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Survival
Guide*

FREE

SEPTEMBER 2020 • Vol. 9 No. 1 • CULTMTL.COM

2020 Montreal cheat sheet + Hot Tramp Records, POP Montreal, Dior, Slaxx & more

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letter from the editor

Hey students,

[Welcome back, and welcome to Cult MTL's ninth annual Student Survival Guide.](#)

[Of course this year is not like the others. Going back to school doesn't come with the social scene it usually does, and the city isn't buzzing like it used to. But there's hope. Even as temperatures dip, Montreal is offering enough activity and entertainment, in-person and online, to get you through the year. Balancing your studies with a safe and rewarding social life is doable, and 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 in the year of COVID, this guide features pointers on Montreal food, nightlife, shopping and art, along with loads of other leisure activities, from cycling to spas.](#)

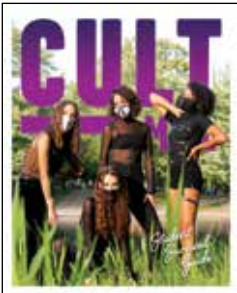
[All this is in keeping with the content in our magazine and on our website. Our daily To-Do List and event listings are on pause \(but will be back soon, and better than ever\), but our site is teeming with news about what's happening in the city. And our Best of MTL readers poll results reflect everything our audience loves about this town.](#)

[Cult MTL is Montreal's only online source of comprehensive cultural coverage. We write about the city's festivals, music news, films, the restaurant scene, politics, sports and more.](#)

[So read this guide, keep it handy, look for our monthly magazines, find us online at cultmtl.com and follow us on Instagram, Facebook and Twitter. And as you make your way through this semester, and semesters to come, know that we're here for you. Stay safe, work hard, and don't forget to have fun.](#)

Lorraine Carpenter
Editor in chief,
Cult MTL

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Alicia Clara, Maryze, Sarah Armiento and Janette King of Hot Tramp Records, a Montreal label for women and non-binary artists.

Photo by Solomon Krause-Imlach

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Cult MTL is...

Lorraine Carpenter
editor-in-chief
lorraine.carpenter@cultmontreal.com

Alex Rose
film editor
alex.rose@cultmontreal.com

Nora Rosenthal
arts editor
nora.rosenthal@cultmontreal.com

Clayton Sandhu
contributing editor (food)

Chris Tucker
art director

Advertising
ads@cultmontreal.com

Contributors:
Johnson Cummins
Paul Desbaillets
Tina Jesso
Savannah Stewart

Special thanks:
Rob Jennings

General inquiries + feedback
info@cultmontreal.com



Cult MTL is a daily arts, film, music, food and city life site. Visit us at

cultmtl.com

Cult MTL is published by Cult MTL Media Inc. and printed by Imprimerie Mirabel. Entire contents are © Cult MTL Media Inc.

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PRESENTED BY QUEBECOR

:the 1st half



BY PAUL DESBAILLETS

It's September, and as always more has happened in the wonderful world of football since we started to get to know each other last month.

Alphonso Davis, the 19-year-old star from Edmonton became the first Canadian national to win a men's UEFA Champions League Final. The best part of this story is he was born in a refugee camp in Ghana before moving to Canada when he was five, played for various Canadian youth teams and programs before getting into the National Senior Team Canada Squad. Bayern from the German Football League (Bundesliga) brought him from the Vancouver Whitecaps into the MLS two years ago and have helped him turn into the elite athlete we are starting to see. He represents everything that is great about being Canadian and his story has changed the game in this country forever. This is just the start of his exciting career.

The big news this month, transcending footie fandom, is that Mr. Lionel Messi would like to leave FC Barcelona after 20 years with the club. His original agreement with the club was handwritten on a napkin. If you want Mr. Messi to join your club of choice, you need to trigger a buy-out clause, which

is set at \$825-million CDN. This fee would be the biggest in the sport's history and would be three times more than the \$262-million paid by PSG to get their hands on Neymar a little while back. This is going to be a very wild story that will not go away any time soon — or until everyone gets what they want in this saga. Mr. Messi is also on a \$45-million+ annual salary and I'm sure has other clauses like getting exclusively red M&Ms in a glass bowl in his locker on game days. I'm excited to see who wins this Loto/Messi circus.

Here at home, the Montreal Impact kicked off the new version of the regular MLS season by becoming the first Canadian professional sports team to play in front of fans since the COVID-19 pandemic locked things down in March. The crowd of 250 was the maximum capacity permitted inside Saputo Stadium under Quebec's public-health guidelines. The stadium normally holds over 20,000 and it was an interesting sight on TV, but it was good to see things are moving forward. The plan is for all the Canadian teams to play each other a few times until teams can start to travel back and forth between Canada and the U.S.

The CPL (Canadian Premier League) has created the Island Games to get the season started and finished quickly. The season began with eight clubs at the start, and will work itself down to four clubs that will then advance to the second round for six matches, with the last two standing to play it out so that one will be crowned 2020 Canadian Premier League Champion on Sept. 6. It's not exactly what this fledgling league wanted for its season.

On the social injustice and race front, things have not gotten much better but dialogue is still ongoing and the

subject continues to dominate the sports world, for GOOD reason! The latest incident (as of press time) was the shooting of Kenosha, Wisconsin Black man Jacob Blake seven times by police officers. This latest round of madness has pro-athletes refusing to play their respective sports until something is done. Taking a knee is not doing enough so greater action needs to be taken to get the higher-ups to take notice. Athletes from all major sports have said they will not play and games have been cancelled or postponed. As of when this was written, players in the NBA have returned to play but have convinced the league and the owners to turn their arenas into safe in-person voting centres. The athletes also demanded that the players, owners and the league itself immediately establish a Social Justice Coalition that will focus on voting in the upcoming U.S. election in November and push dialogue on reforming the police and justice system.

No matter what side of the pitch you're on concerning politics and sports mixing, the fact that these athletes are standing up and using their visibility to help affect change is very powerful, and I for one am all for it.

The culture and the sport is very much alive in our city. Call it FOOTY, FOOTBALL, SOCCER or FUTBAL — it's a sport that is bigger than the 90+minutes on the pitch.

Till next month.

"When people succeed, it is because of hard work. Luck has nothing to do with success." — Diego Maradona



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An exhibition organized by the Montreal Museum of Fine Arts. The Museum extends its thanks to Quebec's Ministère de la Culture et des Communications, the Conseil des arts de Montréal and the Canada Council for the Arts for their ongoing support. | Manuel Mathieu, *The Gardener/Mané*, 2019. Musée national des beaux-arts du Québec, gift of the artist. Photo: Guy L'Heureux

At home or at the cottage, gatherings of up to 10 people are allowed.



Let's continue to protect ourselves properly.



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distance



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hands



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food & drink

Drive-in
pies ‘n’ thighs

BY CLAYTON SANDHU

Off Notre-Dame, opposite the IGA and around back near the CLSC is St-Henri’s newest pop-up: Bucky Rooster’s. Fried chicken might be the summer of 2020’s most notable restaurant pivot. Vin Mon Lapin turned into Casgrain BBQ and their sourdough fried chicken took Montreal by storm, and now Alex Cohen and Raegan Steinberg of Arthur’s — after having to put their new dine-in project Evalina’s on hold — recently opened a fried chicken restaurant of their own. In partnership with Shah Kash of the Letter Bet, Bucky Rooster’s is St-Henri’s newest hype machine.

The concept is deeply branded, taking design and concept cues from American fast-food icon Sonic and the era of the 1950s drive-in diner. At the same time as being reminiscent of ’50s fast-food culture, it also has this distinctly ’90s feel. The logo, menu concept and general feel of the place are like a 2020 version of the Max, which, as I discovered after a quick Google search, is the name of the diner in *Saved by the Bell*.

I arrived at 6 p.m., an hour after opening, and the parking lot was packed. Young St-Henri socialites in fresh sneakers were tucking into buckets of fried chicken and eating off the hoods of their Porsches and Mercedes. My understanding, prior to arriving, was that the pop-up has been mobbed since opening, often selling out of chicken long before the posted closing time. By the time I ordered, the wait was nearly an hour. To their credit, the ordering system was tightly organized: you put your name on a waitlist, 20 minutes to a half-hour later you get a text letting you know you’re next in line to order. Once your order is placed, you wait for a second text which lets you know your food is ready for pick-up. Very organized, very COVID-friendly.

I took a picture of the menu and waited in the parking lot. My first impression, I must admit, was that the whole concept seemed kind of contrived. The name Bucky Rooster’s felt like it came from the shortlist of names for fast-food joints in a *Grand Theft Auto* game. I worried before going that it would be a joke. Like, this is trashy food, so let’s lean into the trashiness of it. But as I watched people around me hanging out in a parking lot, eating chicken and seafoam green slices of pie off the hoods of their cars, I started to get it. It wasn’t a joke. Yes, it’s playful and funny, but it’s incredibly self-aware and it’s drawing from a dining experience of the past that makes perfect sense for our current way of life. It’s a COVID-friendly business model that not only does it in a smart and safe way, but in a way that doesn’t take itself too seriously. What



Bucky Rooster's

Clay Sandhu

I thought was a dumb gimmick is actually a genius move.

