurre salé au lait de chèvre avec gateau vanillé* and key lime leaf & lemon curd with graham crumbs.

Sophie Sucrée

167 des Pins E.

Vegan sweet shop with cakes, cupcakes, cookies, brownies and more for your sweet tooth.

VEGETARIAN

Aux Vivres

4631 St-Laurent

4896 Sherbrooke W..

The city's go-to vegan joint, with an extensive menu of burgers, sandwiches and Asian-inspired meals, now in Westmount as well as the Plateau.

Chu-Chai

4088 St-Denis

A 100% vegetarian Thai restaurant with many vegan options. Famous for its mock meats.

Foodchain

1212 McGill College

Treating vegetables to a fast-food concept, this spot is the result of many brilliant culinary Montreal minds and perfect for students on the go.

Invitation V

254 Bernard W.

A high-end vegan restaurant with a take-out counter.

La Panthère Verte

160 St-Viateur W. #101, 2153 Mackay, 145 Mont-Royal E., 1735 St-Denis, 3515 Lacombe, 5265 Queen Mary

This chain offers an oasis of vegan, organic goodness with specialty teas and juices.

Lola Rosa

545 Milton, 4581 Parc

Healthy, tasty veg food in the McGill Ghetto and Mile End.

LOV

464 McGill

For modestly priced vegan and vegetarian eats in an almost painfully Instagram-able interior, this is the place to be.

Resto Vego

1720 St-Denis

Pay-by-the-gram buffet catering to vegetarians and vegans alike with plenty of gluten-free options.

BRITISH STYLE PUB GRUB

Brit & Chips

1390 de Maisonneuve W., 433 McGill, 5536 Côte-des-Neiges A variety of fish (officially Certified Sustainable Seafood) in unique and tasty batters including maple syrup and Guinness.

Burgundy Lion

2496 Notre Dame W.

A modern twist on the traditional English pub, with superior British-style pub grub, football (soccer) screenings, darts and pub quiz nights.

Pub Bishop & Bagg

52 St-Viateur W.

Located in the heart of Mile End, this is a pub that is true to its name. Come for great beers, a cozy pub atmosphere and fine English fare.

CARIBBEAN

Anancy

6587 Somerled

NDG's prominent Jamaican population has yielded some choice spots, and this is definitely one of them. Ackee and saltfish with rotis are all great choices here.

Boom J's

2026 Wellington

A no-frills Jamaican restaurant serving some of most famed jerk chicken, plantains, wraps & beef patties in the city.

Boulangerie Spicee

6889A Victoria

Looking for a classic Trinidadian double? Spicee is the place.

Caraĩbe Delite

4816 Parc

Sweet husband-and-wife team serve filling, inexpensive Caribbean fare. Douse everything in the homemade hot sauce.

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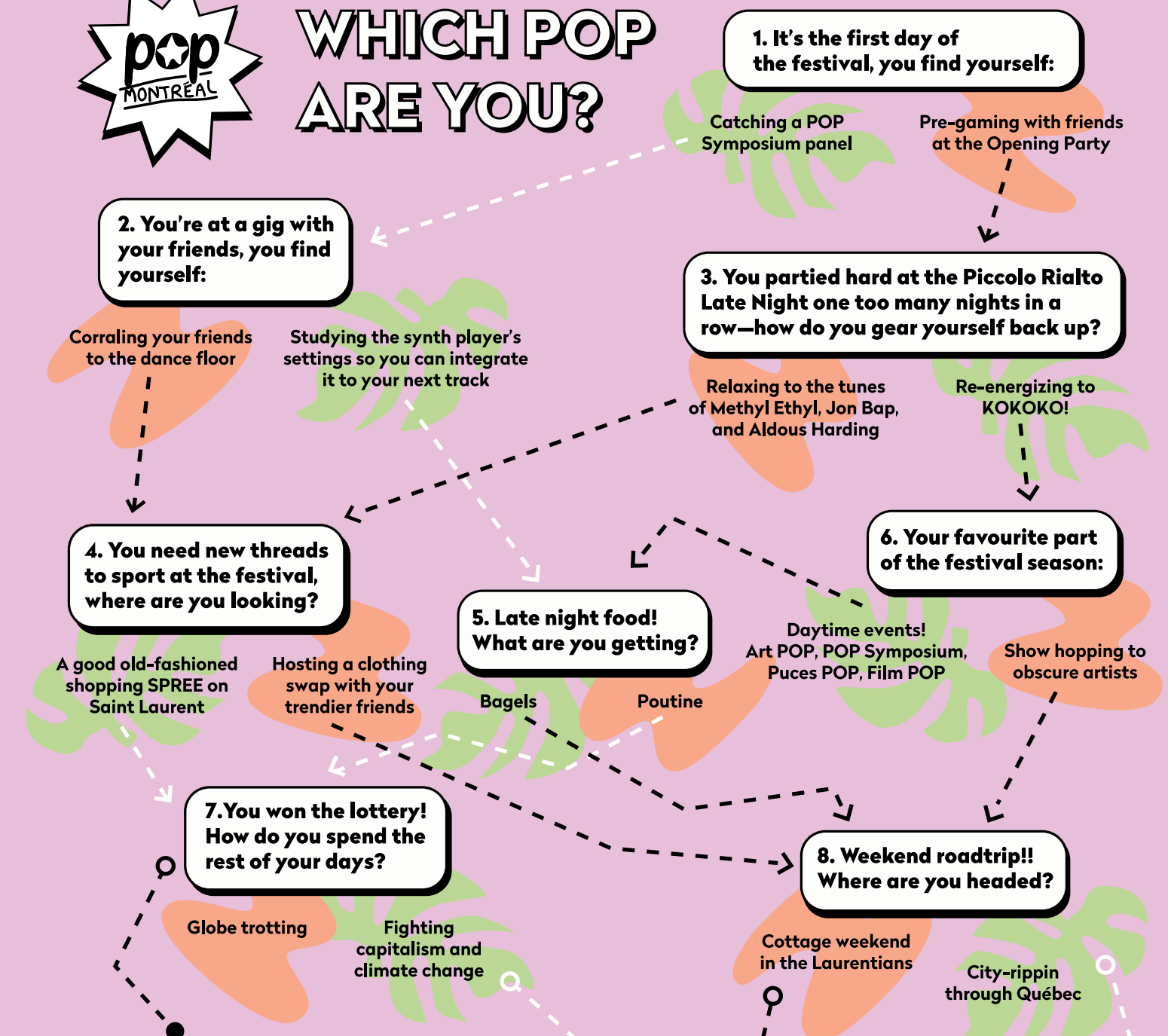
**Laurie Anderson • Mavis Staples
Tirzah • Aldous Harding • Weyes Blood
Kokoko! • Yung Baby Tate • Safia Nolin
Félicia Atkinson • Nick Cave • Hollerado
Moor Mother • Jerusalem in My Heart
Jon Bap • Xiu Xiu • Debby Friday • Basia Bulat
Anemone • Zaki Ibrahim • Jess Sah Bi & Peter One • Tinariwen
Shonen Knife • The Sainte Catherines • 47SOUL • Kedr Livanskiy
Fink • Yamantaka // Sonic Titan • Oshun • Torres • Ada Lea • Drahla
Ian Isiah • Lafawndah • Ex Eye • Teto Preto • Jerry Paper • Kelman Duran
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and many more!**



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We acknowledge the support of the Canada Council for the Arts.



WHICH POP ARE YOU?



WEYES BLOOD *Sept. 27 THÉÂTRE RIALTO*

You are a romantic at heart and care deeply about others, as well as greater global causes. Weyes Blood's music will take you on a journey through faraway galaxies and ground you with her powerful melodies.

MAVIS STAPLES *Sept. 29 THÉÂTRE RIALTO*

You're an old soul, and have a great admiration of The Greats in music history. Mavis Staples is the perfect artist to deepen your appreciation of soul, R&B, and gospel music.

KOKOKO! *Sept. 25 PICCOLO RIALTO*

You are dynamic, upbeat, and energetic. You bring the party and can always be found on the dance floor. KOKOKO!'s dynamic set will keep you buzzing until the wee hours of the morning.

YUNG BABY TATE *Sept. 27 PICCOLO RIALTO*

Like Yung Baby Tate, you are fiery, confident, and fearless. Her lively, spirited tracks will pump you up and let you live your best hot girl, wild girl, bad girl life. Yep, Yung Baby Tate is THAT girl.

Tickets and passes on sale at **POPMONTREAL.COM**

Jardin du Cari

5554 St-Laurent

Great roti spot. Ask for the pumpkin filling and don't forget the citrus hot sauce.

Local Jerk

8 Duluth E.

This spot in the heart of the Plateau serves all manner of rotis, doubles and jerk chicken, with ample vegetarian options, too.

Lloydie's

66 St-Viateur W.

Once known for the Jamaican patties they've been producing since 1987, Llyodie's has opened a Mile End restaurant that concentrates on good flavours in between four walls.

Mango Bay

1236 Mackay

Downtown Caribbean joint serving up some pretty great old-school jerk.

Seasoned Dreams

5509 Laurendeau

When southwestern style meets Caribbean: From jerk salad to jerk chicken and pork to oxtail, to mac 'n' cheese and salt baked fish.

CHINESE

Kam Fung

1111 St-Urbain & Beijing 92 de la Gauchetière W.

These two institutions are within a stone's throw of each other in Chinatown. Both are great for large group meals. The former serves superb dim sum, and the latter's open till 1:30 a.m. every night.

Kam Shing

4771 Van Horne, 6730 Côte-des-Neiges (Plaza Côte-des-Neiges) Quality standard Chinese with two locations in Côte-des-Neiges.

Kanbai

1813 Ste-Catherine W., 1110 Clark

Insanely spicy and tasty (and not too pricey) Northern Chinese food, with locations downtown and in Chinatown.

La Maison VIP

1077 Clark

Another late-night Chinese mainstay of Chinatown, open all week til 4 a.m. (12 a.m. on Sundays). This one deserves special mention for their \$5 lunch special plates.

Nudo

1055 St-Laurent

Hand-pulled noodles are the real drawcard here. The ramen isn't bad, but the Chinese noodle soup's the better option.

Qing Hua

1676 Lincoln

Perhaps the best dumpling place in town, in-house or frozen to take home for later.

EASTERN EUROPEAN

Boulangerie Wawel

2543 Ontario E., 5499 Sherbrooke W., 7070 Henri-Julien Polish baked goods, charcuterie and takeaways like frozen pierogies.

Budapest

68 Duluth E.

A Hungarian BYOB restaurant with live music on weekends and some of the cheapest eats in town. Goulash and the kaposzta are must-eats.

Euro Deli Batory

115 St-Viateur W.

Mile End go-to for starchy Polski eats, smoked sausage, bags of pierogies, and excellent borscht.

GREEK

Arahova

Various locations including 256 St-Viateur W. A chain that covers all the Greek bases.

Milos

5357 Parc

Swanky Greek cuisine with killer calamari and a reduced prix fixe menu after 10 p.m.

Mythos

5318 Parc

A Montreal classic where you'll be well taken care of.

Marven's

880 Ball

A family favourite institution in Parc Ex, known for giant portions of grilled meats, piles of crispy fried calamari and a shamefully good cheesecake.

Tripolis

679 St-Roch

A Parc Ex staple open till 2 a.m. during the week and 5 a.m. on weekends, with great Greek salads and seafood.

INDIAN

Bombay Mahal

1001 Jean-Talon W., 3681 St-Laurent

For those who like it hot, in Montreal's "Little India" (Parc Extension), with a 12-seater/takeout outpost on the Main that's open till 4 a.m. on Fridays and Saturdays.

Étoile des Indes

1806 Ste-Catherine W., 5860 Sherbrooke W.

A downtown staple with a solid satellite in NDG.

Ganges

6079 Sherbrooke W.

Delicious, affordable Indian emporium in NDG.

Le Super Qualité

1211 Bélanger

Serving up a diverse range of dishes from across India, this nouveau spot is scrumptious as it is cool. Try the medicinal cocktail.

Dosa Pointe

790 Jean-Talon W.

Recipes from the seldom seen but thoroughly delicious Indian South. As the name points out, Dosas (a type of Indian pancake) are the specialty, but the Keralan curries aren't to be missed.

Pushap Sweets

5195 Paré

Worth the trip up north on the orange line, this quaint spot has some of the cheapest thalis in town.

Thali

1409 St-Marc

Cheap Indian eats in the downtown core, with sectioned meat and veggie thalis and savoury wraps rolled in naan.

MIDDLE EASTERN

Byblos

1499 Laurier E.

Relaxed, airy Persian café with brunch, mezzes (small, shareable dishes) and a weekly Iranian table dHôte on Sundays.

Falafel Yoni

54 St-Viateur W.

Yoni's take on the infamous sandwich is based on the street food from his time spent in Israel. It's a damn-good pita so it's no wonder that Yoni is quickly becoming one of the busiest spots in Mile End.

Garage Beirut

1238 Mackay

This cosy and casual authentic Lebanese charcoal grill is a hidden gem in Concordia's backyard.

Kaza Maza

4629 Parc

Syrian restaurant with occasional live music, a casual vibe and high-quality Middle Eastern eats on the cheap.

Le Petit Alep

191 Jean-Talon E.

A casual, kind of incredible Syrian/Armenian joint near Jean-Talon market.

Nilufar

1923 Ste-Catherine W.

Unbelievably cheap and delicious super fresh falafel and soup near Concordia. Leave room for some baklava.

Pita Pan

151 St-Viateur W.

One of our favourite of Mile End's lunch-counter spots. Plus, the food is just plain good, and well priced to boot.

Sumac

3618 Notre-Dame W.

A casual and family-friendly slinger of Middle Eastern fare, serving up pita 'n' dips and delicious shawarmas and sabich.

ITALIAN

Amelia's

201 Milton

McGill Ghetto institution with big plates of pizza and pasta at budget-friendly prices.

Bottega

65 St-Zotique E.

Wood-fired pizza and Italian staples in Little Italy.

Elena

5090 Notre-Dame W.

The famous resto Nora Gray may be out of the price range for many students, but their new pizza joint isn't. It may be the newest spot for Neapolitan 'za, but it already feels like an institution.

Elio Pizzeria

351 Bellechasse

Old school Italian staple serving up thin-crust pizzas and creamy pastas.

Gema Pizzeria

6827 St-Dominique

Noted as one of the best pies in town, and their frozen custard excellently tops a meal there.

Magpie

16 Maguire, 1237 Amherst

Trendy Mile End joint (with a location in the Village) that's worth the hype and price. Split a pizza and splurge on oysters.

Pizzeria Adamo

4629 Notre-Dame W.

Hard-pressed to find a New York slice? This is your best bet. Whole pies available too.

JAPANESE

Biiru

1433 City Councillors

Fine Japanese food and drink in a sleek, date-friendly space.

Kazu

1862 Ste-Catherine W.

It's worth waiting in line (and you will have to wait) for this delicious, authentic izakaya food.