It goes without saying that the menu is all about the fried chicken. Outside of that, there are also three options for sandwiches, a couple of sides and two dessert options (pies by the slice). If you’re going, don’t overthink it — get a bucket of fried chicken. Buckets are offered in a few different formats including a 10-piece whole chicken (\$58), five-piece half (what we ordered, which was enough to feed three, \$30) and a three-piece (\$26). All the chicken is fried on-the-bone (the right way if you ask me) and lightly tossed in honey with an option to add house hot sauce. It’s excellent. The crust is crispy, flavourful and gently sweetened by honey — inside the meat is moist and juicy (in part thanks to the bone) and perfectly seasoned. It’s flawless fried chicken and we noted that it was uncharacteristically devoid of grease — I mean it’s still fried chicken, don’t get me wrong, but it wasn’t saturated with fat the way so much fried chicken is.

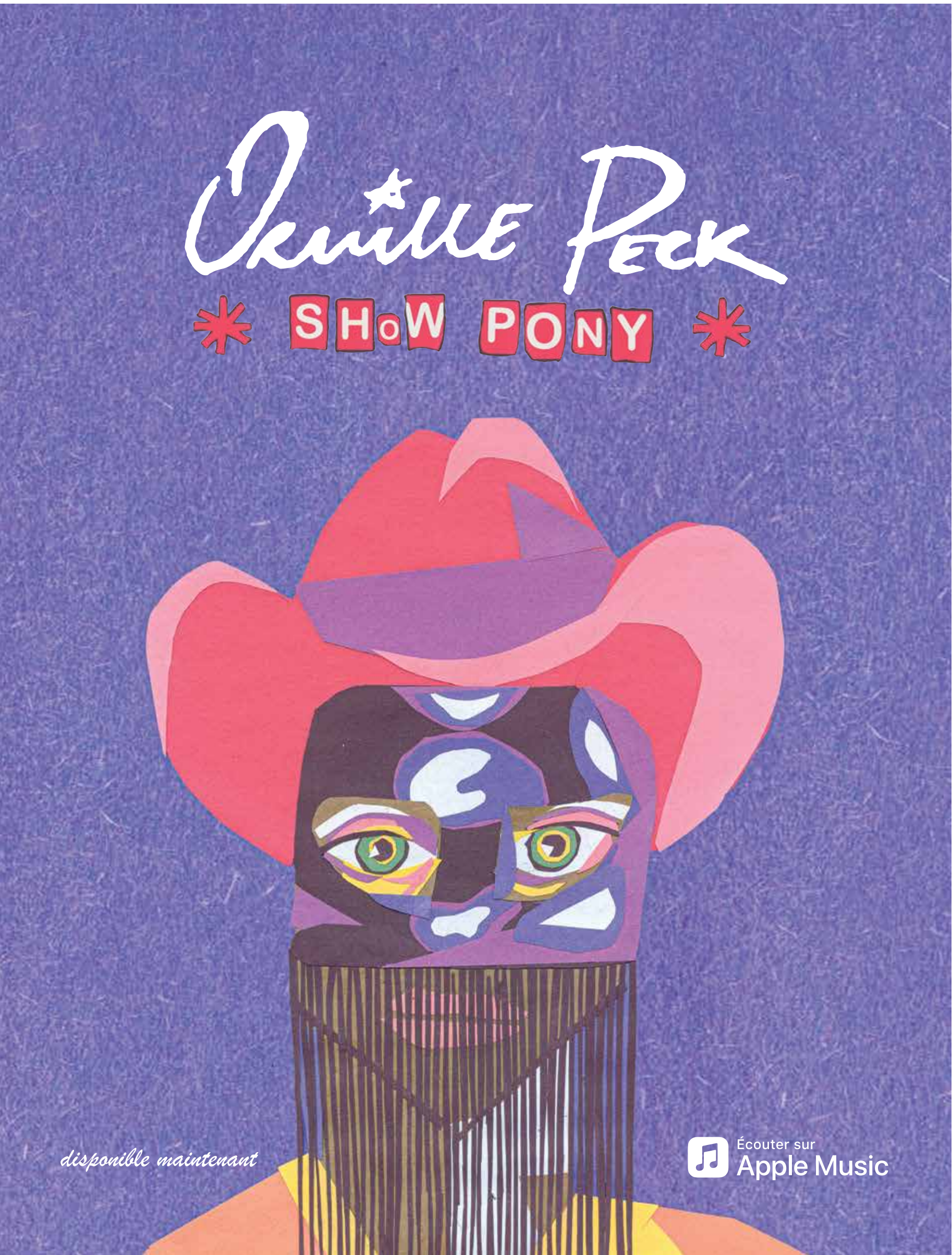
A bucket of chicken comes with an order of wedge fries and their sweet chilli and sour cream dipping sauce, two toasted buns and a crispy dill pickle. There are a number of side sauces to add at additional cost — some hot, some not. We added a classic buffalo sauce. It’s also worth noting that while prices might seem a little on the steep side, they include tax and a 15 per cent tip, which to me seemed reasonable.

While waiting to order, a lot of people around me seemed to be eating sandwiches and one in particular, the moon

dog, seemed to be a crowd favourite. I ordered it, too. The Moondog is a fried chicken sandwich, obviously, but it’s a good one. A thick piece of fried chicken breast is served on a soft potato bun and topped with chilli jam, sliced pickles, mayo and an escabeche slaw.

We finished our meal with a slice of pie that looked like it came straight out of a ’50s diner pie carousel: a frozen (read no-bake) lime pie with a spiced crumb crust. This pie, for me, was a perfect culmination of everything that Bucky Rooster’s is: tongue-in-cheek nostalgia made better.

If we weren’t living in the times we’re in, I don’t think I’d get excited about Bucky Rooster’s. If we weren’t living in the times we’re in, Bucky Rooster’s probably would never have existed. Fundamentally, this concept was developed to bridge a gap for its owners — something to keep money coming in while they wait to be able to open their new restaurant. So many restaurateurs are doing the same thing, but Bucky Rooster’s is one of the best pivots I’ve seen. We’ve been looking back in time often these days; usually, it’s a look back relatively recent re-pandemic days, but we also look back to 1918 and the Spanish flu. These reflections of the past are either mournful glimpses of a lost way of life or a cautionary tale that prophesies a grim future. Bucky Rooster’s is a pie-eyed and joyful look back to drive-in culture with a clever nod to ’90s pop culture. It acknowledges the restrictions of the time and responds to them in a way that’s full of fun and levity and boils it down to a simple concept: pies and thighs — what’s not to like?





music

For the record



Alicia Clara, Maryze, Janette King and Sarah Armiento of Hot Tramp Records

BY LORRAINE CARPENTER

It's been a big year and a half for Hot Tramp.

The Montreal music management and PR company, which manages women and non-binary artists exclusively, launched in March of 2019 and mounted its own mini-festival last August. After being stymied by the COVID-19 lockdown this year like nearly everyone else (in one way or another), Hot Tramp founder Sarah Armiento decided to shift her focus to a back-burner project that's become a bit of a pandemic pivot.

"One of the things I was most focused on (previously) was booking tours and showcasing at festivals," Armiento explains. "We had a lot of that set up for this year but then obviously things changed. That's the side of the music industry that I love so much and look forward to getting into again. Now it's more about finding other ways to get my artists' music heard."

"A label was always something I wanted to do eventually with Hot Tramp, and with the pandemic it made sense to jump on that a bit sooner."

After Armiento joined forces with Canadian distributor

Outside Music, Hot Tramp Records arrived. There will be three albums released over the next year, by Hot Tramp Management artists Maryze and Janette King as well as Alicia Clara, who Armiento was going to bring onboard for management when she discovered her music in January.

When asked about how the pandemic has affected them, both Maryze and Janette King reported that lockdown came with benefits as well as let-downs.

"In terms of cancelling the year's plans, it was pretty disappointing considering what we had set up that we were so excited for: a U.S. tour and some European dates," says Maryze. "Then it became, 'What can we do with this time? How can we use it creatively?' If I had kept going at the pace I was going at, and we were going 1,000 miles a minute, I wouldn't have really been able to centre on the music I wanted to make. Creatively it's been a pretty great time. Now, moving into the fall, the label launch has been a huge beacon of light because it feels like we're actually moving forward."

"I dug deeper into production," says King. "In my life, things always roll around in seasons, regardless of whether it's music or other things. When the fall and winter months come around, that's really my time to dive into creativity mode, and the pandemic kind of made my creativity mode last for a whole year. I have a backlog of all this music now. Having to

slow down can be really positive if you take it in stride and take it on. You can grow a lot from it and you can learn a lot about who you are as an artist and who you are as a person."

As for Hot Tramp plans for the near future, they will be involved with the POP Montreal and M for Montreal music festivals, a video for Janette King's new single "Mars" is forthcoming, the venue they're affiliated with, the Diving Bell Social Club, is having a soft reopening on Sept. 12 and Maryze has a new collab coming soon.

"I'm finishing up a spooky-season single right now that'll be released in October, and it's a collaboration with Backxwash," Maryze says. "I'm so excited! She and I played quite a few shows together and our energy has always lined up in a nice way so I can't wait to hear how it all comes together. Margo is a producer on that track, and she's a really fantastic local underground ravey producer."

Maryze also had a few words of praise for Armiento and the work she's done for local women musicians.

"I think for all of us it's a dream to be signing to a label that has its artists' best interests at heart. We know exactly who we're working with and what she stands for, which means a lot in an industry that's confusing to navigate, and often led by gatekeepers who don't use that power for good."