Otto Yakitori

1441 St-Mathieu

Late nights with grilled chicken, beers and a heavy selection of sake make this an essential Japanese restaurant to eat at. Check out their fancier spot Otto Bistro (143 Mont-Royal E.) in Plateau if you're on a date.

Ramen Misoya

2065A Bishop

Authentic ramen in the Concordia Ghetto.

Tri Express

1650 Laurier E.

A Plateau classic serving bold, vibrant and exceptionally fresh sushi out of an eclectic former croissanterie on Laurier. Cash only.

Ramen

9000 4609 Notre-Dame W.

An incredibly good ramen joint that operates out of an ice cream shop. While it may not be open year-round, this miso-based ramen is just what you need to get you through the winter. Vegan options.

More Downtown ramen:

Ichifuku (1925 Ste-Catherine W.)

Kinton Ramen (1211 Bishop)

Schlouppe Bistrot Nakamichi (2159 Mackay)

KOREAN

Chez Bong

1021 St-Laurent

Reliable Korean fare (and #1 Best Restaurant Name) in Chinatown.

GaNaDaRa

1862 de Maisonneuve W.

Cheap downtown spot popular with Korean students.

Omma

177 Bernard W., 51 Ontario W.

Trendy Korean with a date-night vibe in Mile End and a brand-new location in the Quartier des Spectacles.

Luna

917 Rachel E

A slightly upscale bring-your-own-wine spot run by a couple who formerly operated a restaurant in Korea. Very authentic, very delicious, easy on the wallet. (See our review on p. 10)

Mon Ami

6290 Somerled, 2081 Ste-Catherine

Famous for having the best Korean fried chicken in town, their menu is packed with other equally delicious options to discover.

MEXICAN + SOUTH/CENTRAL AMERICAN

Barros Luco

5201 St-Urbain

Excellent and super-affordable Chilean fare like empanadas, sandwiches and coffee in Mile End.

Burrito

Shop 3686B St-Laurent

Burritos and tacos with authentic meats.

El Rey del Taco

232 Jean Talon E.

Like the name says, this restaurant serves tacos fit for royalty. Not a bad selection of Mexican products either.

La Capital

1096 St-Laurent

Street-style locale in Chinatown with all manner of tacos and tequilas to pick from.

La Chilenita

130 Roy E., 100 Marie-Anne

Delicious, affordable Chilean-Mexican fare, specializing in empanadas. Their steak sandwiches are tight.

El Amigo

51 St-Zotique E.

Incredibly cheap Salvadoran BYOB restaurant where a pupusa craving is easily fixed.

El Chalateco

520 Beaubien E.

Purveyor of pupusas, the Salvadoran bready treats stuffed with goodness.

Pikeos

4293 Notre-Dame W.

While it claims to serve the Peruvian-Japanese Nikkei cuisine, this restaurant's just a tad more Peruvian than Japanese. Not a bad thing though, and definitely delicious.

Ta Chido

5611 Parc

Killer Mexican food in Mile End.

Tacos Frida

4350 Notre-Dame W.

What began as a hole in the wall is now a veritable Mexican diner, serving up cheap tacos and a delicious tortilla soup.

La Tamalera

226 Fairmount W.

Cheerful Mexican street food in Mile End with uncommon options like hibiscus flower tacos, refreshing homemade horchata and other tasty beverages plus a weekend brunch.

PORTUGUESE

Chez Doval

150 Marie-Anne

The OG Portuguese spot since 1974. Come for classic fare, and by that I mean anything that comes off the charcoal grill.

Ma Poule Mouillée

969 Rachel E.

Vying for Romados's title for best chicken and approaching Montréalais-Portuguese sainthood, this spotDs become amazingly popular in an amazingly short amount of time.

Restaurant Jano

3883 St-Laurent

Cheap date-night Portuguese. Start with the grilled calamari.

Romados

115 Rachel E.

The city's most popular Portuguese chicken (and fries) joint, for a good reason.

Rotisserie Portugalia

34 Rachel W.

An alternative to Romados serving excellent Portuguese chicken.

THAI

Chao Phraya

50 Laurier W.

Mile End's go-to Thai spot.

Cuisine Bangkok

1327 Ste-Catherine E.

The location might have changed, but the quality hasn't; this Thai spot is deemed the best by many.

Épicerie Pumpui

83 St-Zotique E.

Though thereDs a white boy on the wok, Jesse MulderDs Thai restaurant makes amazing food that follows tradition to a tee.

Pamika Brasserie

901 Sherbrooke E.

Though not cheap, this small Thai spot stands out for being a brasserie that offers Thai BBQ.

Mae Sri

224 Milton

A McGill Ghetto newcomer specializing in Thai street food with a focus on noodle soups.

VIETNAMESE

Cao Thang

1082 St-Laurent

Incredibly cheap and filling Vietnamese banh mi subs, possibly the best in town.

Vua Sandwiches

1579 St-Denis, 2020 Robert-Bourassa, 1621 Ste-Catherine W.



13 IMMERSIVE EXPERIENCES COMING THIS FALL IN THE SATOSPHERE

Discover the full program : sat.qc.ca

Society for Arts and Technology
1201 St-Laurent Blvd. MTL



SOCIETY FOR ARTS AND TECHNOLOGY

<p>HOT CHIP + HOLY FUCK SEPTEMBER 10 - L'ASTRAL</p>	<p>HERE COMES THE MUMMIES + DANNY REBEL & THE KGB SEPTEMBER 11 - PETIT CAMPUS</p>	<p>MOON HOOCH + SAXYNDRUM SEPTEMBER 11 - L'ASTRAL</p>	<p>MASSIVE ATTACK MEZZANINE SEPTEMBER 14 - BELL CENTRE</p>	<p>BLACK PUMAS SEPTEMBER 15 - PETIT CAMPUS</p>
<p>MASKED INTRUDER + DIRECT HIT! + THE YOUNG ROCHELLES SEPTEMBER 18 - FOUFOUNES ELECTIQUES</p>	<p>VIRGINITY ROCKS WORLD TOUR DANNY DUNCAN SEPTEMBER 18 - L'ASTRAL</p>	<p>THE STRUTS + DES ROCS SEPTEMBER 19 - MTELUS</p>		
<p>NO FUN AT ALL + WOLFRİK SEPTEMBER 20 - FOUFOUNES ELECTIQUES</p>	<p>BUILT TO SPILL + PRISM BITCH + WETFACE SEPTEMBER 21 - CORONA THEATRE</p>	<p>THOM YORKE TOMORROW'S MODERN BOXES + ANDREA BELFI SEPTEMBER 26 - PLACE BELL</p>	<p>XAVIER RUDD + BOBBY ALU SEPTEMBER 26 - MTELUS</p>	<p>NASHVILLE PUSSY + DON JAMIESON SEPTEMBER 27 - PETIT CAMPUS</p>
<p>TINARIWEN SEPTEMBER 27 - MTELUS</p>	<p>AGNOSTIC FRONT + PRONG + CELL SEPTEMBER 28 - FOUFOUNES ELECTIQUES</p>	<p>COSMO SHELDRAKE + ALTOPALÓ SEPTEMBER 28 - PETIT CAMPUS</p>	<p>DANIEL NORGREN + JAKE XERXES FUSSELL SEPTEMBER 29 - PETIT CAMPUS</p>	
<p>INJURY RESERVE + SLAUSON MALONE + BODY MEAT SEPTEMBER 29 - LE BELMONT</p>	<p>STRUNG OUT + THE CASUALTIES OCTOBER 2 - PETIT CAMPUS</p>	<p>PHONY PPL OCTOBER 3 - LE BELMONT</p>	<p>LADYTRON + RUSSELL LOUDER OCTOBER 4 - SAT</p>	<p>THE BLASTERS OCTOBER 5 - PETIT CAMPUS</p>

<p>THE COMET IS COMING OCTOBER 7 - L'ASTRAL</p>	<p>THE LEGENDARY PINK DOTS + ORBIT SERVICE OCTOBER 8 - L'ESCOGRIFFE</p>	<p>RUMOURS OF FLEETWOOD MAC OCTOBER 10 - CORONA THEATRE</p>	<p>KERO KERO BONITO + NEGATIVE GEMINI OCTOBER 12 - FAIRMOUNT THEATRE</p>
<p>NOAH KAHAN + JP SAXE OCTOBER 12 - CORONA THEATRE</p>	<p>THEIVERY CORPORATION + KARL DENSON'S TINY UNIVERSE OCTOBER 17 - MTELUS</p>		<p>BENJAMIN FRANCIS LEFTWICH + ABRAHAM ALEXANDER OCTOBER 17 - CAFÉ CAMPUS</p>
<p>CHICK COREA OCTOBER 16 - LA MAISON SYMPHONIQUE</p>	<p>MAHALIA + SEBASTIAN MIKAEL + JVCK JAMES OCTOBER 20 - LE BELMONT</p>	<p>JÓNSI & ALEX SOMERS Rickboy Sleeps OCTOBER 23 - THÉÂTRE MAISONNEUVE</p>	
<p>PRESERVATION HALL JAZZ BAND + YUSA OCTOBER 28 - THÉÂTRE MAISONNEUVE</p>	<p>TAKING BACK SUNDAY + RED CITY RADIO OCTOBER 29 - CORONA THEATRE</p>	<p>THE DEAD SOUTH NOVEMBER 1ST - MTELUS</p>	
<p>KANSAS NOVEMBER 2 - THÉÂTRE ST-DENIS</p>	<p>DANIEL CAESAR TOURNEE: CASE STUDY 01 NOVEMBER 12 - PLACE BELL</p>	<p>RISING APPALACHIA + BE STEADWELL NOVEMBER 26 - L'ASTRAL</p>	<p>BIG WRECK Best for the year four 2017 NOVEMBER 28 - CORONA THEATRE</p>
			<p>ODEZENNE DECEMBER 11 - L'ASTRAL</p>

A cheap and reliable staple that offers great high quality banh mi sandwiches at a fast-food pace. \$5.75 gets you a 10-inch sub of your choosing.

Nguyen Phi

6260 Côte-des-Neiges

A bit out of the way, this Vietnamese landmark in CDN is worth the trip for what many consider to be Montreal's best pho.

Pho Tay Ho

6414 St-Denis

A top contender for Montreal's best pho and easily Nguyen PhiDs top rival. The pho is great but donDt sleep on the bún and the rare beef salad.

Pho Bang New York

1001 St-Laurent

Great Chinatown spot for quick, cheap and tasty bowls of Vietnamese goodness.

Le Red Tiger

1201 de Maisonneuve E

Part cocktail bar, part Vietnamese restaurant, Red Tiger blends contemporary dining with street food classics. A very cool spot in the Village.

#navigation

CITY

For those of you trying to understand the city without being dependant on Google maps (or when your phone dies), here are some pointers:

Looking at Montreal on a map and being on the island of Montreal are two very different things when you're trying to orient yourself. The city's grid system is a little skewed, so that the "north" is actually pretty far east, while the sun sets in what would be the north-west.

The main boulevards that run the width of the island are, in order from south to north: Notre-Dame, St-Jacques, St-Antoine, René-Lévesque, Ste-Catherine, de Maisonneuve, Sherbrooke, Jean-Talon and then, all the way in the north, Henri-Bourassa. Many of the streets between these thoroughfares donDt stretch across the downtown core and will cause you to detour.

Because of Mount Royal park, there aren't many streets that go from the edge of the Lachine Canal all the way up to the northern part of the city. The ones that do are to the east of the park: Parc, Clark, St-Urbain, St-Laurent, St-Dominique, St-Denis and Papineau are sure bets to guide you between north and south.

St-Laurent Blvd. (which old-timers call "the Main") slices the island into east and west, and many of the north-south streets in the downtown core and Plateau rise at the same rate — so, for example, civic numbers on parallel streets like St-Laurent and St-Denis both hit the 4000s at Duluth.

METRO AND BUSES

STM stm.info

The Société de transport de Montréal (STM) operates MontrealDs subway system (we call it the metro) and on-island city buses. To use the STM, you can buy single tickets at metro stations or with exact change on buses, and youDll get a transfer out of the deal.

You can also buy a \$6 OPUS card, which is a refillable smart card, from any metro station and some dépanneurs (convenience stores) and pharmacies.

The standard full-fare rates are: \$3.50 for a single ride (one trip) \$6.50 for two trips \$5.50 for an unlimited evening ticket (6 p.m.–5 a.m.) \$14 for an unlimited weekend ticket (4 p.m. Fri–5 a.m. Mon) \$10 for a day pass (valid for 24 hours from the time it's first used) \$10 For a trip on the 747 Airport shuttle to or from MontréalDTrudeau International Airport \$19.50 for a three-day pass (valid for three consecutive days after first use) \$29 for 10 trips (only available on an OPUS card) \$26.75 for a weekly pass (only available on an OPUS card) \$85.50 for a monthly pass (only available on an OPUS card) \$204 for four months (available to reduced-fare users only, on an OPUS card)

All full-time students qualify for a hefty reduced-fare on transit passes. With the proper STM-approved photo ID, you can buy a monthly pass for \$52.50

The reduced-fare photo ID card is available in person at the Berri metro station photo studio (1717 Rue Berri) , but most colleges and universities now offer their students the possibility of ordering their STM reduced-fare photo ID online using their respective intranet portals. The reduced-fare Opus IDs are \$15, either online or in person.

For more information check out the STM's website.

(http://www.stm.info/en/info/fares/opus-cards-and-other-fare-media/opus-reduced-fare-students)

Exo Quebec

Looking to head off-island? Montreal's commuter train service, the Exo, (formerly the RTM, or Réseau de transport métropolitain), hits as far as Mascouche, St-Jérôme, Deux-Montagnes, Hudson, Candiac and Mont-St-Hilaire. Fares are calculated based on zones but the Exo website has a comprehensive trip and fare calculator that integrates the STM metro and bus network, if necessary. The Exo offers reduced fares for students and is integrated with the OPUS card system. Bicycles are also welcome on the trains - except during peak hours on the Deux-Montagnes line.

Regular one-way, Exo-only fares range from \$4.25–\$10.25 (\$2.50–\$6.25 with OPUS photo ID).

TAXIS VS. UBER

The competition between Uber and Montreal taxi companies rages on, and although Uber's rates rose significantly after the service's legalization in 2016, it's still cheaper than cabs: the UberX (as opposed to Uber Select or Uber XL) base rate is \$2.75 plus a \$2.50 booking fee, 9 per cent Quebec operation fee, 14.975 per cent in tax, 18 cents per minute and 81 cents per kilometre. Taxis start at \$3.45 and cost 63 cents per minute and \$1.70 per kilometre. Surge pricing can raise the price of Uber significantly, but in many cases surges are short-lived. Additional rideshare options are also on the horizon including Lyft, which is currently in negotiations to bring its services to Montreal, along with local cooperative start-up Eva, which began its open beta testing in May.

Both the uber app and Eva Beta are available on your device's app store.

Below we've compiled a list of a few local taxi companies.

TAG Taxi

An app, available for iOS & Android, that tags your location, contacts a cab company and sends a ride your way.

https://www.taxi-calculator.com/taxi-fare-montreal/353 Get an estimate for how much a trip will cost by entering your route on this website.

Taxi Atlas

514-485-8585

215 "impeccably groomed" cars.

Taxi Champlain

514-271-1111

With nearly 500 cars on the road, this company may be more reliable than the bridge it shares a name with.

Taxi Co-op

514-725-9885

Reserve one of their fleet of 500 cars online at taxi-coop.com/en/reservation.html. Use their app and get a 15 per cent discount (which might make your cab trip cheaper than Uber).

Taxi Diamond

514-273-6331

Available throughout central Montreal, with a large number of cars on call. Reserve via phone, online or via their iOS & Android.

Taxi Hochelaga/Taxi Beaubien/Super Taxi

514-322-2121, 514-376-4040, 514-382-1010

Three companies pool their resources by sharing an HQ. App available for iOS & Android.

inter-city

BUSES

Inter-city buses, operated by various carriers, leave from the Gare d'autocars de Montréal, located at 1717 Berri, accessible via Berri-UQAM metro station. Most routes are pretty cheap compared with trains or

planes, and you can usually obtain a reduced fare with your institutional student ID or International Student Identification Card (ISIC).

Booking trips in advance helps to keep your fare lower, and there are frequently discount companion fares and promotions available when you book online (although not on most routes to major U.S. cities).

Coach Canada's double-decker Megabus is a popular option for those headed to Toronto, Kingston or one of their select stops along the way. There's free wifi, and tickets operate on a sliding scale, with rates going up as the tickets sell — you're likely to pay something in the \$40–\$80 range.

Call 514-842-2281 for bus schedules and prices, or visit www.gamtl.com and use their destination selector. Carriers operating out of the Gare d'autocars de Montreal include greyhound.ca, coachcanada.com, orleansexpress.com, and ca.megabus.com. **Note:** The Megabus departs from 997 St-Antoine W. (Bonaventure metro).

TRAINS

Inter-city trains arrive at and depart from Gare Centrale, at 895 de la Gauchetière W. (connected to Bonaventure metro), 514-989-2626, and you can book online at viarail.ca for Canadian routes, or amtrak.com for trains to the U.S.

VIA student rates

The speed, free wifi and cushy seats can make it worthwhile for longer trips, and there are deals available. Follow Via Rail on Twitter (@VIA_Rail) for updates on discounts. They do offer discounted rates for youths between 12–25 or students holding a valid ISIC over the age of 26.

Fare finding tips

Save some money by looking for one-way economy class tickets online as part of VIA's "escape fare" option. There are limited seats and fares vary depending on the day of the week and time of departure. Make a booking during their "Discount Tuesdays" promotion, and a one-way ticket to Toronto can be as low as \$49. Additionally, booking early (five or more days in advance) generally knocks 30 per cent off a return trip and 20 per cent off a one-way economy ticket. Check viarail.ca/en/fares-and-packages/our-lowest-fares for deals.

VIA 6 Pak for youth

A package of three round-trip tickets on the same route, paid in advance, can save you big bucks if you often go to the same destination. For example, a Toronto 6 Pak costs \$553, but would set you back over \$650 if you booked it as three full-fare separate trips.

Unlimited Semester Pass for youth

For \$459 you can travel as often as you want from Montreal as far as Kingston to the west or Quebec City to the east. Include Toronto (in a package extending as far west as Windsor) for \$699. Valid for 120 days.

PLANES

Passenger flights to and from Montreal go through Trudeau airport (YUL) in the West Island hood of Dorval. Track your flights at admtl.com. There are several ways to get to and from YUL:

STM

747 express bus

For \$10 (or free if you have a monthly pass, day pass, three-day pass, weekend or full week pass), the STM airport shuttle gets you there or back in around 45 minutes, conveniently stopping at several places downtown and terminating at Gare d'autocars de Montréal, where you can access the rest of the metro system at Berri-UQAM station. The service runs 24/7, and the shuttles leave quite frequently - every 20 minutes or so during peak hours.

STM bus

For a standard \$3.50 fare, you can catch the 211 bus from Lionel Groulx metro to Dorval station, then transfer to the 204 bus. The trip takes a long time and you might end up waiting around between transfers, so this method is best for those that are truly adventurous, broke and have nothing better to do.

Taxi and Uber

If you catch a cab within the downtown area, it costs \$41 even (plus tip, of course). Outside of that area, fares run on the metre, so they vary by time and distance. Uber can now pick up travellers at the airport, but they have added a Montreal airport surcharge of \$4.

BRITTANY HOWARD
(OF ALABAMA SHAKES)
DEBUT SOLO ALBUM *JAIME* OUT 9.20

INCLUDES THE SINGLE *STAY HIGH*

ATO Original Recording
fontana

The image shows the album cover for Brittany Howard's solo album 'Jaime'. It features a black and white photograph of Brittany Howard in a white, belted jumpsuit, standing outdoors with her hand to her chin. The text at the top reads 'BRITTANY HOWARD (OF ALABAMA SHAKES) DEBUT SOLO ALBUM JAIME OUT 9.20'. Below the photo is a smaller square image of her in a similar pose, with the name 'BRITTANY HOWARD' underneath. At the bottom, it says 'INCLUDES THE SINGLE STAY HIGH' and features logos for ATO Original Recording and fontana.

JOSEPH
New Album *Good Luck, Kid* Out 9.13

Includes the single *Fighter*

ATO Original Recording
fontana

Catch Joseph live at l'Astral Montreal, QC Wed, Sep. 25 thebandjoseph.com

The image shows the album cover for Joseph's album 'Good Luck, Kid'. It features a black and white photograph of the three band members. The text at the top reads 'JOSEPH New Album Good Luck, Kid Out 9.13'. Below the photo is a smaller square image of the band members, with the name 'JOSEPH' in large red letters. At the bottom, it says 'Includes the single Fighter' and features logos for ATO Original Recording and fontana. A red circular sticker in the bottom left corner says 'Catch Joseph live at l'Astral Montreal, QC Wed, Sep. 25 thebandjoseph.com'.

DRIVING

Driving in Montreal is not for the faint of heart: endless construction, potholes, crazy snowstorms and frustrating signage keep it spicy. There are no right turns on red lights on the island of Montreal, and some drivers on our roads are kind of shit. The average annual cost of owning a car is between \$8,000 and \$10,000.

PARKING

Montreal can be lousy for parking. Most residential streets have weekly restrictions for street cleaning in summer, and epic overnight snow-removal operations in the winter. Car ownership often requires a lot of watching the clock and moving your car so the city can do their thing (not to mention some serious snow shovelling).

Many streets around the city are designated as *réservé*, so that only residents can park in certain areas. Purchase the permit for Street Parking Reserved for Residents (SRRR) through your borough's Accès Montréal office (http://ville.montreal.qc.ca/portal/page?_pageid=597787707571&_dad=portal&_schema=PORTAL). The cost of purchasing a parking vignette varies by borough and, in some cases, what kind of car you own. Check the city's website above for the most up-to-date information for your borough.

Metered street parking in more commercial areas can be purchased (and renewed) via the P\$ Mobile Service app (available for iOS and Android), or at parking meters. Metered parking is by space number, so no need to place a ticket on your dashboard.

CAR RENTALS

Car rental agencies require a valid licence and credit card, and often require that drivers be at least 21. Also, know that a substantial amount of money might be frozen on your credit card while the car is rented.

COMMUNAUTO

communauto.com
Car-sharing service with a varied fleet (including Toyota Yaris or electric Nissan LEAF) ideal for errands and day trips with much

lower rates than a rental. Cars are parked at various locations around the city, making them easy for pick-up and drop-off near home. However, you must return your car to the same location where you picked it up, unless using their FLEX (formerly Auto-mobile) option. Gas and insurance are included in the deal.

Communauto tends to work well for trips within the city, but use is partly charged by mileage, so it's not your best bet for longer trips. Their absolute bare-bones model features FLEX rentals (formerly Auto-mobile) at \$0.40/minute, \$12/hour, and \$50/day. They also offer a range of more substantial annual plans from \$40 to \$360 (plus a refundable \$500 membership fee), in addition to an *open plan*, with higher per-minute rates but zero membership fees.

Car2Go

car2go.com/en/montreal
This relative newcomer to the scene has a one-time \$5 registration fee that's often waived if you sign up during promotions and comes with a \$5 credit to boot. Once you join Car2Go, you get a smart card that unlocks any car (in any Car2Go city in North America, BTW), and you're charged a rate of \$0.41 per minute up to a maximum of \$15 per hour or \$69 per day for their basic, two-seater Smart Fortwo vehicle. A \$1 driver protection fee for insurance purposes is applied to the first 90 trips of each calendar year. Find a car using the Car2Go app, and leave it in any legal parking spot when you're done, including residential *réservé* zones in most neighbourhoods. A few designated parking areas exist in non-residential spots like downtown. The rentals are intended for short hops but if ever you need to gas up, just snap a photo of the receipt and you'll be rewarded with free minutes on your account.

RIDE SHARES

Kangaride

(kangaride.com), Poparide (poparide.com)
Kangaride and Poparide are both carpooling organization that connects passengers with drivers for affordable, long-distance rides. The rate you pay your driver varies by location. Kangaride operates both in Canada and the United States and Poparide is Canada-only at this point.

McGill Classifieds

ssmu.mcgill.ca/marketplace
Look for ride shares through this university-affiliated listing, though they aren't specifically available only to students.

Craigslist

(<https://montreal.craigslist.org/search/rid>) and Kijiji (kijiji.ca/b-

covoiturage/grand-montreal/c5180002) both have rideshare sections, and there are daily rides going to and from Toronto in big 15-passenger vans for about \$40 each way — but like any somewhat sketchy unregulated grey-market service, choose at your own risk.

CYCLING

Montreal is a cyclist's town. It's a cheap, environmentally friendly and healthy way to get around — during the warmer months, at least — though some people are brave enough to bike through the winter. Including that unicycle dude. Riding in traffic can be intimidating at first, but Google Maps will help you find a route along the city's extensive network of bike paths. BIXI is a good way to test the waters before you commit to buying your own ride.

Make sure to invest in a good lock that secures both the frame and front wheel — this town is notorious for bike theft. And a helmet is strongly recommended: though wearing one is not yet mandated by law, there are tons of careless drivers in giant vehicles out there.

BIXI, JUMP AND LIME

BIXI is Montreal's seasonal bike rental program, which runs from April 15 through November 15. With over 6,250 bikes distributed between 600 stations around town, the constantly expanding service is super-convenient.

Using BIXI is more expensive than having your own bicycle, and they can be a little unwieldy to ride, but if you don't ride often or don't want to maintain or store a bike, it's a great option. It's also a boon for tourists and temporary residents.

When you borrow a bike from a station (any station), your credit card is charged a \$100 refundable deposit, plus the rental rate of either \$2.95 for 30 minutes or less, \$5.25 for 24 hours \$15 for 3 days or \$25 for 10 one-way trips. You can also register online at montreal.bixi.com to sign up for monthly (\$34), or full-year (\$94) memberships.

Once you have rented your bike, the first half-hour (or 45 minutes for members) of the ride is free, but the price goes up significantly after that. For minutes 31–45 add \$1.80, and from minute 46 onwards it's \$3 for every additional 15 minutes. If you want to use

BLUESKIESTURNBLACK

RIDE SPIRIT OF THE BEEHIVE 18 SEPTEMBRE THÉÂTRE FAIRMOUNT	FRANKIE COSMOS LINA TULLGREN + LOCATE S, I 20 SEPTEMBRE L'ASTRAL	MAC DEMARCO DUSTIN WONG & TAKAKO MINEKAWA 23 SEPTEMBRE MTELUS	OPERATORS LEGAL VERTIGO 5 OCTOBRE THÉÂTRE FAIRMOUNT
CHAMELEONS VOX THEATRE OF HATE + JAY ASTON 10 OCTOBRE THÉÂTRE FAIRMOUNT	BOY HARSHER SPELLING 14 OCTOBRE CENTRE PHI	OH SEES PRETTIEST EYES 15 OCTOBRE LE NATIONAL	GOBLIN (CLAUDIO SIMONETTI) DEEP RED/PROFONDO ROSSO 17 OCTOBRE THÉÂTRE FAIRMOUNT
ALTIN GÜN AVEC LE SOLEIL SORTANT DE SA BOUCHE 17 OCTOBRE THÉÂTRE RIALTO	RUSSIAN CIRCLES WINDHAND 21 OCTOBRE THÉÂTRE FAIRMOUNT	CHELSEA WOLFE IOANNA GIKA 27 OCTOBRE LE NATIONAL	MOON DUO INVITÉS 16 NOVEMBRE SAT
ALEX CAMERON INVITÉS 16 NOVEMBRE THÉÂTRE FAIRMOUNT	ANGEL OLSEN VAGABON 18 NOVEMBRE MTELUS	ALLAH-LAS MAPACHE & TIM HILL 22 NOVEMBRE THÉÂTRE CORONA	LEIF VOLLEBEKK INVITÉS 29 NOVEMBRE LE NATIONAL

OTHER SHOWS • AUTRES SPECTACLES

01 OCTOBRE • SURF CURSE + DIRT BUYER • BAR LE RITZ PDB
08 OCTOBRE • BEDOUINE + GUS SEYFFERT • BAR LE RITZ PDB
20 OCTOBRE • MARIKA HACKMAN + GIRL FRIDAY • BAR LE RITZ PDB
22 OCTOBRE • STARCRAWLER + INVITÉS • BAR LE RITZ PDB
23 OCTOBRE • JAY SOM + GIA MARGARET + BOY SCOUTS • BAR LE RITZ PDB
30 OCTOBRE • THE KVB + NUMB.ER • BAR LE RITZ PDB
28 OCTOBRE • OMNI + INVITÉS • BAR LE RITZ PDB
31 OCTOBRE • JONATHAN BREE + INVITÉS • BAR LE RITZ PDB

31 OCTOBRE • U-ZIQ + INVITÉS • THÉÂTRE FAIRMOUNT
01 NOVEMBRE • KATIE TOUPIN + INVITÉS • BAR LE RITZ PDB
04 NOVEMBRE • THE BABE RAINBOW + INVITÉS • BAR LE RITZ PDB
07 NOVEMBRE • HTRK + INVITÉS • BAR LE RITZ PDB
10 NOVEMBRE • SEEFEEEL + AUTOMATISME • BAR LE RITZ PDB
16 NOVEMBRE • BLACK MARBLE + AUTOMATIC • BAR LE RITZ PDB
18 NOVEMBRE • MIKAL KRONIN + SHANNON LAY • BAR LE RITZ PDB
28 NOVEMBRE • SHE PAST AWAY + INVITÉS • LA SALA ROSSA

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the bike longer, you can use the BIXI hack of returning the bike to any docking station before the first 30 minutes are up, anchoring it for two minutes and then signing it out anew.

In light of recent trends, Bixi has also recently introduced a pilot project of 100 electric bikes to their fleet that can be rented for an additional \$1 per ride.