MUTEK

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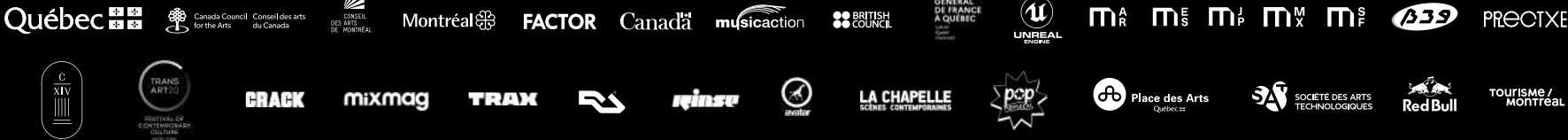
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20

ONLINE AND IN
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Direction artistique : Daniel Castrejon, Viauets - AVX Lab, Renée Gagnon



POP Montreal is happening



Lido Pimienta

Dani Murillo

BY LORRAINE CARPENTER

After electronic-music series MUTEK kicks off the belated music festival season in the second week of September, POP Montreal will give fans of alt-rap, indie rock, electro-pop, neo-folk and areas in between an opportunity to finally see some freakin’ shows from Sept. 23–27.

Unlike MUTEK and Nuits d’Afrique (coming up in late September), POP — which also features film and art programming, a series of panels and an artisan market — has the distinction of being the only music festival of 2020 (so far) that is happening on schedule.

According to festival director Dan Seligman, that’s partly due to luck and late-September timing. Exactly two months before the festival was due to begin, Quebec public health announced that indoor gatherings of 250 people would be allowed, and the city of Montreal lifted its moratorium on festivals.

“We were kind of hoping and going under the assumption that we would be able to do something,” Seligman says, “but we were prepared to go either way and do 100 per cent virtual if that was our only option.”

In June, POP’s multidisciplinary Funhouse mini-festival had to shift from a live happening in the Rialto to an entirely

virtual event. Montreal artist Dominique Pétrin was enlisted to design a 2D virtual Rialto complex, which helped turn the streaming experiment into a success. “We didn’t want to just do a straight-up Facebook live event. There was something not quite fulfilling about that experience,” Seligman says. “We wanted to build a site that somewhat replicated the idea of a festival, a communal experience of some sort. I thought it went pretty well. People liked the site.”

Funhouse was a bit of a dry run for an all-virtual festival, in case POP’s fall event had to go that route. Luckily that is not the case, though most of the live festival shows will be streamed via a bit of an upgraded version of the Funhouse/ virtual Rialto site, and a number of shows that have yet to be announced (featuring Canadian bands streaming live from the ROC) will be exclusive to that platform.

Though POP’s 2020 programming is a lot lighter than their usual all-city venue takeover, there will be live shows in several spaces inside the Rialto (and on the theatre’s rooftop), at le Ministère on St-Laurent, in the small area behind Mile End micro-venue URSA and a few outdoor sites (backyards in Parc Ex and Outremont) still to be announced. To abide by public health rules and make audiences feel safe, the venues will have limited capacity, seated audiences, 30-minute sets, no bar service and (of course) mandatory masks.

“Any festival that is happening should be 100 per cent ready to comply with all the different regulations, and we’re definitely going above and beyond,” Seligman says. “You can’t get in unless you’ve bought a ticket in advance, and everyone who buys a ticket has to give us all their contact information so we’ll be able to do accurate contact tracing. We’re not doing multi-band bills, so if the audience shows up for a show 15 minutes or a half-hour before, you see the

show and then you leave — you’re not going to be in the venue for much longer than an hour, max. Once the audience leaves, we’ll disinfect it and then we start again.”

“There are no drinks for a few different reasons,” Seligman explains. “The more people drink, the looser they get, and the main thing is if you’re drunk and you’re trying to talk over music and shouting in someone’s face, there’s a greater chance of spreading COVID than if you’re just sitting in your seat watching music with a mask on.

“It’s far from ideal,” he adds, “but we’re making efforts.”

Of course it won’t be the same — what is, these days? Though POP Montreal has staged plenty of large-scale shows over its 18 years, the festival is beloved for its festive vibes, late-night parties and shows that sometimes go down in small, sweaty spaces. Those things won’t be present, or as present, but given the circumstances I suspect a concert-starved public won’t be complaining as much as they’ll be celebrating.

The names announced last week (and there will be more to come after Labour Day) include Lido Pimienta (“ecstatic electric cumbia”), Clerel (“classic R&B”), Tyleen (“hip hop swagger”), Backxwash (“mind-blowing metal rap”), Flore Laurentienne (“cinematic orchestral bliss”), Plants & Animals (“plants make jazz”), Land of Talk (“stream of consciousness rock”), Socalled (“basement jam”), Thanya Iyer (“pizzicato jazz pop”), Paradis Artificiel (“experimental electronic pop”) and Antoine Corriveau (“the dark prophet of French folk-rock”).

→ For more details and program announcements, please visit popmontreal.com.

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© Brenda Jauregui



DANCE

DIANA LEÓN

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10\$ TICKETS

SHEUETAMU

PERFORMANCE
INSTALLATION



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SOLEIL LAUNIÈRE

03 — 08 november 2020

POMEGRANATE

DANCE



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HEATHER MAH

17 — 21 november 2020

Canada Montréal Québec

Conseil des arts du Canada Conseil des arts de Montréal

→ m-a-i.qc.ca

student survival guide 2020–2021



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. [Équiterre \(equiterre.org\)](#) 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
[lesjardinsdupetittrouble.net](#)

Lufa Farms
[lufa.com](#)

Ferme des Trois Samson
[3samson.com](#)

Morgan Farms
[fermemorgan.com](#)

Terrabella Montreal
[terrabellamtl.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'anasas
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

Olives & Épices/La Dépense
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

Supermarché Noor
1905 Ste-Catherine W.

LATE-NIGHT

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.

COVID-19 Update: Obviously, times have been tough for restaurants these days. Our list is up-to-date at the moment of publishing but things are changing constantly. Your best bet is to check Instagram, Facebook or contact the restaurants directly for the most up-to-date information regarding COVID protocols and hours of operation, as well as delivery availability.

BRUNCH

Bagels Etc.
4320 St-Laurent
Leonard Cohen's favourite breakfast spot. This Plateau institution has been slinging eggs in myriad ways since the 1940s.

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. Take-out and delivery available

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
5201 St-Laurent
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

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.

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. Currently, take-out only.

Greenspot
3041 Notre-Dame W
A perennial favourite. This St. Henri diner hasn't changed much since it started serving casse-croûte classics in the late 40s and boasts over 30 varieties of poutine.

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.

Boustan
(Multiple locations)
Boasting two-dozen locations, the original restaurant on Crescent is a late-night institution for Concordia students. Pro tip: Ask for the off menu "Creation."

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.

Montreal Pool Room
1217 St-Laurent
The OG since 1912. While it hasn't had a pool table for decades, the Pool Room is a late-night lifeline slinging hot dogs and poutines to sober up stripclub goers.

Alto
3469 Parc
This McGill Ghetto staple makes some of the best late-night pizza in town, but don't sleep on the garlic charged gyros or delicious subs.

CAFÉS

Café Ferlucci
432 de Castelnau E.
Cosy Italian café near the Jean-Talon Market that stays open late, with authentic sweets and fresh sandwiches.

Café Néré
151 Rachel E.
A friendly 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 stationary boutique.

Café Pista
500 Beaubien E.
Crisp, clean and sunny corner café with pastries and a chill vibe.

Café Myriade
Multiple locations including 4627 St-Denis, 374 Victoria, 28 Mont-Royal W.
These third wave innovators have grown into a small chain known for great coffee and locally sourced snacks.

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, Villeray and within the Jean-Talon Market.

Crew Collective & Café
360 St-Jacques
This gorgeous café is built into the main hall of Old Montreal's 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.

Pikolo Espresso Bar
3418B Parc
Single origin coffee, baked goods and pastries from Hof Kelsten and Godley & Creme.

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 7

0 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.

Alati Caserta

277 Dante
Little Italy's quintessential bakery since 1968. A wide range of desserts, cakes, cookies and what is arguably Montreal's best cannoli.

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.

Sweet Lee's

4150 Wellington
Lovely pastry shop and bakery in Verdun.

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.

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.

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.

Cardinal Tearoom

5326 St-Laurent
While not exactly pub fare, Cardinal specializes in the other English essential: tea. Serving a wide selection of teas, pastries and little crustless sandwiches.

CARIBBEAN

Resto Palme

Fine-dining Carribean food with a focus on Antillean specialties. Ranked among the 100 best restaurants in Canada.

Boom

J's 2026 Wellington
A no-frills Jamaican restaurant serving some of the 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.

Caraïbe Delite

4816 Parc
Sweet husband-and-wife team serve filling, inexpensive Caribbean fare. Douse everything in the homemade hot sauce.

Jardin du Cari

5554 St-Laurent
Great roti spot. Ask for the pumpkin filling and don't forget the citrus hot sauce.

Kamúy

1485 Jeanne-Mance
Upscale pan-Carribean fare from famed Agrikol chef Paul Toussaint.

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 & Beijing

1111 St-Urbain, 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.

Nevski

1228 Stanley
A downtown snack-bar serving updated Russian comfort food.

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.

Melina's Phyllo Bar

5733 Parc
Serving all manner of iconic Greek phyllo pies from spanakopita, to tiropita and custard and cinnamon bougasta.

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 as 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 Kerala curries aren't to be missed.





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Nous remercions le Conseil des arts du Canada de son soutien.