Uber has also launched a small fleet of electric bikes with a program called JUMP. These bikes can go up to 32km/h but are more expensive than Bixis, running for \$0.30 per minute, or \$9 for a half-hour. They don't have dedicated docks like normal Bixis so you've got to park them in designated bike parking or else face nasty fines. The bikes can be activated with a smartphone app available on all app stores.

Also brand new in Montreal, car-sharing company Lime has released a fleet of battery-powered scooters that can hit speeds of up to 20km/h. The scooters cost \$10 for 30 minutes (\$1 for activation and \$0.30/minute after that.) The rules associated with these scooters are strict though: helmets are mandatory and they must be parked in one of the 239 designated parking areas in town or, you guessed it, more hefty fines. The scooters are activated via a smartphone app that is available on all app stores.

BIKE CO-OPS

Bike co-ops are garage spaces offering access to tools and recycled parts. There are usually trained mechanics or volunteers on-site who can give you advice on how to maintain your ride, although you'll have to do the dirty work yourself.

Mile-End Bike Garage

135 Van Horne #201 (2nd floor) facebook.com/groups/mileendbikegarage/ Membership costs \$5/month, or \$30 for the season.

Right to Move

(La Voie Libre) Alley between Bishop & Mackay (2153 Mackay), just north of de Maisonneuve, rtm-lvl.org A community-oriented bike garage run at Concordia. Membership costs \$20/year.

The Flat

3480 McTavish, #B-02, theflat.wordpress.com McGill University's bike collective.

SantroVélo

111 Roy E., facebook.com/SantroVelo

Santropol RoulantDs bike clinic Santrovélo, open Mon-Wed 5:30-7:30 p.m. \$5/visit or \$15/season.

BIKE SHOPS + REPAIRS

Allo Velo

141 Shannon, velolifestyle.com Griffintown bike shop and café whose tune-up packages include a free Italian espresso. Specializing in European-made city bikes and cargo bikes.

Bicycles McW

6010 Sherbrooke W., bicyclesmcw.com Free fitting with new bike purchase, tune-ups, specialty bikes and more.

Bicycletterie JR

201 Rachel E., labicycletteriejr.com Bike parts and riding accessories, winter storage and fair repair rates.

Bikurious

169 Ontario E., bikuriousmontreal.com Specializing in custom builds, but they also have a \$49.99 tune-up package.

C&L Cycle

75 Villeneuve W., 978 Rachel E., clcycle.ca Boutique bike shop with friendly and personalized service.

Culture vélo Parc Jarry

vracenvironnement.org/quartier-vert/velo This community bike workshop located in the middle of Jarry park offers affordable tune-ups and workshops.

Club Cycliste Cycle Pop

4179 St-Dominique, club.cyclepop.ca Membership-only bike club offering repairs, rentals, winter storage, spin classes and organized bike tours.

Fitz & Folwell

115 Mont-Royal W., fitzandfolwell.co Small but well-stocked Plateau bike shop that offers bike tours and rentals.

Rebicycle

5333 de Gaspé, #1229, rebicycle.ca Socially minded enterprise that turns used bikes into affordable custom rebuilds while partnering with Cyclo Nord-Sud, an org that donates used bicycles to impoverished communities.

SOS Vélo

2085 Bennett, sosvelo.ca/boutique.html Solid recycled bikes sold under the ÉCOVÉLO brand, and built as part of an employment training program.

SPECIALTY BIKES

514 BMX

5586A Sherbrooke W., 514bmx.com Hardcore BMX haven.

Brakeless (BKLS)

5390 Parc, 514-759-1251 Mile End bike and barber shop, catering to the fixie set.

Cycle Technique

788 Atwater, cycletechnique.com A shop for serious cyclists.

Dyad

80 Prince-Arthur E. dyadcycles.com Specializing in electric bikes and scooters, with rentable electric and conventional models plus a repair shop.

#living

If you don't want to end up couch-surfing or Airbnb-ing forever (or living in a van down by the river), you're going to have to rent an apartment in this city. And believe it or not, Craigslist and Kijiji aren't the only resources you can turn to in your search.

HOUSING

HOUSING BANKS

Concordia Off-Campus Housing and Job Bank

Hall Building, 1455 de Maisonneuve W., H-260, http://classifieds.

csu.qc.ca/

Scour the boards at their physical office at Concordia, or consult their online classifieds — if you possess a valid student ID. Mon–Thurs 10 a.m.–6 p.m., Friday 11 a.m.–4 p.m.

McGill Off-Campus Housing

3415 McTavish, 514-398-6368, https://www.mcgill.ca/students/housing/offcampus/ Complete online listings (student ID not required), and the housing office will go over leases with students.

NDG Info Depot

5964 Notre-Dame-de-Grâce #204, 514-484-1471, http://www.ndg.ca/en/ndg-housing-table This NDG Community Council provides information on tenants' rights and affordable housing. Housing consultation by appointment only. Monday 9 a.m.–5 p.m.

SUBSIDIZED HOUSING

Though hardly a short-term solution (it can take years to finally get an apartment), subsidized dwellings are a steal if you can snag one.

Office municipal d'habitation de Montréal

415 St-Antoine W., 2nd floor, 514 872-6442 omhm.qc.ca Mon–Fri 8:30 a.m.–12 p.m. & 1–4:30 p.m.

Société d'habitation et de développement de Montréal

800 de Maisonneuve E., #2200, shdm.org Mon–Fri 8:30 a.m.–12 p.m. & 1–4:30 p.m.

CO-OPS

Fédération des coopératives d'habitation intermunicipale du Montréal métropolitain 7000 Parc #206, fechimm.coop/en A master list of hundreds of housing co-ops.

TENANTS' RIGHTS

Arnold Bennett Housing Hotline + Walk-in Clinic

1440 Stanley, 5th floor, facebook.com/groups/HousingHotline Clinic open Sunday at 11 a.m., 514-488-0412, Hotline open Mon–Fri 9 a.m.–5 p.m.

LikeHome

likehome.info Online reference for students on housing and the rental market in Montreal.

Project Genesis

4735 Côte-Ste-Catherine, 514-738-2036 genese.qc.ca Drop-in clinic offering free, confidential help with housing and financial issues. Clinic is open every day of the week except for Wednesdays. 9 a.m.–1 p.m. (Be sure to show up at least two hours before closing time.)

Régie du logement

5199 Sherbrooke E. #D-2095, or 1425 René-Lévesque W. #600, 514-873-2245, www.rdl.gouv.qc.ca/ This government department primarily resolves disputes between landlords and tenants, but also advises callers about navigating Quebec's housing laws. Monday to Friday 8:30 a.m.–4:30 p.m.

Regroupement des comités logements et associations de locataires du Québec

2000 St-Joseph E. #35, 514-521-7114 rclalq.qc.ca An umbrella organization that can direct you to housing rights groups in your neighbourhood. See the "groupes logements" section of their website for the list of members. Note: French only.

Front d'Action Populaire en Réaménagement Urbain (FRAPRU)

1431 Fullum, #201, 514-522-1010, frapru.qc.ca Note: French only.

CITY + GOVERNMENT

City of Montreal Services

dial 311 ville.montreal.qc.ca Municipal. Tip: The Accès Montréal membership card (\$8) gets you deals on Bixi, the Biodôme, golfing and more.

Service Canada

servicecanada.gc.ca Federal.

Province of Quebec

gouv.qc.ca Provincial.

RECYCLING AND DISPOSAL

Éco-Quartiers eco-quartiers.org

Free recycling boxes or recycling bags, while Éco Centres will take old electronics and any other toxic materials off your hands. Find your neighbourhood locations online.

Composting

compostmontreal.com Compost Montreal offers an affordable service across the island, while some boroughs offer free composting.

Bedbugs

ville.montreal.qc.ca/bedbugs The city's English-language bed bug prevention and management portal.

staying connected

INTERNET SERVICE PROVIDERS

A person can only spend so much time mooching off the free wifi at Starbucks. Bell and Vidéotron are the city's major players, so we've cherry-picked some indie ISPs to keep you productive while wearing your sweatpants all day. Installation and other fees are always extra, so read the fine print!

ColbaNet

colba.net

High-speed DSL connections starting at \$37.95/month. Activation \$50, wireless modem \$99.95–\$49.95, dry loop \$5/month to \$9.95/month (required if no land line available).

Contact

contact.net DSL plans start at \$16.95/month. Installation \$100, modem \$125, dry loop \$10.95/month.

Distributel

distributel.ca DSL plans from \$55 to \$110/month in addition to custom plans with various modem rental or purchase options. Installation fee unlisted.

EBOX

ebox.ca Cable and DSL service, starting at \$26.95/month and \$30.95/month respectively. Multiple options for rental vs. purchase of modems. Activation fees vary.

TekSavvy

teksavvy.com Service over cable or existing phone line starting at \$38.95/month and DSL packages starting at \$41/month. Activation \$49.95, modem option and dry loop fees will vary.

CoopTel

cooptel.ca/ Cooperative telecom with low rates and yearly dividend cheques.

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OPEN EVERY DAY. 176 & 211 BERNARD, MILE END
MTLDRAWNANDQUARTERLY.COM

ANTONI POROWSKI BOOK LAUNCH OCTOBER 3
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READINGS & BOOK LAUNCHES

BOOK CLUBS



ALL EVENTS AND CLUBS
7-9PM AT 176 BERNARD W
(UNLESS OTHERWISE SPECIFIED)

SEPT 5, THURSDAY
Stéphane Larue launches *The Dishwasher*

SEPT 9, MONDAY | SALA ROSSA
Billy-Ray Belcourt launches *NDN Coping Mechanisms: Notes from the Field*

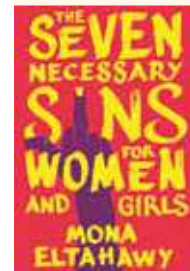


SEPT 15, SUNDAY (11AM)
Rainbow Story Hour

SEPT 18, WEDNESDAY
House House Press launch with Alice Zorlutuna, Jes Dolan, and Stacey Ho

SEPT 1, THURSDAY
Wiebke von Carolsfeld launches *Claremont*

SEPT 20, FRIDAY (6PM-9PM)
Portraits du Mile End launch with illustrators Pascal Girard and Michel Hellman



SEPT 25, WEDNESDAY (8PM)
Sean Michaels launches *The Wagers* at Supermarché PA (5242 du Parc), signing at The Emerald (5295 du Parc) to follow

SEPT 27, FRIDAY
Mona Eltahawy launches *Seven Necessary Sins for Women and Girls*



● SEPT 3, TUESDAY **INDIGENOUS LITERATURES**
The Wound is a World by Billy-Ray Belcourt

● SEPT 6, FRIDAY (6PM) **TEEN BOOK CLUB**
We Are Okay by Nina LaCour

● SEPT 10, TUESDAY **TRUE READS BOOK CLUB**
Three Women by Lisa Taddeo

● SEPT 12, THURSDAY **GRAPHIC NOVEL BOOK CLUB**
Laura Dean Keeps Breaking Up With Me by Mariko Tamaki & Rosemary Valery O'Connell

● SEPT 15, SUNDAY (6PM) **COOK BOOK CLUB**
Salt, Fat, Acid, Heat by Samin Nosrat
*Don't forget to bring a dish to share!

● SEPT 17, TUESDAY **NEW READS BOOK CLUB**
Valerie or *The Faculty of Dreams* by Sara Stridsberg

● SEPT 24, TUESDAY **GAY READS**
Little Fish by Casey Plett

NEW AND EXCITING THIS MONTH



L'ANNEXE
— ST-AMBROISE —

BACK TO SCHOOL SCHEDULE

Tuesday Wednesday Thursday Friday Saturday

BEER ON TAP | PUB MENU

5080 St-Ambroise, Montréal | Free parking | Wi-Fi | St-Henri metro

MCAUSLAN.COM

ANNEXE ST-AMBROISE BIÈRE ST-AMBROISE

working

FINDING A JOB

If you don't speak French, your job opportunities may be limited. Still, there's work out there for you, even if you are a unilingual anglophone. You just need to know where to look. And while sites like workopolis.com and, of course, the venerable Craigslist are both good options, they're not the only resources around.

Accès Montréal 311

Services provided by the city for residents include tips on job hunting along with some job postings.

Employment and Social Development Canada

For locations, or for information about employment insurance or a SIN card, call 1-800-206-7218. Browse listings at jobbank.gc.ca, esdc.gc.ca or jobs.gc.ca to search government listings. Listings change all the time, so check in regularly and set up job alerts.

Carrefour Jeunesse-Emploi

rcjeq.org
CJE offers a (French-only) online job bank and other services at its locations across the city, for anyone aged 16–35.

Concordia Off-Campus Housing and Job Bank

classifieds.csu.qc.ca
Search the online ads. Concordia ID and login required.

Concordia University Career and Planning Services

2070 Mackay, EN-109, 7141 Sherbrooke W., AD-103 concordia.ca/students/success/career-planning-services.html
Valid Concordia ID and MyConcordia login required for online job search.

Emploi-Québec

quebec.ca/emploi/offres-d-emploi/
Includes listings not found on the federal site, along with provincially administered employment and training programs.

McGill Career Planning Service

3600 McTavish #2200, 21111 Lakeshore Road, Ste-Anne-de-Bellevue, mcgill.ca/caps/
Valid McGill ID number required.

Youth Employment Services (YES) Montreal

666 Sherbrooke W., #700, yesmontreal.ca
YES offers English-language support to help Quebecers find employment, start and grow businesses or realise a career in the arts. Services include individual career counselling, business coaching, day and evening workshops, mentoring, conferences, and networking opportunities. Monday - Friday 9:00 a.m. - 5:00 p.m.

KEEPING A JOB

Union des travailleurs et travailleuses accidenté(e)s de Montréal (UTTAM)

2348 Hochelaga, uttam.qc.ca
Among other things, this group lobbies the government on labour laws and work injuries, and assists claimants at CNESST hearings.

Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST)

1-844-838-0808, cnesst.gouv.qc.ca
This provincial agency makes sure employers are operating above board and investigates complaints. Oversees health and safety in the workplace and investigates accidents. Also a good resource on vacation pay, salaries, wrongful dismissal, parental-leave and other benefits.

Direction des plaintes et des relations avec la clientèle

1-877-644-2251, mtess.gouv.qc.ca/services-a-la-clientele/bureau-des-renseignements/formuler-une-plainte.asp
A line for social-aid information and complaints run by QuebecDs Ministère de l'Emploi et de la solidarité sociale.

Le conseil national des chômeurs et chômeuses

3734 Parc, lecn.com/montreal
Offers bilingual guidance on Employment Insurance, including a detailed guide for students seeking EI.

#shopping

clothing

H&M and Forever 21 are great and all, but it's just as cheap and easy to set yourself apart from the pack by shopping at Montreal's many distinctive stores.

VINTAGE

Annex Vintage

56 St-Viateur W., annexvintage.com

Citizen Vintage

4059 St-Laurent, 5330 St-Laurent, citizenvintage.com

Empire Exchange

51 Bernard W., empiremtl.com

Eva B

2015 St-Laurent, facebook.com/Eva-B-113734152155107

Ex-Voto

6534 St-Laurent, exvoto.ca

Friperie Swing

151 des Pins E., facebook.com/Boutique-Swing-505292209492123

Little Shop

1002 Ogilvy, 514-992-3364

LNF Shop

5319 Parc, infshop.com

Local 23

23 Bernard W., local23mtl.blogspot.ca

Ruse

5141 St-Laurent, facebook.com/ruseboutique

Archibald & Alistair

6361 Monk, facebook.com/archibaldalistair/

LOCAL DESIGNERS & NOTABLE BOUTIQUES

Général 54

5145 St-Laurent, general54.ca

Lowell

5298 St-Laurent, lowellmtl.ca

Belle & Rebelle

6321 St-Hubert, belleetrebelle.ca

Unicorn

5135 St-Laurent, boutiqueunicorn.com

La Montréalaise atelier

65 St-Viateur E., lamontrealiseatelier.com

Off the Hook

1021 Ste-Catherine W., 421 St-Vincent, offthehook.ca/

Frank & Oak

160 St-Viateur E., 1420 Stanley, frankandoak.com

FACTORY OUTLETS + DISCOUNT STORES

Namur

Factory outlets abound in strip-mall land surrounding Namur metro, including Le Château and Ardène.

Marché Centrale

9187 Acadie, marchecentral.com
On the north side of the 40, this sprawling strip mall has outlets for Aldo, Calvin Klein, Puma, Nike, la Vie en Rose and more.

Jeans Jeans Jeans

5575 Casgrain, jeansjeansjeans.ca
Cheap-ass denim, brand names, tailoring on-site.

Taz Basement

9120 Parc, tazbasement.com
Liquidation-priced brand-name jeans and loads more.

GOODWILL

Fripe-Prix Renaissance

Various locations including 7250 St-Laurent, 6960 St-Hubert, 6700 Côte-des-Neiges, renaissancequebec.ca

Le Magasin du Chaînon

4375 St-Laurent, lechainon.org/fr/magasin

Salvation Army Thrift Store

Various locations including 1620 Notre-Dame W., 5758-62 Sherbrooke W., 3444 Ontario E., thriftstore.ca/qc

Village des Valeurs

(aka Value Village) Various locations including 4906 Jean-Talon W., 2033 Pie-IX, 5630 Henri-Bourassa E., villagedesvaleurs.com

WINTER

New to this climate? There's been global warming, but the deep freeze, snow squalls, skating-rink sidewalks and slush rivers will still shock the system. Get ready with your boots, hats, gloves, scarves and coats.

Le 103 Chaussures

103 Mont-Royal E., 514 842-6402
Liquidation location of brand name boots.

Brador Hiver

350 Louvain W., bradorhiver.com/en
Discount winter clothes, open seasonally.

Kanuk

485 Rachel E., kanuk.com
It's not cheap, but it's a quality Queb alternative to the ubiquitous Canada Goose jacket from Toronto.

Icebreaker Merino

515 #1 Ste-Catherine W., icebreaker.com
Get yourself a merino wool base layer and thank us later.

Simons

977 Ste-Catherine W., simons.ca
This Quebec-based department store chain sells well-priced coats and other insulating accessories.

FURNITURE

NEW

Ikea

9191 Cavendish, ikea.com/ms/en_CA/locator/montreal.html

The Brick

8701 Acadie, thebrick.com
Various locations including the clearance centre.

Jysk

950 le Corbusier, jysk.ca
The Danish Ikea wannabe. Various off-island locations including this one in Laval.

SECOND-HAND

Le Magasin du Chaînon

(see Clothing/Goodwill)

Marché aux Puces St. Michel

3250 Crémazie E., facebook.com/Marché-Aux-Puces-St-Michel/265813333495252

Fripe-Prix Renaissance

(see Clothing/Goodwill)

Village des Valeurs

(see Clothing/Goodwill)

Salvation Army Thrift Store

(see Clothing/Goodwill)

APPLIANCES

Ameublements Elvis

4329 Papineau, ameublementelvis.ca
The king of used but fully functional appliances.

Brault & Martineau

Various locations including 6700 Jean Talon E., braultetmartineau.com/en

Corbeil Électroménagers

Various locations including 4646A Parc, 7566 St-Hubert, 9570 Acadie, corbeilelectro.com

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THE PIANIST OF WILLESDEN LANE SEPT 8 - 29, 2019	MYTHIC OCT 27 - NOV 17, 2019
SMALL MOUTH SOUNDS FEB 9 - MAR 1, 2020	THE TIMES THEY ARE A CHANGIN' MAR 1-22, 2020
OSLO APR 19 - MAY 10, 2020	SIBERIAN SUMMER MAY 31 - JUN 1, 2020

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[f](https://facebook.com/musitechnic) [i](https://instagram.com/musitechnic) [t](https://twitter.com/musitechnic) [y](https://youtube.com/musitechnic)

514.521.2060
MUSITECHNIC.COM

The Brick
8701 Acadie, thebrick.com
Various locations including the clearance centre.

books

ACADEMIC

Concordia Bookstore
1400 de Maisonneuve W. / 7141 Sherbrooke W. (CJ Building), stores.concordia.ca

Concordia Community Solidarity Co-op Bookstore
2150 Bishop, co-opbookstore.ca
Con U's alternative to the for-profit campus bookstore, featuring an extensive selection of gender- and sex-studies titles.

Le James - McGill Bookstore
3680 Sherbrooke W., lejames.ca
Course materials, textbooks and general interest books are available at this newly opened location.

NEW

Argo 1
915 Ste-Catherine W., facebook.com/argobookshop

Indigo
1500 McGill College, chapters.indigo.ca

Paragraphe
2220 McGill College, paragraphbooks.com

Drawn & Quarterly
211 Bernard W., 211blog.drawnandquarterly.com

USED

Cheap Thrills
2044 Metcalfe, 2nd floor, cheapthrills.ca
Though mainly a music store, you'll find a wide variety of titles here, including a large selection of books about music.

Encore
5670 Sherbrooke W., encorebooks.ca
Books, music and movies in NDG.

S.W. Welch
225 St-Viateur W., facebook.com/SWWelch-Bookseller-28342663094
A well-curated collection of literature, comic books and more.

T. Westcott Books
4065 St-Laurent, 514-846-4037
A Plateau shop stacked floor to ceiling with books and friendly resident cats.

The Word
469 Milton, wordbookstore.ca
Used textbooks, theory and a great selection of literature. Don't miss the dollar books on the window on your way in.

COMICS, GRAPHIC NOVELS + ZINES

Monastiraki
5478 St-Laurent, monastiraki.blogspot.ca
Neighbourhood shop chock full of decor and curiosities like vintage tchotchkes, art exhibitions, a huge selection of affordable prints from local artists plus a big zine library.

Dépanneur le Pick-Up
7032 Waverly, depanneurlepickup.com
There's a great zine rack at this hot Mile Ex resto-dep.

Drawn & Quarterly
211 Bernard W., 211blog.drawnandquarterly.com

Capitaine Québec
1837D Ste-Catherine W., facebook.com/Capitaine-Québec-102742346474270

Crossover Comics
3560 Notre-Dame W., crossovercomics.ca

Librairie Astro
1844 Ste-Catherine W., astrolib.com

eXpertComics Depot
8760 LaSalle #200, expertcomics.com

1,000,000 Comix
1418 Pierce, 3868 Jean Talon E., facebook.com/1000000-COMIX-1437682166443408

Komico
4960 Decarie, stores.komico.net

Millenium
451 Marie-Anne E., milleniumcomics.com

SPECIALTY BOOKS

Mélange Magique
themagicalblend.com
An online-only bookstore focused on holistic medicine and feng shui, witchcraft and magic, along with pagan paraphernalia.

Artexxe
2 Ste-Catherine E. #301, artexxe.ca
Contemporary arts bookstore with gallery dedicated to print culture and visual arts documentation.

Canadian Centre for Architecture (CCA) Bookstore
1920 Baile, cca.qc.ca/en/visit
The hub for books on photography, urban and industrial design and art.

MAGAZINES + NEWSPAPERS

Mediaphile
1901 Ste-Catherine W., 514-939-3676

Multimag
Various locations including 370 Laurier W., 514-272-9954 / 825 Mont-Royal E., 514-523-3158 / 6889 St-Laurent, 514-271-6767 / 5508 Monkland, 514-485-0269

Ibiki
4357 St-Laurent ibiki.co
High-end minimalist clothing store that also carries a carefully chosen selection of specialty magazines.

music

VINYL & CDS

Archambault
510 Ste-Catherine E., archambault.ca
The last downtown megastore standing sells new CDs and some vinyl.

Atom Heart
364 Sherbrooke E., atomheart.ca
Near UQAM, these alt specialists sell new vinyl and CDs.

Aux 33 Tours
1373 Mont-Royal E., aux33tours.com
Huge stock of new and reissued vinyl.

BBAM Gallery
808 Atwater, bbamgallery.com
This multipurpose space across from Lionel Groulx metro stocks lots of vintage jazz vinyl, as well as blues, rock, soundtracks, folk and more.

Beatnick
3770 St-Denis, beatnickmusic.com
Used and new vinyl, including lots of soul and some serious collectors' items.

Cheap Thrills
2044 Metcalfe, cheapthrills.ca
McGill-adjacent spot that sells new and used vinyl as well as books, magazines, movies and concert tickets.

Eclectic shows at the Phi Centre



Sept.
21

Theo Parrish

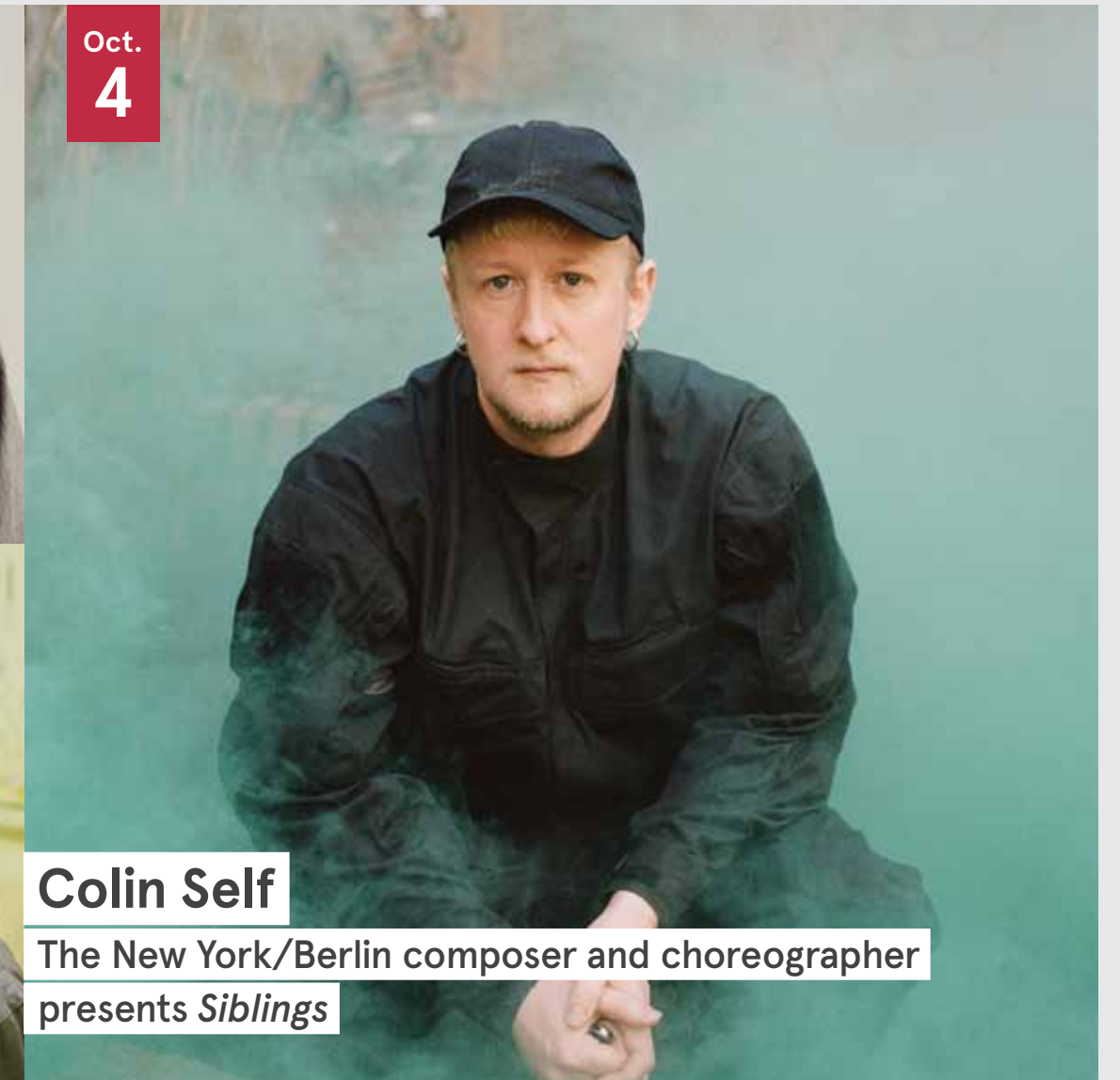
All night long, once more.
18 +



Sept.
26

Peach

London-based producer and DJ takes on Montreal's nocturnal scene.
18 +



Oct.
4

Colin Self

The New York/Berlin composer and choreographer presents *Siblings*



Oct.
3

Bellflower

Launch of their third album, *Upside Down*



Oct.
14

Boy Harsher

+ Spelling
American synthpop duo presents *Careful*



Oct.
20

Pharmakon

+ LIAR LIER

Sept. 17 > 21
Oct. 8 > 11
EVE 2050
DANSE MUTANTE
MAYDAY
THE STAGE WORK
Van Grimde Corps Secrets
AGORA
AGORA DE LA DANSE
1435 De Bleury St. Montreal
Place-des-Arts
Box office 514 525-1500
agoradance.com

Tickets: phi-centre.com

@phicentre | 407 Saint-Pierre Street, Old Montreal Square-Victoria-OACI



Death of Vinyl

6442 St-Laurent, deathofvinyl.com
Vast crates to dig through up in Little Italy. Also contains capsule DJ-oriented record shop la Rama, facebook.com/laramarecords/

L'Échange

713 Mont-Royal E., librairielechange.com
Used CDs and vinyl, as well as used blu-rays, DVDs and French books.

L'Oblique

4333 Rivard, facebook.com/Boutiqueloblique
Indie/alt specialists who sell vinyl, CDs & concert tickets, right near Mont-Royal metro.

Phonopolis

207 Bernard W., phonopolis.ca
Your Mile End destination for new and used vinyl and CDs and concert tickets.

Sonorama

260 Bernard W. sonoramadisques.com
Used new wave, pop/rock, jazz, funk, old-school hip hop and more.

Sonik

4050 Berri, 514-288-2113
Alt, punk and indie specialists in the Plateau.

Sound Central

4486 Coloniale, soundcentralstore.com
Plateau go-to for heavy music in all formats, with concert tickets and hesh gear, too.