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PRESENTS



**KEYBOARD FANTASIES :
THE BEVERLY-GLENN
COPELAND STORY**
Posy Dixon | UK, Canada, Belgium, Netherlands,
USA | 2020 | 63 min
WEDNESDAY, SEPTEMBER 23
6:30PM
CINÉMA MODERNE



THE CUBAN
Sergio Navarretta | Canada | 2019 | 109 min
FRIDAY, SEPTEMBER 25
9:30PM
CINÉMA MODERNE



LISBON BEAT
Rita Maia, Vasco Viana | Portugal | 2019 | 75 min
THURSDAY, SEPTEMBER 24
6:30PM
CINÉMA MODERNE



OTHER, LIKE ME
Marcus Werner Hed, Dan Fox | UK | 2020 | 82 min
SATURDAY, SEPTEMBER 26
7:00PM
CINÉMA MODERNE



**NO SMOKING
- HARUOMI HOSONO**
Sado Taketoshi | Japan | 2019 | 96 min
FRIDAY, SEPTEMBER 25
6:30PM
CINÉMA MODERNE



CRESTONE
Marnie Ellen Hertzler | United States | 2020 | 73 min
SUNDAY, SEPTEMBER 27
4:00PM
CINÉMA MODERNE



THE POP MOVIE
Andi State | Canada | 2020

THURSDAY, SEPTEMBER 24
6:30PM
THÉÂTRE RIALTO (ROOFTOP)

SUNDAY, SEPTEMBER 27
6:30PM
CINÉMA MODERNE

TICKETS AND INFO AVAILABLE AT POPMONTREAL.COM

AND MORE!



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 d'hôte 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 Mile End 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.

Moccione
380 Villera y
A cozy Italian spot in Villera y serving handmade pasta and other Italian influenced dishes with local seasonal ingredients.

La Drogheria Fine
68 Fairmount
A walk-up counter serving excellent homemade gnocchi bathed in their iconic tomato sauce.

Il Miglio
5235 St-Laurent
A take-out fresh-pasta counter from the team behind the ultra-pricey Club Chasse et Pêche.

Mano Cornuto
988 Ottawa
Griffintown's best aperitivo spot serves excellent sandwiches, fresh pasta and incredible homemade focaccia.

PIZZA

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.

Pizza Toni
104 St-Viateur W.
A New York-style slice shop in Mile End from the people that brought you Falafel Yoni. Slices or whole pies only.

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.
St. Henri's ambassador of the New York slice and one of Montreal's best pizza places. Whole pies available too.

San Gennaro
69 St-Zotique E.
A Little Italy staple serving excellent Pizza Al Taglio

(Roman-style, thick and square-cut). Opens early -- get the breakfast pizza.

Vesta
206 Jarry E.
A New-York meets Montreal pizza place from Michele Forgione and Stefano Faita. Offering take-out and delivery.

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.

Noren
77 Rachel W.
A cozy 10-seat counter serving a small, frequently changing, menu of Japanese comfort classics. Currently, take-out only.

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 the 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)
Schloupe 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
51 Ontario W.
Trendy Korean with a date-night vibe 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.

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.

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 spot's 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

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.
What started as a wildly popular delivery service called Chakwow is now Pumpuii. Jesse Mulder's northern 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.



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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 don't 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 Montreal's subway system (we call it the metro) and on-island city buses. Presently, face coverings or masks are mandatory for everyone older than 12 anywhere within the system, including within metro stations as well as on metro trains and buses. The STM strongly encourages riders to make use of disinfectant gel, practise good hand hygiene and avoid eating or drinking within the system if at all possible. Additionally, bus riders are requested to only disembark from buses using the rear entrance.

To use the STM, you can buy single tickets at metro stations or with exact change on buses, and you'll 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.

Effective Oct. 1, 2020, 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.)
\$14.25 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 Montréal–Trudeau International Airport
\$20 for a three-day pass (valid for three consecutive days after first use)
\$29.50 for 10 trips (only available on an OPUS card)
\$27.25 for a weekly pass (only available on an OPUS card)
\$88.50 for a monthly pass (only available on an OPUS card)
\$208 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 \$53.

The reduced-fare photo ID card is available in person at the Berri metro station photo studio (1717 Rue Berri), but they are currently operating by appointment only. Alternatively, most colleges and universities offer their students the possibility of ordering their STM reduced-fare photo ID online using their respective intranet portals and certain educational

institutions organize STM photo days early in the year. The reduced-fare Opus IDs are \$15, either online or in person.

For more information check out the STM's website.

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. As is the case within the metro system, masks are currently mandatory on all Exo trains and within all stations. 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 \$3.45, then \$1.70 per kilometre, and 63 cents per minute in addition to booking charges and taxes. 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 in ongoing negotiations to bring its services to Montreal, along with local cooperative start-up Eva, which began its open beta testing in May of last year.

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.

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 app.

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.

Due to COVID-19, masks are now obligatory for both drivers and passengers in taxis or Uber cars. Furthermore, there are new limits on the maximum number of passengers permitted in certain vehicles and passengers are not permitted to ride in the front seat adjacent to the driver. A large number of taxis have also installed protective dividers between front and back seats and many are providing hand sanitizer on board.

inter-city

BUSES

Most 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).

Masks are currently mandatory for all passengers at all times and certain carriers may enforce their own particular rules and precautions aboard their buses. All carriers are also strongly suggesting that passengers make bookings in advance and online, with particular companies no longer offering physical tickets whatsoever.

Unfortunately, as a result of COVID-19 disruption, numerous routes have been cancelled and certain carriers (namely Greyhound Canada and Greyhound USA) have completely suspended their services for the time being. The situation is evolving day to day but smaller carriers which mainly service the rest of Quebec including, Orléans Express (orleansexpress.com), Autobus Maheux (autobusmaheux.qc.ca), Groupe Galand (galland-bus.com/en), and Transdev Limocar (limocar.ca/en/home/) continue to run. Note: select Transdev Limocar buses depart from the Terminus Mansfield near the Bonaventure metro at 900 Saint-Antoine St W. +1 888-702-8726

Additionally, Coach Canada's double-decker Megabus (ca.megabus.com) continues to run and 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. Please note: The Megabus departs from 997 St-Antoine W. (Bonaventure metro).

For the majority of inter-city buses leaving and arriving at the Gare d'autocars de Montréal at Berri, call 514-842-2281 for bus schedules and prices, or visit www.gamtl.com and use their destination selector.

TRAINS

Inter-city trains arrive at and depart from Gare Centrale, at 895 de la Gauchetière W. (connected to Bonaventure metro), 514-989-2626, Canadian bookings can be made online at viarail.ca

Due to COVID-19, some regularly scheduled routes are operating on reduced schedules or only partially served, while others (notably Amtrak routes to the United States) have been completely suspended. For up to date information, be sure to consult the Via Rail website. Via have also temporarily modified their cancellation policy so you can get a full refund on your tickets when you cancel at any time prior to departure for all travel now through Nov. 1, 2020.

Much like other forms of transportation, COVID-19 measures now mandate that all passengers and staff wear masks at all times, including within stations and while boarding. Exemptions are made for people under the age of 12 and those with breathing difficulties unrelated to COVID-19.

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.

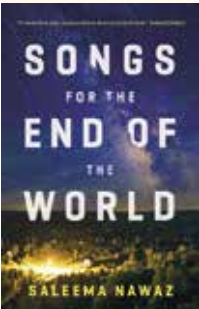
VIA 6 Pak for youth
A package of three round-trip tickets on the same route, paid in advance, can save you big bucks if you often go to the same destination. For example, a Toronto 6 Pak costs \$553, but would set you back over \$650 if you booked it as three full-fare separate trips.

Semester Pass for youth
\$459 can get you a package of 50 travel credits (one-way trips) 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.

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Montreal, City of Secrets by Barry Sheehy

SEPT 16, WEDNESDAY | 7 PM **GRAPHIC NOVEL**
The Loneliness of the Long-Distance Cartoonist by Adrian Tomine

SEPT 22, TUESDAY | 7 PM **GAY READS**
A History of My Brief Body by Billy-Ray Belcourt

SEPT 23, WEDNESDAY | 7 PM **NEW READS**
Luster by Raven Leilani

OCT 14, WEDNESDAY | 7 PM **GRAPHIC NOVEL**
Moms by Yeong-shin Ma

ORDER ONLINE AT MTL.DRAWNANDQUARTERLY.COM

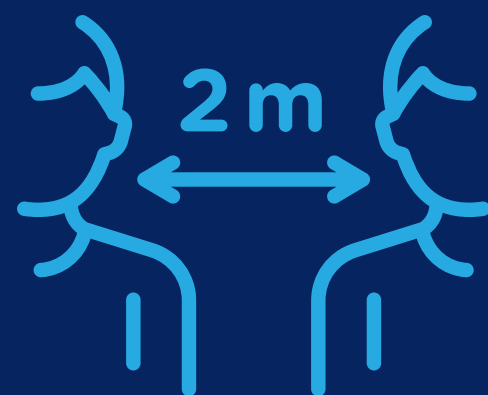
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**Wear
a mask**



**Wash
your hands**



**Keep your
distance**



The virus is primarily transmitted from person to person by contact with contaminated droplets released into the air when an infected person talks, coughs or sneezes. These contaminated droplets can travel up to two metres and reach people nearby.