180g

5866 Lorimier, facebook.com/le180g/
Friendly Mile-Ex café with small but mighty selection of new and used records, plus events like open DJ loop sessions.

INSTRUMENTS + GEAR

Archambault

510 Ste-Catherine E., archambault.ca

Drum Bazar

8780 St-Laurent, drumbazar.net

Diplomate Musique

311 Beaubien E., musiquediplomate.com

Long & McQuade

10715 Pie-IX, long-mcquade.com

MOOG Audio

3828 St-Laurent, moogaudio.com
Also rents sound systems and DJ gear for parties.

Steve's Music

51 St-Antoine W., stevesmusic.com

Studio Economik

215 St-Augustin, economik.com
Pro-audio and studio gear for purchase or rent.

#maintenance

SPA + BEAUTY

There are tons of salon, spa and beauty options around town. Here are some of them, from budget places to pamper-time.

Bota Bota Berge des Coursiers

(a waterfront park at McGill and de la Commune W.), botabota.ca
Chi-chi Nordic spa on a boat in the Old Port. Gorgeous view included.

Candy Nail Bar

6218 St-Hubert, candynailbar.com
Specializing in 3D Japanese-style nail art.

Dee's Beauty Salon

Several locations including 1014 Jean-Talon W., deesbeauty.com
Esthetic services offered at 20th century prices, including threading (eyebrows \$6) and waxing (Brazilian \$20).

Rouge Nail Bar Square

4065 St-Denis, rougenailbar.com
Reliable nail work in the Plateau.

Scandinave Spa

71 de la Commune W., scandinavie.com/en/montreal/
A beautifully designed spa environment that uses ancient Scandinavian traditions of hydrotherapy baths, sauna and massage, which you can access for as little as \$60 (with a 25 per cent discount available for students).

Spa Diva

1455 Peel, 4th floor, spadiva.ca
Face, skin, muscle and nail care, conveniently connected to Peel metro.

HAIR

Guys have plenty of barber options, of both the old- and new-school variety: from the mega-cheap Chinatown barber on St-Laurent near de la Gauchetière, to high-end St-Henri barbershop Notorious, to mom and pop salons for men and women that dot the city. For women, here are two cheap options we can vouch for.

Tonic Salon Spa & Academy Aveda
3613 St-Laurent, avedamontreal-lifestyle.com/coiffure/
\$25-\$80 for a cut by a "Young Professional."

Haircuts for Anyone
390 St-Zotique E., haircutsforanyone.com
Queer- and trans-positive space offering cuts on a sliding scale from \$25-\$60.

MASSAGE

Some schools offer cheap massages as part of their sports therapy clinics, but there are off-campus options. Be warned, though, that there is still a thriving business for that OTHER kind of massage, so make sure a place is legit before you book — unless, of course, you're interested in a happy ending, and you're a guy. (We've found that women can't get a friendly fingering from the rub 'n' tugs.)

Espace Nomad
4660 St-Laurent, espacenomad.ca

Lanna Thai Massage
5365A Parc, massagelannathai.com

Lotus Palm
5244 St-Urbain, lotuspalm.com

Rainspa
55 St-Jacques, 3rd floor, rainspa.ca

Studio Bliss
3988 St-Denis, studiobliss.ca

AUX VIVRES *Resto Végane*

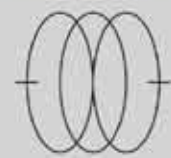
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15% OFF ON YOUR NEXT MEAL WITH THIS COUPON

AUXVIVRES.COM À LA CARTE EXPRESS 4631 ST-LAURENT BOULEVARD
4896 SHERBROOKE ST. WEST

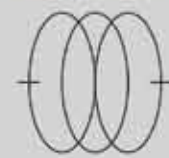


Choses Sauvages

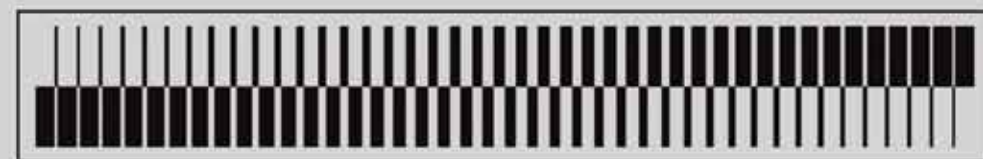


Présente

rewerk



Club Soda [dans le Quartier des Spectacles] ◆ ◆ ◆ 8 novembre



PETCARE

According to the current city by-law, "At all times, a dog must be kept on a leash no longer than 1.85 m. If it weighs 20kg or more, it must also wear a head halter or harness attached to a leash. Anyone who violates the by-law is liable to fines ranging from \$300–\$600 or from fines ranging from \$500–\$700 if the infraction poses a threat to safety (bites, off-leash dogs or dogs without a muzzle)." Get your pet permits here: ville.montreal.qc.ca/animals

There are innumerable vets and pet food options in this city, but here are some city-run and specialized services you should know about.

Animalerie Little Bear

4152 Ste-Catherine W., littlebearonline.com
Food and other stuff for cat and dog owners. Delivery available.

Berger Blanc

9825 Henri-Bourassa E., bergerblanc.com
Municipal pound, and a good place to call if you're looking for a lost pet. They also perform the city's euthanasia services. They post some images of adoptable pets online, but it's better to go in person. Note: This is a kill shelter. If you have no choice but to relinquish your pet, we recommend against leaving him/her here.

Chaton Santé

1052 Bernard, veterinairechaton.com
Vet clinic exclusively for cats, convenient to Mile End and Mile Ex neighbourhoods.

Doggy Day

6131 Sherbrooke W., doggyday.ca
Daycare, walking, training and (for both dogs and cats) sitting and boarding.

Mobile Veterinary Clinic

9988 Lajeunesse, 514-389-1462
Makes house calls.

Petluck

petluck.ca
Another website to search and post photos of lost or found pets.

The Pussie Patrol Cat Rescue

pussiepatrolcatrescue.com
Volunteer-run org that spays and neuters strays, provides insulated shelters, socializes and fosters kittens and assists with rehoming kittens and adult cats in need.

SPCA

5215 Jean-Talon W., spca.com/en/
Emergency and care service for lost animals. There is a death row for pets here, so it's a humane choice if you're looking to adopt/rescue a pet. Offers a free Trap-Neuter-Release program for feral cats to some municipalities.

#fitness

The school gyms are great and all, but there are tons of ways to be active without paying lots of fees, and the city offers access to many sporting facilities and leisure activities for free.

GOVERNMENT-RUN

City sports and recreation Info line 311 ville.montreal.qc.ca/portal/page?_pageid=5977,86829574&_dad=portal&_schema=PORTAL

Neighbourhood arenas and swimming pools are open to the public, but hours (particularly for skating and indoor pools) can be weird, so check the city website. Note that the Accès Montréal card gets you discounts or free use of public tennis courts, soccer and baseball fields, over 100 skating rinks, 66 kilometres of alpine skiing trails, snowshoeing lessons and swimming pools. Find out how to get one via the city website above.

Route Verte

routeverte.com
Quebec's largest network of cycling paths, criss-crossing over 4,000 kilometres of the province and much of the city.

WINTER

The Atrium

1000 de la Gauchetière W., le1000.com/en/skate

A 10,000-square foot indoor skating rink with cheap skate rentals, which also plays host to frequent skating parties with DJs.

Beaver Lake

lemontroyal.qc.ca
Winter activities on and around this Mount Royal lake include sledding, cross-country skiing, skating, snowshoeing and more, (weather permitting). The 11 bus running west on Mont-Royal Avenue will get you there.

Tobogganing

Doesn't get any cheaper than that. A perennial winter favourite is the slope at Parc and Mont-Royal. Buy a crazy carpet or use a makeshift DIY one.

Ice Skating

ville.montreal.qc.ca/portal/page?_pageid=5977,94954214&_dad=portal&_schema=PORTAL
There are dozens of free, city-maintained outdoor skating rinks all over the city, including many that are devoted to playing pickup hockey games.

YOGA AND GYMS

Myriad types of yoga classes are available across the island, and there are outdoor options, too (weather permitting, of course). Find information about special events and teacher training at yogamontreal.com, and note that many studios give freebies in exchange for volunteer work.

Ashtanga Yoga

372 Ste-Catherine W. #118, ashtangamontreal.com

Bikram Yoga Montreal

721 Walker / 435 Laurier E., bikramyogamt.com
Very hot yoga in St-Henri and the Plateau.

Equilibrium Yoga Montreal

4812 St-Laurent #101, equilibriumyoga.ca

Moksha

3863 St-Laurent #205, montreal.mokshayoga.ca / 4260 Girouard #300, ndg.mokshayoga.ca / 1744 William #500, griffintown.mokshayoga.ca
Hot yoga in the Plateau, NDG and Griffintown. Karma and community classes cost \$5 per session. Expect line-ups on Friday evenings.

Naada

5540 Casgrain, naada.ca

YMCA

Various locations, including 1440 Stanley, 5550 Parc, ymcaquebec.org
With numerous locations, no joining fees for students, special deals, free activities and daily swim sessions open to the community, the Y offers something for almost any budget.

TEAM SPORTS

Sign up to play intramural team sports like soccer, basketball, volleyball and more through recreational leagues organized by Club Montréal Sport & Social (CMSS). Individuals, small groups and full teams are invited to register at anytime. clubmontreal.ca

TENNIS

Find partners, take lessons and book courts through Tennis Montreal. tennismontreal.qc.ca

SKATEBOARDING

As a mode of transport, skateboards might be more popular than ever in Montreal, but the city doesn't boast the caliber of public parks that many other North American metropolitan areas do. Still, there are hit-and-miss outdoor options around the island — find more information here: http://ville.montreal.qc.ca/portal/page?_pageid=9237,107861580&_dad=portal&_schema=PORTAL.
Or consult the city's interactive map: liensppo.qc.ca/wp-content/uploads/Montreal-Skate-Park-Map-for-Politics-and-Public-Service.pdf

Legal Outdoor Skateparks

Vans Skatepark in the Olympic Park Esplanade (900 section near Sherbrooke St.; novice skatepark located in 800 section)

Peace Park

St-Laurent just north of René-Levesque

Project 45 DIY

Adjacent to the Taz, 8931 Papineau

Verdun skate park at Arthur-Therrien Park

3750 Gaétan-Laberge

Jarry Park skate park

At St-Laurent and Jarry

Indoor skateparks

These come in handy during the winter, as long as you don't mind paying to play.

Taz

8931 Papineau, taz.ca
Indoor skatepark for BMXers and skaters with numerous ramps.

Spin Skatepark

9520 Leduc #05 (Brossard)
Spin Skatepark is a South Shore mainstay located in Brossard's Dix30.

#entertainment

art

Check the daily To-Do List at cultmtl.com for recommended vernissages and other art events.

Here are some of our favourite galleries and museums.

GALLERIES + MUSEUMS

MAC (Musée d'art contemporain)

185 Ste-Catherine W. macm.org

Museum of Fine Arts

1380 Sherbrooke W. mbam.qc.ca

McCord Museum

690 Sherbrooke W. musee-mccord.qc.ca/en/

Arsenal / Division Gallery

2020 William arsenalmontreal.com

Art Mür

5826 St-Hubert artmur.com

Eastern Bloc

7240 Clark easternbloc.ca

Articule

262 Fairmount W.articule.org

BBAM Gallery

808 Atwater bbamgallery.com

Station 16

Gallery 3523 St-Laurent station16gallery.com

Phi Centre (multidisciplinary/multimedia space)

407 St-Pierre phi-centre.com

Fondation Phi pour l'art contemporain

451 St-Jean fondation-phi.org

Never Apart

7049 St-Urbain neverapart.com

Parisian Laundry

3550 St-Antoine W.parisianlaundry.com

Belgo Building (multiple gallery complex)

372 Ste-Catherine W. thebelgoreport.com

BARS AND CLUBS

Check our daily To-Do List on our homepage for recommended shows and parties.

For a list of Montreal's favourite bars and clubs, see the nightlife section of our Best of MTL readers poll.

Here's a brief newbie guide to Montreal nightlife by our editorial team:

Bars, taverns and pubs can be found all over the island, with concentrations in the broad downtown area, from Atwater to Papineau, René-Levesque to Sherbrooke.

Authentic Flavours

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RÔTISSERIE PORTUGAISE

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1/2 CHICKEN PLATE
Served with your choice of fries/rice and salad.

Can not be combined with any other promotional offer. Valid on presentation of this coupon in restaurant only. Not valid on the group menu and alcoholic beverages. Limit of 1 coupon per person. Not valid on delivery. Valid until September 29th, 2019. C0309

PIRI PIRI PLATEAU
415 MONT-ROYAL EST,
MTL QC H2J 1W2

PIRI PIRI MASSON
3038 MASSON,
MTL QC H1Y 1X6

PIRI PIRI HOCHELAGA
3753 ONTARIO EST,
MTL QC H1W 1S3

PIRI PIRI CÔTE-DES-NEIGES
5480 CÔTE-DES-NEIGES,
MTL QC H3T 1Y5

PIRI PIRI QUARTIER LATIN
1617 ST-DENIS,
MTL QC H2X 3K3

PIRI-PIRI.CA

thali

Tandoori Leg (Rice + Naan): \$10

Veg. Biryani: \$10
Chicken or Lamb: \$11

Meat Bowl (Rice + Naan): \$13
Veg: \$12

Chana Bhatura (Puri): \$9

Thali- veg: \$12 / Non-Veg: \$13

Chana Samosa: \$6
(Wraps: (Chicken, Lamb, Veg): \$7)

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#THALI (514)-989-9048

GUY-CONCORDIA
THALIMONTREAL.COM

Uber Eats

Crescent Street, located between the Concordia and McGill downtown campuses, is a good place for student bars and pubs (especially below Ste-Catherine — Bishop below Ste-Catherine is pretty solid, too), but be aware that the nightclubs and sprawling, multi-floor bars on that street tend to have a very mainstream, meat-market vibe.

St-Laurent Boulevard (and many of its side streets, one or two blocks to the east and west) is a long and diverse nightlife playground full of activity between Milton and Beaubien, though it gets a little sparse north of Mont-Royal Avenue. Velvet-rope nightclubs like École Privée, Rouge and Muzique attract the masses on weekends. Big bars like Foufounes Électriques (on Ste-Catherine) and Café Campus (on Prince-Arthur) pack in the students with drink specials and loud music.

Smaller, more chill clubs with cool DJ nights on the boulevard include Apt. 200, Blizzarts, Blue Dog and le Belmont. For bars with activities, try North Star (a pinball bar), Ping Pong Club (self-explanatory) or Notre Dame des Quilles (an LGBT-friendly spot with a single bowling lane, on Beaubien). Live music venues include the new Diving Bell Social Club, le Ministère, the showroom at Casa del Popolo, la Sala Rossa and la Vitrola.

MORE MUSIC HOTSPOTS

Bar le Ritz PDB

179 Jean-Talon W.
Small Mile Ex bar with concerts, DJ nights, film screenings.

Club Soda

1225 St-Laurent
Downtown concert hall.

Datcha

98 Laurier W.
Mile End nightclub.

L'Escogriffe

4461 St-Denis
Plateau bar with concerts and DJ nights.

M Telus

59 Ste-Catherine E.
Large downtown concert hall.

Place des Arts

175 Ste-Catherine W.
Multi-theatre complex downtown for concerts, musical theatre

and comedy gala shows.

Théâtre Fairmount

5240 Parc
Mile End concert space.

Turbo Haüs

2040 St-Denis
Punk-oriented concert space in St-Henri.

Virgin Mobile Corona Theatre

2490 Notre-Dame W.
St-Henri concert hall.

Brasserie Beaubien

73 Beaubien E.
Neighbourhood dive / DIY show space for emerging local talent

SELECT BARS

Atwater Cocktail Club

512 Atwater
Located in the back alley behind Foiegwa, good for drinks unironically deemed mixology.

Bar Palco

4019 Wellington
Verdun cocktail/snack bar.

Burgundy Lion

2496 Notre-Dame W.
One of Montreal's few English (not Irish) pubs, with great grub, big weekend crowds and soccer-game screenings.

Darling

4328 St-Laurent
Spacious study-friendly café by day morphs into trendy but casual cocktail lounge after dark.

Dominion Square Tavern

1243 Metcalfe
Jazz-age cocktail bar and restaurant in the downtown core.

L'Annexe St-Ambroise

5080 St-Ambroise
Old-school pub in deepest St-Henri.

La Distillerie Various locations

Cheap jugs of cocktails. The original location on Ontario fills up fast, so try their alternate locations.

Le 4e Mur

Secret location
Speakeasy cocktail bar, downtown.

Le Lab

1351 Rachel E., 279 Ste-Catherine E.
Speakeasy-style cocktail bar near Parc Lafontaine in the Plateau, with a second location near UQAM.

Pamplemousse

1579 St-Laurent
Quartier Latin brewpub with wood-fired eats.

Station Ho.st

1494 Ontario E.
A Centre-Sud pub by l'Assomption microbrewery Hopfenstark with lots of brews, a curated whiskey menu and pub grub.

Taverne Cobra

6584 St-Laurent
A Little Italy bar with kitsch-culture decor that often screens big TV events (and has a tiki sister-bar, Snowbird, up the street at 6714 St-Laurent).

A note: The Quartier des Spectacles is what the city calls the area between Jeanne-Mance and St-Laurent, Ste-Catherine and Président-Kennedy, the site of free and ticketed shows festivals like Montreal Highlights, the Jazz Fest, FrancoFolies and Nuits d'Afrique.

LGBT CULTURE + NIGHTLIFE

Bad Boy Club Montreal

bbcm.org
Promotes major annual parties Black and Blue and Bal en Blanc.

Diffusions Gaies et lesbiennes du Québec

image-nation.org
Runs the annual Image+Nation gay and lesbian film festival.

Équipe Montréal

equipe-montreal.com
Coalition group for gay and lesbian sports associations, with over 1,000 members.

Fierté Montreal Pride

fiertemontrealpride.com
Runs the annual Pride Week festivities in August, culminating in the Pride Parade.

Fugues

fuges.com
A free publication for the LGBT community, including a guide to gay establishments, available all over the Village and beyond.

Pervers Cité

Runs alternative, political Pride Week activities.

Sky

1474 Ste-Catherine E., complexesky.com
Unity 1171 Ste-Catherine E., clubunitymontreal.com
These are the big gay nightclubs of the Village.

movies

In addition to mainstream, art house and repertory cinemas, Montreal is home to a plethora of film festivals and special events. Check out reviews of new films, coverage of festivals as they're happening and recommended one-off screenings (the latter in our To-Do List) at cultmtl.com.

FIRST-RUN

Cinéma Banque Scotia

977 Ste-Catherine W., cineplex.com

Cinemas Guzzo

Various locations (mostly suburban) including 901 Crémazie W., cinemasinguzzo.com

Cineplex Forum Cinemas 2

313 Ste-Catherine W., cineplex.com

ARTHOUSE + REPERTORY

Cinéma du Parc

3575 Parc, cinemaduparc.com

Cinéma Moderne

5150 St-Laurent, cinemamoderne.com

Cinémathèque québécoise

335 de Maisonneuve E., cinemathèque.qc.ca

Dollar Cinema

6900 Decarie (Decarie Square Mall), dollarcinema.ca
Second-run and occasional art house films, for the best price (\$2.50–\$5) in town.

Phi Centre

407 St-Pierre phi-centre.com

SPECIALTY

Cinéma l'Amour

4015 St-Laurent, cinemalamour.com
The last porno theatre standing, in an old vaudeville hall.

Goethe-Institut

1626 St-Laurent, #100, goethe.de/ins/ca/mon/enindex.htm
The best of contemporary and classic German cinema.

IMAX Montreal Science Centre

2 de la Commune W., montrealsciencecentre.com/imax-telus/
imax-telus-theater.html
Nature docs and other wonders on the big, big screen.

stage

There's a vibrant performance art scene in Montreal, though many of the theatre spaces stage French-language material, as well as dance. The venues within Place des Arts are where you can see the occasional Broadway show, and while a handful of underground comedy nights happen weekly at bars, cafés and lofts, here's where you'll find anglo drama and stand-up on any given night.

COMEDY CLUBS

Comedyworks

1238 Bishop, comedyworksmtl.ca
This downtown comedy club offers student discounts to see pros

and fledgling comics alike, as well as year-round Just for Laughs showcases.

The Comedy Nest

2313 Ste-Catherine W., comedynest.com
Big names in comedy — they offer a student discount, as well as a weekly open mic on Wednesdays for \$5.

Montreal Improv

3697 St-Laurent, montrealimprov.com
An organization dedicated to the promotion of improvised theatre. They perform and offer classes and workshops.

The Wiggle Room

3874 St-Laurent, wiggleroom.ca
With a variety show/competition on Wednesdays, risqué burlesque action every Saturday (and most Fridays), as well as live music, stand-up and more, this swank little showroom is hot stuff.

ENGLISH THEATRE

Centaur Theatre

453 St-François Xavier, centaurtheatre.com

MAI

3680 Jeanne-Mance, m-a-i.qc.ca/en/

MainLine Theatre

3997 St-Laurent, mainlinetheatre.ca

Segal Centre

5170 Côte-Ste-Catherine, segalcentre.org

#health care

HOTLINES

Because 911 is not the only number to call.

Are words your thing?

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Calling all novelists, poets, memoirists, essayists, journalists, storytellers, spoken-word artists, playwrights, children's and YA authors... anyone writing in English in Quebec.

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Quebec Poison Control Centre

1-800-463-5060
Available 24 hours a day.

Information and Referral Centre of Greater Montreal

514-527-1375 info-reference.qc.ca
For more information about health services, addiction resources, government benefits and other social services.

Accès Montréal

Call 311 for city info, to make a municipal service request or file a complaint, during business hours, seven days a week.

HEALTH INSURANCE

For students, the campus Student Health Services clinics offer you access to immunization, appointments with doctors and nurses, STI testing and the like. Another option is CLSCs — provincially run community health clinics accessible to Quebec residents with health cards.

Obtaining a health card is worth the effort if you're eligible, as they enable you to access hospitals, CLSCs and other public clinics and the provincially subsidized prescription drug plan (which pays half of most prescriptions). It's also a widely accepted form of ID. To get one, register by providing proof of Quebec residency or a Quebec birth certificate, and if you're from out of province, revoke your access to the health coverage of your home province. See the guidelines for eligibility and how to acquire a card here: www.ramq.gouv.qc.ca/en/citizens/health-insurance/registration/Pages/eligibility.aspx

For Canadian citizens and those covered by health plans from out of province, most emergency rooms will treat patients without charging cash, although the wait can be long. Many private clinics demand that you pay up.

CLSCS

Most CLSC clinics are open from 8 a.m. to 8 p.m., although their drop-in hours vary, and it is always best to call ahead. Some CLSCs require proof of residence in the borough, while others have daily caps on the number of patients they'll see.

Search all CLSC addresses and phone numbers here: sante.gouv.qc.ca/en/repertoire-ressources/clsc/

CLINICS

Head & Hands

3465 Benny, 514-481-0277 headandhands.ca
Provides social and legal services to youths between the ages of 12 and 25, and operates a drop-in medical clinic. The clinic is currently operating at reduced hours as it goes through some major changes. Be sure to call ahead for details.

Medico Centre Mont Royal

4689 Papineau, medicocentremontroyal.ca/contact
Walk-in clinic. Open Monday to Friday 8:30 a.m.–11:30 p.m., Saturday to Sunday 10 a.m.–6 p.m.

DENTISTRY

McGill University McCall Dental Clinic

2001 McGill College #100, 514-398-5189, mcgill.ca/dentistry/patients
Access to supervised dentistry students, with very budget prices, but only by application. Call for details.

PSYCHIATRIC

Being a student is a great way to have a nervous breakdown. Relax — it happens. Many universities offer counselling services, like Counselling and Psychological Services or McGill's Mental Health Service.

Argyle Institute

4150 Ste-Catherine W. #328, 514-931-5629 argyleinstitute.org
To seek help outside of school, the Argyle Institute offers the services of psychologists and psychotherapists on a sliding scale, by application.

PREGNANCY TESTING AND COUNSELLING

If you *don't* want to get pregnant, get an IUD, use the pill and/or condoms — right? Right.

Clinique Médicale Fémina

1265 Berri, #430, clinique-femina.com
A pro-choice space with gynecological, contraception and STI testing services.

Fédération du Québec pour le Planning des Naissances

469 Jean-Talon W. #335, fqpn.qc.ca Resources and advocacy on women's reproductive choices.

Grossesse-Secours

79 Beaubien E., 514-271-0554, grossesse-secours.org
Hotline for information about pregnancy and contraception, as well as prenatal care. Offers services for pregnant women and those with newborns, including cheap pregnancy tests.

Head & Hands

3465 Benny, headandhands.ca
Provides pro-choice, sex-positive and queer-and-trans-friendly medical, social and legal services to youths between the ages of 12 and 25, including abortion consultation.

Morgentaler Clinic

1259 Berri, #900, 1-888-401-4844, montrealmorgentaler.ca
Call or email for appointments to terminate unwanted pregnancies, covered by Québec medicare for RAMQ cardholders.

Also note that three Montreal CLSCs have special sexual/reproductive health divisions: CLSC Métro (1801 de Maisonneuve W.), CLSC de Parc-Extension (7085 Hutchison) and CLSC Côte-des-Neiges (5700 Côte-des-Neiges). See more here: csssdelamontagne.qc.ca/en/care-and-services-for-everyone/sexual-health/

PREGNANCY + PARENTING

Centre des Femmes de Montréal

3585 St-Urbain, en.centredesfemmesdemtl.org
For over 40 years, this centre has provided services for mothers-to-be and new mothers, free clothes and food for women in financial need and other support.

Elizabeth House

maisonelizabethhouse.com
Residential placement and external services for pregnant teens and young parents in need of support, including help on returning home or finding a new place to live. By referral only.

Head & Hands Young Parents Program

3465 Benny, headandhands.ca/programs-services/young-parents-program
The service meets every Wednesday and Friday from 12 to 3:30 and provides baby clothing, furniture and toy exchange for new moms and dads under 25. The service also provides a free hot lunch at the beginning of each day and two bus tickets available to each parent at the end of every session.

Montreal Diet Dispensary

2182 Lincoln, dispensaire.ca
Offers nutritional counselling, breastfeeding information and food baskets to pregnant women, mainly those with low incomes.

Parent Help Line

1-800-361-5085, ligneparents.com
An intervention and support group referral service available 24/7 for families with youths under 20 and still living at home.

#services

LEGAL

Head & Hands

headandhands.ca/programs-services/legal-services
Advice from a legal coordinator is available for youths aged 12–25, and appointments are available (to people of all ages) during legal clinics with volunteer lawyers Wed–Thu evenings 7–9:30 p.m. for suggested \$20 donations.

Inform'Elle

1-877-443-8221, www.informelle.osbl.ca

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Information and referrals for women about divorce, alimony, mediation and other family law issues. Legal advice hotline open Mon–Fri 9 a.m.–4:30 p.m.

Legal Aid
aidejuridiquedemontreal.ca
Access to free legal advice and representation for youths, low-income individuals and welfare recipients facing criminal charges.

Legal Information Clinic at McGill
680 Sherbrooke W. #150, licm.mcgill.ca
Open to the general public, the clinic offers free legal information, referrals to low-cost or pro bono lawyers and other legal services by McGill law student volunteers. Note: Their current office is a temporary one. Be sure to phone ahead for confirmation.

YWCA Legal Information Clinic
1355 René-Lévesque W., 514-866-9941 #293 ydesfemmesmtl.org/en/community-services/legal-information
The clinic, accessible to women only, offers appointments for legal aid with a suggested donation of \$20 for a half hour consultation period. Appointments can be made online or over the phone, Mon–Fri 9:30 a.m.–5 p.m.

LGBT COUNSELLING, ADVOCACY + COMMUNITY

Seek out Queer Concordia, Queer McGill and other university groups online or in person for on-campus LGBT support. Here are some off-campus organizations:

AlterHéros
alterheros.com/english
Portal site for sexual diversity.

L'Astérisk
1575 Amherst lasterisk.com
Bilingual safer space for LGBTQ+ youth (14–25) to socialize and meet each other without pressure to drink alcohol or spend money.

Centre for Gender Advocacy
2110 Mackay, genderadvocacy.org
Numerous programs, workshops, resources and advocacy, as well as free and confidential counselling for those suffering from gender oppression. Mon–Fri 10 a.m.–5 p.m.

The Community Centre for Gay and Lesbians of Montreal
2075 Plessis #110, 514-528-8424 ccglm.org
A space for individuals and organizations seeking information about a range of LGBT issues. The Open Book Library specializes in documentation on issues related to sexual diversity. Mon 2–9 p.m. Tue–Thu 2–6 p.m.

Helem
514-806-5428, montrealhelem.net
Serving gay and lesbian Lebanese and Arabic-speaking Montrealers.

Project 10
1575 Amherst, 514-989-0001, p10.qc.ca
An organization that promotes the well-being of LGBTQ+ youth (14–25). They have a weekly drop-in on Thursday nights from 6:30–8:30 p.m.

Union for Gender Empowerment
3480 McTavish, #413, 514-398-2569 facebook.com/UGEMcGill/
McGill University's trans*-positive feminist service store and alt library selling PWYC alternative menstrual products, DIY ecologically responsible sex toys and cheap contraceptives.

DISCRIMINATION

Commission des droits de la personne et des droits de la jeunesse
1-800-361-6477, cdpdj.qc.ca/en
Report incidents of discrimination or sexual harassment to the Quebec Human Rights Commission.