The virus can also be spread by contact with contaminated surfaces or objects. Droplets expelled by an infected person can land on surfaces, and the virus can survive there anywhere from several hours to several days. An infected person can also contaminate their hands by touching their face, thereby increasing the risk of contaminating surfaces they touch. Other people who touch these surfaces or objects can contaminate their hands. And if they then bring them to their face, they can infect themselves.

By staying two metres away from others at all times, washing your hands often and wearing a mask, we can reduce the risk of contamination.

Let's continue to protect ourselves.

Québec.ca/coronavirus

 **1 877 644-4545**

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: **Note:** As with all public modes of transportation, wearing a mask is currently mandatory for all air travellers.

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. Under normal circumstances, the 747 bus conveniently stops at several places downtown and loops at the Gate d'autocars de Montreal main bus terminal, but at the time of this writing, due to COVID-19, the 747 shuttle doesn't currently run all the way into downtown during the daytime, rather it begins and ends outside the Lionel Groulx metro station on the orange line. Be sure to check the status of the 747 on the STM website before your trip.

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 and drop off travellers at the airport, but they have added a Montreal airport surcharge of \$3.

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 Accés Montréal office found via Montreal's homepage (montreal.ca/en/).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 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.

RIDE SHARES

All rideshares are currently operational but passengers are strongly encouraged to follow best possible hygienic practices including wearing face coverings at all times within vehicles. Owing to the temporary closure of the U.S./Canada border to non-essential traffic, rideshares are only being offered between Canadian destinations at present.

Kangaride

(kangaride.com), Poparide (poparide.com) Kangaride and Poparide are both carpooling organizations that connect passengers with drivers for affordable, long-distance rides. The rate you pay your driver varies by location.

McGill Classifieds

9ssmu.mcgill.ca/marketplace) Look for ride shares through this university-affiliated listing, though they aren't specifically available only to students.

Craigslist & Kijiji

(<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

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 \$2.99 for 30 minutes or less, \$5.25 for 24 hours, or \$15 for 3 days. You can also register online at montreal.bixi.com to sign up for monthly (\$36), or full-year (\$97) 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 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 small fleet of electric bikes (or ebikes) to their fleet that can be rented for an additional \$1 per ride. Be aware that helmets are mandatory to ride these bikes, and they're not provided, so you'll have to bring along your own.

Owing to COVID-19 precautions, BIXI has a set of recommendations listed on their website to ensure rider safety when renting bikes. Recommendations include disinfecting select surfaces and washing your hands before and after rentals. For the full list of recommendations, be sure to consult their website.

BIXI also offers numerous discounts through partnerships with other transportation organizations in the city, including the STM, Communauto, Exo, and CAA Quebec. Full details are posted on the BIXI website. (bixi.com/en)

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.

Having spent the summer in lockdown due to COVID-19, all major bike co-ops are still closed, although some are offering tune-ups by appointment. That said, these co-ops have announced they are intending to reopen at some point this fall so be sure to check out their respective websites for up-to-date info.

Mile-End Bike Garage

135 Van Horne #201 (2nd floor) facebook.com/MileEndBikeGarage /\$5 per drop-in / \$20 yearly membership.

Right to Move (La Voie Libre)

Alley between Bishop & Mackay (2153 Mackay), just north of de Maisonneuve, rtm-lvl.org A community-oriented non-profit bike garage run at Concordia. Membership costs \$20/year. Currently closed due to COVID-19 but expected to return this fall.

The FLAT Bike Collective

3480 McTavish (SSMU building), room B-02 theflat.wordpress.com The McGill University bike collective is currently closed due to the pandemic but is slated to return to their original location in the newly renovated SSMU building basement at some point during the fall.

SantroVélo

111 Roy E., santropolroulant.org Santropol Roulant's bike clinic, open Mon–Wed 5:30–7:30 p.m. \$5/visit or \$15/season. In light of COVID-19, SantroVélo's main garage space is temporarily closed, but they've begun running a mobile bike trailer for basic tune ups, available for one-on-one appointments at parks throughout the Plateau-Mont-Royal borough. For booking appointments, see the online form on their website.

BIKE SHOPS + REPAIRS

Presently, nearly all the shops listed below are open and operational, although in light of COVID-19, certain businesses are operating at reduced hours or may not offer all of their usual services (such as repairs or rentals). Be sure to contact businesses before making the trip to confirm their specific details

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. At the time of writing, cyclepop has suspended all activities for the rest of the year, but will reopen in 2021.

Fitz & Follwell

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

Rebicycle

3801 St Denis, 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.

625 St-Maurice, dyadcycles.com Specializing in electric bikes and scooters, with rentable electric and conventional models plus a repair shop.

:loveinsync dating

BY TINA JESSO

Welcome to LoveinSync dating! This is a platform for Montreal singles to ask their most pressing dating questions, just in time for so many of you returning to your (mostly virtual, sometimes real-life) classrooms and workplaces.

And why do we at LoveinSync want to hear and answer your important questions? Well, my name is Tina and I am co-founder of the LoveinSync Dating App based here in Montreal. Our app focuses on singles who have a Personal Growth Mindset. We specialize in helping our singles elevate their love game, with dating coaches for men and women who advise our members. We plan to use all of that dating brilliance to answer a few of your questions monthly, providing the best advice from a group of experts. We look forward to hearing from you!

In the meantime, here are 3 DATING TIPS to help you get revved up for the fall dating semester:

- 1) Take your dating conversations off texting and social media as soon as possible. Start talking by phone, Facetime, Zoom

or in person, where social distancing rules permit. It seems one of the biggest challenges in new relationships is sometimes an inability to communicate needs and desires because so much happens through texting. Successful communication is one of the KEYS to a great relationship and is a muscle that needs exercise.

2) Watch the “phubbing”! So when you do get together with your date, why not be really present? The best way to get to know someone is to have mindful conversations and actively listen and respond thoughtfully. Put away your phone — this is a huge deal right now, and we see it a lot: two people — even on a date — spending a significant amount of their time on social media. And this goes for a virtual date, too!

3) Do not share ANYTHING on social media about your date and relationship! This is one of the best ways to build trust, display integrity and show respect for the other person. I'm sure we've all heard horror stories about social media relationship oversharing. We know it's tempting — we live so much of our lives on social media and it seems everyone is doing it. You may have done so in the past, and that is okay. Today is a new day. Why not challenge yourself to have an offline relationship and see how that feels? Another benefit is that this practice can help you build strengths and relationships outside of social media.

COVID-19 in 2020 has thrown all of us on a new trajectory, where relationships are more challenging to initiate and develop. Why not consider some great new habits that can be applied to ALL of your relationships?

We look forward to reading your dating questions, and wish you an awesome September!

tina@loveinsync.com

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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

The physical offices of the following housing banks are currently closed due to COVID-19, but in-person activities are slowly returning and may resume in full during the school year. Apartment listings are still being actively curated and staff members continue to work remotely. Be sure to reach out via phone or email for up-to-date resources and information.

Concordia Off-Campus Housing and Job Bank
Hall Building, 1455 de Maisonneuve W., H-224 (Mezzanine), 514-848-7474 ext 7935, classifieds.csu.qc.ca
hojo@csu.qc.ca
Online listings organized by Concordia's student union with jobs and off-campus housing. (student ID not required)

McGill Off-Campus Housing
3415 McTavish, 514-398-6368, mcgill.ca/students/housing/offcampus/
Complete online listings (student ID not required) and help with going over leases for students.

NDG Info Depot
5964 Notre-Dame-de-Grâce #204, 514-484-1471, ndg.ca/en/ndg-housing-table ndgcc@ndg.ca
This NDG Community Council provides information on tenants' rights and affordable housing.

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, 514-380-7436, shdm.org, info@shdm.org
SHDM offices are currently closed due to COVID-19, but they encourage people to contact them via email or phone for all their regular services, including information on finding and renting an affordable unit among their one of their 300+ buildings.

CO-OPS

Fédération des coopératives d'habitation intermunicipale du Montréal métropolitain
7000 Parc, #206, 514-843-6929, ext. 221, fechimm.coop/en, Info@fechimm.coop
A master list of hundreds of housing co-ops. Their physical offices are currently closed due to COVID-19 but staff remains hard at work offering a range of remote services including teleconference seminars on how to get a unit in a housing co-operative. For information, be sure to contact them directly.

TENANTS' RIGHTS

Arnold Bennett Housing Hotline + Walk-in Clinic
1440 Stanley, 5th floor, facebook.com/groups/HousingHotline, 514-488-0412,

While the weekly walk-in clinics which normally run Sundays from 11 a.m. are on hiatus due to COVID-19, the telephone hotline and facebook group remains active and helpful. 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.

LogisAction NDG
5964 Notre-Dame-de-Grâce #206, 514-484-1471
Organization that helps residents of NDG with rental housing problems, devoted to improving overall housing conditions in the neighbourhood. Currently in the process of resuming in-person appointments after COVID-19 shutdowns.

Project Genesis
4735 Côte-Ste-Catherine, 514-738-2036, genese.qc.ca
Drop-in clinic offering free, confidential help with housing and financial issues.
The clinic is currently closed to the public but consultations are being offered over the phone
Monday through Thursday 9:30 a.m.–4:30 p.m. and Fridays from 9:30 a.m.–2:30 p.m.

Régie du logement
5199 Sherbrooke E. #D-2095, or 1425 René-Lévesque W. #600, 514-873-2245, rdl.gouv.qc.ca/
This government department primarily resolves disputes between landlords and tenants but also advises about navigating Quebec's housing laws. The offices are currently closed to the public due to COVID-19, but phone-in appointments are available Monday to Friday between 8:30 a.m.–12 p.m. and between 1 p.m.–4:30 p.m., except Wednesday when hours are between 10 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.
Note: French only.