Groupe d'aide et d'information sur le harcèlement sexuel au travail
2231 Bélanger, 514-526-0789, gaihst.qc.ca
Support for victims of at-work sexual harassment, including assistance with filing Quebec Human Rights Commission complaints, legal and emotional support if your case goes to court, and guidance through the EI process. Mon–Fri 9 a.m.–5 p.m. Call ahead to book a reservation.

Ligue des droits et libertés
469 Jean-Talon W. #105, ligueledesdroits.ca
Human rights advocacy group with support for those facing issues related to racism, social justice, immigration and international law.

MORE SUPPORT LINES + GROUPS

AMI-Quebec
5800 Décarie, 514-486-1448, amiquebec.org
Support, awareness and advocacy for people living with mental illness, and their families.

Centre pour victimes d'agression sexuelle de Montréal
514-933-9007, cvasm.org
Crisis services and 24/7 sexual assault hotline in French or English.

CHOC
25 Lévesque E. (Laval), 25 Lévesque E., 450-975-2462, organismechoc.com
Conjugal violence and suicide prevention as well as other services for troubled men, open Mon–Thu 12–8 p.m., Fri 12–4 p.m.

Face à Face
980 St-Antoine W., #101B, 514-934-4546, faceafacemontreal.org
Offering counselling, active listening, self-help workshops and referrals, as well as services for the homeless Mon–Fri 9 a.m.–5 p.m. No appointment necessary.

Option
1150 St-Joseph E. #104, 514-527-1657, optionalternative.ca
Counselling, referrals and support for men and women who are violent towards their partners and families.

PLURI
facebook.com/plurinitiative/
Peace Love Unity Respect Initiative is a local nonprofit that promotes safety and inclusivity at nightlife events by training organizers and staff and providing onsite intervention as well as producing educational material. Contact them for event support or to volunteer.

Service d'aide aux conjoints
514-384-6296, serviceaideconjoints.org
Bilingual legal information and other help for men with relationship problems, including jealousy and violence, with a hotline open Mon 8 a.m.–9:30 p.m., Tue, Wed 9:30 a.m.–9:30 p.m., Thu 8:30 a.m.–7 p.m. and Fri 9:30 a.m.–5 p.m.

Suicide Action Montreal
1-866-277-3553, suicideactionmontreal.org
24/7 bilingual hotline offering advice, referrals and support for suicide interventions, or for those who have lost someone to suicide.

Tel-Aide
514-935-1101, telaide.org/en
Listening service, 24/7, bilingual, confidential and anonymous.

ADDICTION

Alcoholics Anonymous
514-350-3444, aamontreal.com
Helpline plus a detailed schedule of every English-language AA meeting in Montreal and surrounding areas.

Centre de Réadaptation en Répendance de Montréal
950 Louvain E., 514-385-1232 (adults), 3530 St-Urbain, 514-982-1232 (24 and under), dependancemontreal.ca/programmes-et-services/adultes
Offering a range of reintegration, detox and drop-in services for recovering addicts.

Cocaine Anonymous
514-527-9999, toll free at 1-877-806-0581 cocainomanes-anonymes.org
Support group with regular meetings for individuals seeking recovery and continued sobriety from drug addiction.

Douglas Hospital Eating Disorders Program
6603–6605 LaSalle, 514-761-6131 douglas.qc.ca/section/eating-disorders-146
A range of in- and out-patient services for adults over 18 suffering from anorexia, bulimia or other eating disorders. Must have a doctor's referral.

Gamblers Anonymous
514-484-6666, gamontreal.ca
Meetings, resources, and listening service hotline for people with a gambling problem.

Gambling: Help and Referral

514-527-0140, jeu-aiderference.qc.ca
Resource for gambling addicts, including the province-wide 24/7 hotline.

Narcotics Anonymous
1-855-544-6362, naquebec.org
Group therapy and support for people in recovery from drug addictions.

Overeaters Anonymous
514-488-1812, oa.org
An international organization with a local meeting finder, and phone support, employing the 12-step AA model for people with eating disorders.

Le Portage
1640 St-Antoine W., 514-939-7700, portage.ca
Addiction treatment for adults, youths and pregnant women, offering daycare, rehab centres, reintegration services, and home care.

Sex Addicts Anonymous Montreal
514-418-5920, saamontreal.org
12-step recovery program based on the AA model, with meetings three times a week.

Sex and Love Addicts Anonymous
514-983-0671, dasa-slaa-mtl.cbti.net
Local meetings and recovery resources following a 12-step program. Support and guidance toward developing healthy romantic and sexual relationships.

FOOD BANKS

Accueil Bonneau
427 de la Commune E., 514 845-3906, accueilbonneau.com
Food bank with used clothes for social assistance card-holders. Free meals in the mornings between 9:30 a.m.–10:15 a.m. and afternoon meals from 1–3 p.m. and then Saturday and Sunday from 9:30 a.m.–1:15 a.m.

NDG Food Depot
6450 Somerled, depotndg.org
Emergency food baskets, cooking classes, collective gardening, a "good food" market and more food-security services for those living in the NDG area.

Ressource Action-Alimentation de Parc-Extension
419 St-Roch #SS13, 514-948-3246 www.ressourcealimentation.org
Food aid, clothing, and social support to residents of Parc Ex.

Sun Youth
4245 Laval, 514-842-6822, sunyouth.org
Food and clothing banks, as well as many social services and numerous youth outreach programs, based in the Plateau.

Yellow Door
3625 Aylmer, 514-845-2600 www.yellowdoor.org
Provides numerous services to the McGill Ghetto community, including a food bank for students in a pinch, access to a collective kitchen and meal delivery services for the elderly.

MEAL PROGRAMS

Midnight Kitchen
(McGill) 3471 Peel #202, kitchen located at 137 St-Ferdinand, midnightkitchen.org
Currently, owing to construction at McGill, Midnight Kitchen has temporarily suspended their free or PWYC vegan lunches. They are however offering weekly meal pick-ups, consisting of two meals of soup and salad. All you have to do is sign up, and bring a container. For information emailmidnightkitchencollective@gmail.com and stay tuned for updates on when the lunches will return in force.

People's Potato (Concordia)
1455 de Maisonneuve, #H-733, peoplespotato.com
Serving free and PWYC donation vegan lunches from Mon–Fri 12:30–2 p.m., September to April.



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FINISH

film

On Screen



Hustlers



Ad Astra



21 Bridges



Judy

BY ALEX ROSE

September is one of the busiest movie periods of the year, and it ironically comes immediately after the doldrums of late August, which has now undoubtedly replaced January as the place where movies go to die.

September kicks off with one of the most anticipated films of the year: Andy Muschietti's *It: Chapter 2* (Sept. 6), which takes place 27 years after the events of the first film and sees the now grown-up characters (played by Bill Hader, Jessica Chastain and James McAvoy, among others) visited once again by the malevolent clown Pennywise.

In slightly more tweedy (but equally anticipated) news, Sept. 20 sees the release of the long-promised *Downton Abbey* movie. Set in 1927, it revolves around the visit of Queen Mary (Geraldine James) and King George V (Simon Jones). This seems, in the age of streaming and unconventional releases, exactly like the kind of movie that *doesn't* need to come out in theatres — but perhaps that's underestimating just how popular the show was.

Speaking of movies that seem like they shouldn't be in theatres, it does feel like the Marvel-bound popularity of Chadwick Boseman and the influence of Anthony and Joe Russo (who produced) are the sole reasons why the crime thriller *21 Bridges* (Sept. 27) is even getting a theatrical release. The release date of this thriller about an NYPD detective who puts the city on lockdown to hunt down a pair of cop killers

has already changed twice — which is not usually a great sign — but, on the other hand, I do miss having that kind of option in theatres.

September is also the thick of festival season, which means premieres of festival favourites with the hype attached to it. *Ad Astra* (Sept. 20) is James Gray's highest budgeted and most ambitious film by a wide margin. The director of *The Yards* and *The Lost City of Z* now delivers a space drama starring Brad Pitt as an astronaut on a mission to find his father (Tommy Lee Jones), who disappeared on a space mission years prior. *Ad Astra* opened to rave notices in Venice, but it must be said that Gray is significantly more popular and adulated in Europe.

The Goldfinch (Sept. 13) is a highly anticipated adaptation of Donna Tartt's best-selling novel from John Crowley (*Brooklyn, Boy A*), which stars Anson Elgort as a young man whose life is irremediably shaped by the death of his mother in a terrorist attack at the Metropolitan Museum of Art. *The Goldfinch* is set to premiere at TIFF alongside Lorene Scafaria's *Hustlers* (also out on Sept. 13), about a group of strippers who run an elaborate system of hustles on men during the economic crisis. Constance Wu, Jennifer Lopez, Cardi B and Lizzo star.

Keira Knightley stars as whistleblower Katharine Gun in Gavin Hood's *Official Secrets* (Sept. 13), a political thriller also starring Matt Smith and Matthew Goode. Renée Zellweger never *actually* went away, but she flew under the radar for a number of years. That's likely to change with *Judy* (Sept. 20), a biopic of Judy Garland set in 1969 as she prepares for a run of British shows. Zellweger is

already attracting lots of positive attention for her performance, but the movie will have to wiggle its way out of the biopic straitjacket first.

It seems less likely that Sylvester Stallone will draw accolades for his performance in *Rambo: Last Blood* (Sept. 20), the purported final entry in the Rambo franchise. This time, he's holed up on the family farm when the call comes that a family friend's daughter (Yvette Monreal) has been kidnapped by the cartels. Based on the trailers, he kills a lot of people; Paz Vega and Sergio Peris-Mencheta co-star in the Adrian Grunberg-directed film. (Grunberg's sole directorial credit is the dark-period Mel Gibson vehicle *Get the Gringo*, though he has tons of credits as an assistant director.)

Bi Gan's *Long Day's Journey Into Night* (Sept. 6) was a festival hit last year, though the most notorious event tied to the film was its Chinese release. Using "creative" marketing tactics, the film was sold as a blockbuster romantic event and released on New Year's Eve, making it an instant hit, and a subsequent pariah for audiences who felt conned into seeing a long, difficult art film with an hour-long final shot.

Louis Bélanger follows up *Les herbes folles* with another tale of small-time crime, *Vivre à 100 milles à l'heure* (Sept. 27), a period piece in which three teenagers turn to a life of petty crime in the '70s. On the opposite end of the age/criminality spectrum is Louise Archambault's *Il pleuvait des oiseaux* (Sept. 13), based on the novel by Jocelyne Saucier. It's the story of three elderly hermits (Rémy Girard, Gilbert Sicotte and Kenneth Welsh) who grow weed in a remote corner of Abitibi and the arrival of a woman from the outside in their world.

arts

Sculpture garden of nightmares

BY NORA ROSENTHAL

Margot Klingender is a Montreal-based artist on the eve of her second solo show, an exhibition of sculptural work at Projet Pangée called *The Key to the Fields*, whose title comes from a Magritte landscape.

Klingender's background is in painting and drawing, and it shows. The sculptures look like echoes of drawings, or rather, like drawings that ripped themselves out of a sketchbook to fight. Mostly flat and cut out of metal, these sculpture-drawings have a bizarre story-book presence. Here, you think, is grandma's chair, is the garden gate, floats the butterfly, only grandma's garden seems to grow from a menacing substrata indeed.

Klingender took a moment to speak with *Cult MTL* about her process, the favourite Renaissance painting she ruined for herself and about what it means to create an object of desire.

Nora Rosenthal: When did you start going 3D?

Margot Klingender: It didn't really start until my MFA. It was a difference in the way of thinking about things, or space. I got really bored with drawing two dimensionally and it just wasn't cutting it for me anymore.

NR: Are you drawing at all these days?

MK: Yeah I draw. How I arrive at a sculpture basically is I draw repeatedly, again and again and again and again in a bunch of different mediums. All of the sculptures basically start as a collected image — some of them from the net, some of them are things people send me from online forums or...you know 1stdibs? Weird stuff like that but also just stuff I see on the street. Literally anything but it has to have a certain kind of quality to it.

NR: Could you name that quality?

MK: Yeah I think it has something to do with it being open and closed at the same time. So it has potential. It's open enough that it's malleable and it's also specific enough so it's closed. It also maybe has something to do with effect. But some things I'll collect and then I'll get bored of them. I'll draw them again and again and then it doesn't really end up anywhere and other things I have held onto for a super long time. Basically that process of drawing something again and again — it's kind of like a repetition to abstraction. It's knowing and unknowing something by repeating it. It's creating meaning through this process of translation and transformation.

NR: Is there any image or symbol that you thought you could never spoil, but that you ruined for yourself in this way?

MK: So there's this Renaissance painting of a woman singing into a mirror [by Jean-Etienne Liotard] and I drew it enough times that it kind of became this image of a woman screaming at another woman. But I fucking ruined it for myself. Like, I hate it now. I can't stand it, so I've dumped it. I think that's because it was figurative. The face just didn't have the same longevity or something.

NR: There's something very sort of nightmarish about these sculptures. It's very country and garden but also warped. Could you talk about the overlap of the childlike and the comforting with something that deep down induces fear?

MK: I think part of that answer is that the media that I grew up watching has that kitschy nightmare [quality] but I think that it leaks out because that's how I feel about myself or something? That's how I present myself in the world. As something that can be charming or kind of a little coy and cute but then also has this other dimensionality.

NR: In terms of these different dimensions to the work, there's something in the name *The Key to the Fields* that suggests there's some sort of code to break. Is there anything to this?

MK: I mean the title comes from the first piece that started off this body of work, and that's the Magritte piece [Klingender's take on Magritte's 1936 painting, a shiny but ragged cut-out sculpture of a window]. That piece is looking through a window. I've always had a thing about — I guess this is a narcissistic thing — but about mirrors, reflections. The original painting is looking through a window with this landscape, just a really boring landscape behind, and this shattered glass, so there's this idea of the shattering of the self. Also that image transformed and became, in terms of personal allegory, really important for me. I guess maybe I feel like it's a little bit of a key, that piece, for the rest of the exhibition, and also I've drawn that image more than anything else.

→ *The Key to the Fields* opens at Projet Pangée (372 Ste-Catherine W. #412) on Thursday, Sept. 5, 5:30-8:30 p.m. and continues until Oct. 19. Free



Margot Klingender

Nora Rosenthal

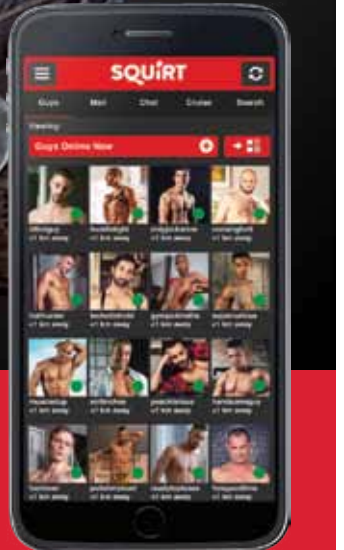
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