Front d'Action Populaire en Réaménagement Urbain (FRAPRU)
1431 Fullum, #201, 514-522-1010, frapru.qc.ca
Another umbrella organization for the advancement of housing rights.See the "liste de membres" section for their constituent member organizations.
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 or by dialing 311. At the time of writing, all Éco Centres remain open and operational but are operating according to their winter hours. Be sure to contact the Éco Centre in your neighbourhood for up-to-date information.

Composting
Compost Montreal, compostmontreal.com, 514 690-5773
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

Mooching off coffeeshop wifi isn't really a thing right now, so here's a list of the city's internet service providers. Bell and Vidéotron are the major players, but we've also cherry-picked some indie ISPs. Remember, 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 \$25 installation, \$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. A \$30 Activation Fee and a \$50 Installation apply to all new customers and \$60 a installation fee applies to Internet reconNECTIONS and/or changes of address. Additionally, dry loop charges of \$5/month can apply if no traditional telephone line is present.

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 \$39.95/month and DSL packages starting at \$45.95/month. Activation \$49.95, modem option and dry loop fees will vary.

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

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, 514-393-9155, info@rcjeq.org
CJE offers a (French-only) online job bank and other services at its locations across the city, for anyone aged 16–35. Their offices are currently closed due to COVID-19, but staff continues to offer services remotely via phone or email.

Concordia Off-Campus Housing and Job Bank
classifieds.csu.qc.ca
Search the online ads for both housing and jobs.

Concordia University Career and Planning Services
1455 De Maisonneuve Blvd. W., 514-848-2424, ext. 7345 / 3921, concordia.ca/students/success/career-planning-services.html,

caps@concordia.ca
Valid Concordia ID and MyConcordia login required for online job search. Currently offering career counseling appointments to currently enrolled students over video conference calls.

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, 514-398-3304, mcgill.ca/caps/, careers.caps@mcgill.ca
Valid McGill ID number required. Features an online job bank as well as tutorials, seminars, and workshops all currently available via teleconferencing due to COVID-19.

Youth Employment Services (YES) Montreal
666 Sherbrooke W., #700, 514-878-9788, yesmontreal.ca, info@yesmontreal.ca
YES offers English-language support to help Quebecers aged 18–40 to find employment, start and grow businesses or realise a career in the arts. Services include individual career

What's up on campus

BY SAVANNAH STEWART

Say goodbye to your old university habits and routines, returning students.

Your favourite study nook in the library is inaccessible, the on-campus café where you got your daily coffee won't open anytime soon, and all activities pertaining to student life have been moved onto everyone's new favourite app, Zoom. To those new students about to start their first year of university studies, I'm hopeful you find solace in the fact that this is uncharted territory for everyone, but I know that reassurance likely only goes so far.

To help make the transition easier for students at McGill and Concordia as you prepare for a semester unlike any other, here's the lowdown on how some heavily-relied-on students services at both universities have adapted their operations to keep supporting you: your libraries, Concordia's free lunch, the school's sexual assault centres and housing and job resources for students.

LIBRARIES

If you're a returning student and you have never contacted your department's librarian for help, this might just end up being the year you do. They are very helpful when we're not experiencing a global pandemic, so with the new challenge, you might want to consider reaching out for that added insight and support.

Both universities are offering a contactless pick-up service for the physical books in their collection, but because of the extra administration to run that program, be sure to plan ahead if you want to use it.

Concordia

Both campus libraries are closed until in-person activities resume. The pick-up service is available for any book that is not a part of the reference collection or the course reserves, and there is an administrative delay of up to a week. If you only need an article or chapter, consider the scan and delivery service instead, to receive a PDF copy of the desired pages by email. Requests for both these services can be made on the library website's COVID-19 page, library.concordia.ca/covid19/. For both, it's advised to check if there is some way to access an electronic version first.

The library also has a workshop schedule, as usual, but the added benefit this year is you can attend all of them from the comfort of your home. Tune in to an info session on APA style while simultaneously tidying the kitchen or meal prepping, or whatever it is you've been doing when you're supposed to be in a Zoom meeting.

counselling, business coaching, day and evening workshops, mentoring, conferences, and networking opportunities. Their offices are currently closed due to the pandemic, but they continue to offer all services remotely, including one-on-one counselling for job seekers or entrepreneurs. Mon–Fri 9 a.m.–5 p.m.

KEEPING A JOB

Please note that the following offices are either closed to the general public due to COVID-19 or operating in a limited capacity. While many of their services have been effectively transferred online and via teleconferencing, you may have to wait around on hold for longer than usual when accessing them.

Union des travailleurs et travailleuses accidenté(e)s de Montréal (UTTAM)
2348 Hochelaga, 514-527-3661, uttam.qc.ca
Among other things, this group lobbies the government on labour laws and work injuries, and assists claimants at CNESST hearings. Uttam offices are currently open in a limited

capacity but appointments must be made in advance.

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
1 866-644-2251, 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 Quebec's Ministère de l'emploi et de la solidarité sociale.

Le conseil national des chômeurs et chômeuses
3734 Parc, lecnc.com/montreal, cnc@lecnc.com
Offers bilingual guidance on governmental COVID-19 aid programs and employment Insurance, including a detailed guide for students seeking EI.

also gives consent training for student groups, and these can still be organized despite campus closure, either virtually or in person.

McGill: Sexual Assault Centre of McGill Students' Society (SACOMSS)
Their phone line is still running while drop-in hours are temporarily discontinued, but the hours aren't regular so take a look on their Facebook page to get the most recent schedule (Page name: Sexual Assault Centre of the McGill Students' Society (SACOMSS)). Like SARC, SACOMSS volunteers can provide you with resources, or just an attentive ear. Support groups are still happening but have moved online. To join a group, contact them to be put on the list to join.

McGill: Office for Sexual Violence Response, Support and Education (OSVRSE)
Drop-in hours, groups and volunteer activities are suspended until the campus reopens. You can request peer support and services like information or assistance on reporting to either the university or the police by phone or email, allowing for a 24-hour wait time to process your request. You can visit their website, mcgill.ca/osvrse/, to get information on how to contact them for these services.

HOUSING AND JOBS
I don't need to tell you that securing housing and jobs right now, in an economic recession and a nearly unprecedented vacancy rate in this city, is stressful. The good news is that student resources for both housing and jobs are nearly as functional as they were pre-COVID.

Concordia: Housing and Jobs Resources (HOJO)
While HOJO did not give out legal advice by email or over the phone before the pandemic, they have since adapted their service and now do so in order to continue assisting students while their offices are closed. They will also have a workshop schedule during the semester that will be online, and students can continue to consult their classifieds website to search for housing and job postings. Check out their Facebook page for their contact information, the link to the classifieds and to be informed about workshops (Page name: CSU HOJO).

McGill: Career Resource Centre
Office closure is all the more reason to check out the online resources that the Career Resource Centre has available, like career databases, free online magazines and a website directory for job listings, at mcgill.ca/caps/students/resource-centre. Their career planning assistance service is set up so you can speak to a career advisor over Zoom, which can be scheduled through the myFuture portal, which also includes listings and workshops, and can be accessed at caps.myfuture.mcgill.ca/.

As for housing, McGill is partnered with Places4Students to provide a database for property listings around campus, as well as a message board for the community. The message board is sometimes used to find roommates or to discuss lease transfers, so it's a good resource to check.

shopping

Going shopping? Montreal's myriad thrift shops, bookstores and boutiques are slowly reopening after COVID-19 closures. Unless otherwise stated, all the shops listed below are open for business. When visiting these shops in person, keep in mind that masks are mandatory in all enclosed spaces and a social distance of two metres or more should be observed whenever possible.

clothing

Fast fashion outlets are tempting, 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, Citizen Vintage
citizenvintage.com

Empire Exchange
5225 Saint-Laurent Boulevard, 6796 Saint-Laurent Boulevard, 51 Bernard W., empiremtl.com/
Currently, both St-Laurent outposts are open but the shop on Bernard remains closed for the time being. Their exchange program is open by appointment only.

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

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, lnfshop.com

Annex
5364 Saint-Laurent, annexvintage.com/us/contact/

Ruse
5141 St-Laurent, facebook.com/ruseboutique

LOCAL DESIGNERS & NOTABLE BOUTIQUES

Général 54
5145 St-Laurent, general54.ca

Lowell
5298 St-Laurent, lowellmtl.ca

Belle & Rebelle
6583A 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., 4357 St-Laurent, 421 St-Vincent, offthehook.ca/

Frank & Oak
160 St-Viateur E. (womenswear), 1420 Stanley (menswear), 1432 Stanley (womenswear), 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. Most stores are open at this point but some may be operating on reduced schedules. Be sure to inquire directly for more details.

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

Salvation Army Thrift Store
Various locations including 1620 Notre-Dame W., 7066, St-Hubert, 3444 Ontario E., salvationarmy.ca/quebec/home/locations/montreal/

Village des Valeurs (aka Value Village)
Various locations including 4912 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., 514-381-8076, bradorhiver.com/en
Discount winter clothes, open seasonally. Currently open by appointment only. See their website or drop them a phone call directly for more details.

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
1515 #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. Their Ste-Catherine street flagship store is open but operating with slightly adjusted hours. Check their website for the most up-to-date information on their opening hours.

furniture

NEW

Ikea
9191 Cavendish, www.ikea.com/ca/en/stores/montreal/

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

Jysk
950 le Corbusier, 1160 Desserte W., jysk.ca/
The Danish Ikea wannabe. Various off-island locations including these two in Laval.

SECOND-HAND

Le Magasin du Châinon
(see Clothing/Goodwill)

Marché aux Puces St-Michel
3250 Crémazie E., facebook.com/pages/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., 7272 Newman, braultetmartineau.com/en

Corbeil Électroménagers
Various locations including 2595 Daniel Johnson, 7401 Newman, 3163 des Sources, corbeilelectro.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
The Book Stop is encouraging students to order materials online and have them delivered to their home, although in-person pickup of web orders is also possible. For any questions contact bookstore@concordia.ca.

Concordia Community Solidarity Co-op Bookstore
2150 Bishop, 514-848-2046, co-opbookstore.ca
Con U's alternative to the for-profit campus bookstore, featuring an extensive selection of gender- and sex-studies titles. Due to COVID-19, the Concordia Community Solidarity Co-op Bookstore has transferred its services online and the Co-op is not currently accepting walk-in clients.

Le James – McGill Bookstore
3680 Sherbrooke W., lejames.ca
Course materials, textbooks and general interest books are available at this newly opened location. Note that at this point, all course material *must* be ordered online. The store is open for in-person pickups but the store is also facilitating delivery. In order to enter the store, students must use a smartphone to scan the QR code at the entryway to receive a virtual ticket to enter.

NEW

Argo
1915 Ste-Catherine W., argobookshop.ca/
Currently, the Argo remains closed due to COVID-19. Stay tuned to their website and their socials for up-to-date information on their return.

Indigo
1500 McGill College, chapters.indigo.ca/en-ca/home/storelocator/storeDetails/282/

Paragraphe
2220 McGill College, paragraphbooks.com

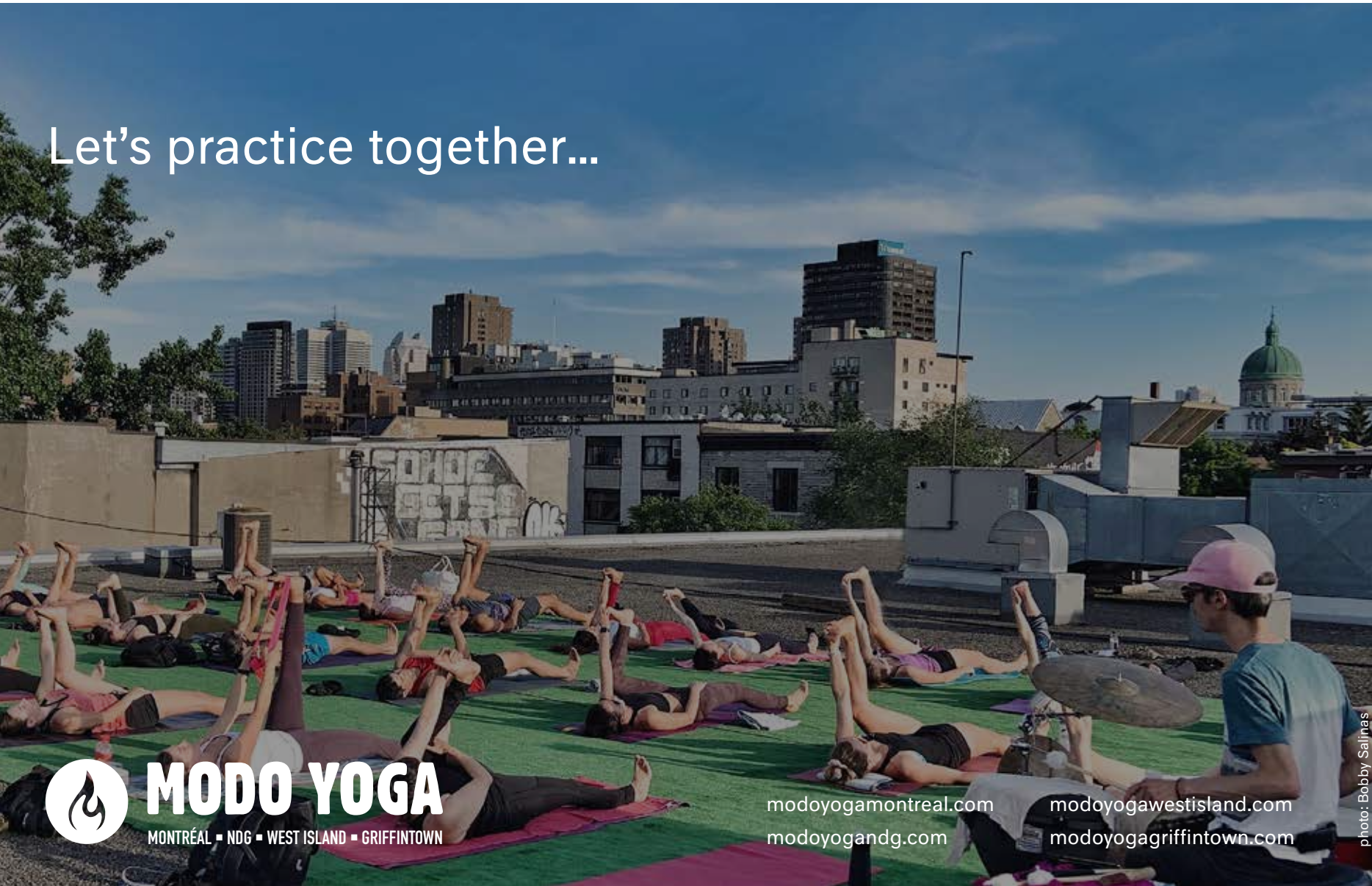
Drawn & Quarterly
211 Bernard W., mtl.drawnandquarterly.com/
Librairie Drawn & Quarterly is currently offering curbside pickup, local delivery and front door recommendations. Stay tuned to their website and social media for more-up-to-date information.

USED

Cheap Thrills
2044 Metcalfe, 2nd floor, 514-844-8988, cheapthrills.ca
Though mainly a music store, you'll find a wide variety of titles here, including a large selection of books about music. Opening hours may currently differ from those published online due to COVID-19. It's a good idea to call ahead just to make sure.

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

S.W. Welch
225 St-Viateur W., facebook.com/SWWelch-Bookseller-283426633094
A well-curated collection of literature, comic books and more.



T. Westcott Books
6792 St Hubert St, Montreal, 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, 514-278-4879, 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. Monastiraki has just started to reopen so check their website or call ahead for exact hours.

Drawn & Quarterly
211 Bernard W., mtl.drawnandquarterly.com/
Librairie Drawn & Quarterly is currently offering curbside pick-up, local delivery and front door recommendations. Stay tuned to their website and social media for more-up-to-date information.

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

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

Librairie Z
3420 Ontario E., librairiezbookstore.com/en/

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., facebook.com/millenium.comics.1

SPECIALTY BOOKS

Artexte
2 Ste-Catherine E. #301, artexte.ca
Contemporary arts bookstore with a gallery dedicated to print culture and visual arts documentation. Artexte remains closed due to COVID-19 at this point but is slated to reopen in winter of 2021.

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. The CCA bookstore is currently closed along with the main exhibition space. Exhibitions are scheduled to reopen on Sept. 16 so stay tuned to the CCA's website and social media for upcoming bookstore hours.

MAGAZINES + NEWSPAPERS

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

music

VINYL & CDS

Archambault
Various locations including 510 Ste-Catherine E., archambault.ca
Sells new CDs, instruments, books, and some vinyl.

Atom Heart
364 Sherbrooke E., facebook.com/Atomheartmusique/about/?ref=page_internal
Near UQAM, these alt specialists sell new vinyl and CDs.

Aux 33 Tours
1373 Mont-Royal E., 514-524-7397, aux33tours.com
Huge stock of new and reissued vinyl. Aux 33 Tours has reopened but have limited hours and a maximum capacity of 15 within their store. Be sure to contact them for updates and exact business hours.

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.

Death of Vinyl
6442 St-Laurent, deathofvinyl.com
Vast crates to dig through in Little Italy. Currently, Death of Vinyl is closed Mondays but otherwise open from noon to 5 p.m. As well as 10 a.m. to 12 p.m or 5 p.m. to 7 p.m. by appointment. To book an appointment contact info@deathofvinyl.com.

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.

HELLO STUDENTS!

CJLO1690AM

CJLO 1690 AM IS CONCORDIA UNIVERSITY'S RADIO STATION. WE BROADCAST 24/7, WITH LIVE SHOWS & PROGRAMMING EVENTS CONTINUING ALL YEAR LONG, NO MATTER THE GLOBAL SITUATION. WE'RE PLAYING ALL YOUR NEW FAVOURITE BANDS AND ARTISTS, YOU JUST DON'T KNOW IT YET.

TUNE IN, AND JOIN OUR COMMUNITY AT CJLO.COM!

1690 AM

CJLO

.COM

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L'ANNEXE

— ST-AMBROISE —

WELCOME BACK!

FOR SALE TAKEOUT

32 OZ

64 OZ

MCAUSLAN

MCAUSLAN

BEER ON TAP | PUB MENU | TAKEOUT GROWLERS

SEPTEMBER SCHEDULE - THURSDAY, FRIDAY & SATURDAY, 4PM TO 11PM

5080 RUE ST-AMBROISE, MONTRÉAL

f

PUB L'ANNEXE ST-AMBROISE

MCAUSLAN.COM

INSTRUMENTS + GEAR

- Archambault**
Multiple locations including 510 Ste-Catherine E., archambault.ca
- Drum Bazar**
185 Louvain W., local 300B, 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. Some services may be on hold due to COVID-19 so be sure to contact them via email at montreal@moogaudio.com if you have any special inquiries.
- Steve's Music**
150 Ste-Catherine St. E, stevesmusic.com
- Studio Economik**
215 St-Augustin, economik.com
Pro-audio and studio gear for purchase or rent. Their physical store remains closed to the public at the present but they are facilitating in-person pick-ups and their online store is fully operational while staff are on hand for any inquiries at info@economik.com.

maintenance

SPA + BEAUTY

There are tons of salon, spa and beauty options around town. These spots are all currently open to the public and have gone to great lengths to ensure the safety of staff and clients with reduced client capacities, enhanced hygienic protocols and mandatory face coverings for clients and staff. Certain establishments may have particular health-related requirements, and many are by appointment only, so be sure to inquire ahead with each business for the most up-to-date information.

Bota Bota Berge des Coursiers (a waterfront park at McGill and de la Commune W.)
514- 284-0333, botabota.ca
Chi-chi Nordic spa on a boat in the Old Port. Gorgeous view included. Recently reopened after a COVID-19 closure and at this point all services are available with the exception of the steam baths.

Candy Nail Bar
6218 St-Hubert, 514-276-7835, candynailbar.com
Specializing in 3D Japanese-style nail art. By appointment only.

Dee's Beauty Salon
Several locations including 1014 Jean-Talon W., 514-277-1074, deesbeauty.com
Esthetic services offered at 20th century prices, including threading (eyebrows \$6) and waxing (Brazilian \$20).

Rouge Nail Bar Square
4065 St-Denis, 514-840-3003, rougenailbar.com
Reliable nail work in the Plateau.

Scandinave Spa
71 de la Commune W., 1-844-220-2009, scandinave.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.

Spa Diva
1455 Peel, 4th floor, 514-985-9859, 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 Hair Salon Toc 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. All hair salons listed here are currently open for business but clients are required to wear masks at all times. Keep in mind that we're still in the thick of a pandemic so certain services like beard trims or hair-washing, for instance, are off the table, and if you were still expecting a nice espresso at your appointment, you may be disappointed. Also note that individual businesses may have additional health and safety protocols to abide by and almost all barbershops and salons are open for appointment only at this point, so be sure to check in with a business before hitting them up.

Tonic Salon Spa & Academy Aveda
3613 St-Laurent, 514-499-9494, avedamontreal-lifestyle.com/pages/hairstyle-1
\$35-\$90 for a cut by a “Young Professional.”

Haircuts for Anyone
390 St-Zotique E., 514-625-4247, 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.)

Note: All the massage businesses on our list are currently operational but be sure to schedule an appointment before you visit as most aren't accommodating walk-ins, and business hours are still in flux. Also, note that face coverings are mandatory for all clients in each of these businesses at all times.

Espace Nomad
4660 St-Laurent, 514-842-7279, espacenomad.ca

Lanna Thai Massage
5365A Parc, 514-750-2113, massagelannathai.com

Lotus Palm
5244 St-Urbain, 514-270-5713, lotuspalm.com

Rainspa
55 St-Jacques, 3rd floor, 514 282-2727, rainspa.ca

Studio Bliss
3988 St-Denis, 514-286-0007, studiobliss.ca

PETCARE

According to the current city by-law, when outdoors, a dog must be kept on a leash no longer than 1.85m at all times. If it weighs 20kg or more, dogs (and pigs) 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 to \$2,000 for a first offense or from \$500 to \$2,000 if the infraction poses a threat to safety (bites, off-leash dogs or dogs without a muzzle). For a list of all pet owner obligations and requirements as well as pet permits, head to 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. The services listed below are all operational although some are offering reduced services or open with reduced hours due to COVID-19. Furthermore, when visiting any of them, be sure to wear a face covering at all times— both for your protection as well as the protection of staff.

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., 514.494.2002, 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. Due to COVID-19, many of their services are on hiatus, including adoptions, cage rentals and medical check-ups. Be sure to contact Berger Blanc directly for updates on when these services will resume. 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, 514-600-5926, veterinairechaton.com
Vet clinic exclusively for cats, convenient to Mile End and Mile Ex neighbourhoods.

Doggy Day
6131 Sherbrooke W., 514-564-3647, 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., 514-735-2711, 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 city's school gyms are temporarily closed due to COVID-19, but there are still plenty of options in town for keeping fit. To stay active without paying lots of fees, the city also offers access to many sporting facilities and leisure activities for free.

GOVERNMENT-RUN

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

Neighbourhood arenas and swimming pools are gradually reopening to the public, but many indoor facilities including indoor pools remain closed. For up-to-date information, be sure to check out the city's website above. 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. Their website is perfect for planning your trip and also features a newly produced code of conduct for cycling during a pandemic featuring plenty of tips for “these uncertain times.” Note: the code is currently only available in French.

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. Although the building has slowly reopened, the rink will remain closed due to COVID-19 until further notice. Check the website or give the security desk a call at 514-395-1000 for up-to-date info.

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.



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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 pick-up hockey games.

YOGA AND GYMS

Myriad types of yoga studios and gyms are reopening across the island after having temporarily closed due to COVID-19, but many continue to offer live classes and personal training via Zoom and other teleconferencing services. More than ever, there are plenty of 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. Be aware that some studios and gyms are still appointment only and masks are likely mandatory for all interior spaces (with the exception of some private training sessions.) It's a good idea to reach out to businesses individually before showing to learn about their particular COVID-19 protocols.

Ashtanga Yoga

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

Bikram Yoga Montreal

721 Walker / 435 Laurier E., yogachaudmtl.com/en/
Very hot yoga in the Plateau. Currently offering classes online and in Laurier park.

Equilibrium Yoga Montreal

4812 St-Laurent #101, equilibriumyoga.ca

Modo

3863 St-Laurent #205, 4260 Girouard #300, 1744 William #500, modoyoga.com
Hot yoga in the Plateau, NDG and Griffintown. Karma and community classes cost \$5 per session.

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. Note that the Downtown, NDG, and West Island YMCA locations are currently closed but are slated to reopen this fall. The Parc, Cartierville, and Westmount locations have already reopened.

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 any time. 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: ville.montreal.qc.ca/portal/page?_pageid=9237,107861580&_dad=portal&_schema=PORTAL.

Legal Outdoor Skateparks

Vans Skatepark in the Olympic Park Esplanade (900 section near Sherbrooke Street; 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. Taz is currently running with the regular battery of COVID-19 measures, including mandatory face coverings on the premises, a social distance of two metres if at all possible and a maximum capacity of 200 people.

Spin Skatepark

9520 Leduc #05 (Brossard)
Spin Skatepark is a South Shore mainstay located in Brossard's Dix30. As with all enclosed public spaces in Montreal, it is currently mandatory to wear a face covering within the Spin Skatepark and to respect social distancing of two metres when possible. There is also a current maximum capacity of 100 people in the skatepark and 10 in the skateshop.

entertainment

art

Check cultmtl.com regularly for gallery and museum news. Here are some of our favourites.

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

Canadian Centre for Architecture (CCA)

1920 Baile cca.qc.ca

Eastern Bloc

7240 Clark easternbloc.ca

Pointe à Callière

350 Place Royale pacmusee.qc.ca

BBAM Gallery

808 Atwater bbamgallery.com

Station 16 Gallery

3523 St-Laurent station16gallery.com

PHI Centre (multidisciplinary/multimedia space)

315 St-Paul phi-centre.com

Fondation PHI pour l'art contemporain

451 St-Jean fondation-phi.org

Never Apart

7049 St-Urbain neverapart.com

Bradley Ertaskiran Gallery

3550 St-Antoine W. bradleyertaskiran.com/en/

Belgo Building (multiple gallery complex)

372 Ste-Catherine W. thebelgoreport.com/gallery-listing/

BARS AND CLUBS

Bars that have reopened since the COVID-19 pandemic hit have done so cautiously, following the rigid safety protocols laid out by Quebec public health — or at least that's what they're supposed to be doing. Do your research before heading out to a) make sure your destination is open, and b) read about their safety measures. More responsible establishments have posted about their approach to keeping their clientele safe.

Check out cultmtl.com for news about reopenings and special events.

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.

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.

MUSIC HOTSPOTS OPEN AND CLOSED

OPEN

Le Belmont

4483 St-Laurent

A Plateau nightclub complex.

Casa del Popolo

4873 St-Laurent
The bar side is open and serving food and drink, a terrasse is in effect and the showroom is operating as a retail space for Popolo Press.

Diving Bell Social Club

3956C St-Laurent

A third floor intimate concert space reopening Sept. 12 with limited capacity.

L'Escogriffe

4461 St-Denis

The Plateau destination for live punk, indie and other underground music.

Théâtre Corona

2490 Notre-Dame W.
Little Burgundy's concert hall, due to open up on Sept. 27.

Théâtre Fairmount

5240 Parc
Events at this Mile End concert space are going to resume on Sept. 19.

M Telus

59 Ste-Catherine E.

Shows at one of the city's bigger concert halls are still scheduled to begin again on Sept. 26.

Turbo Haüs

2040 St-Denis

Punk-oriented concert space turned bar with a big outdoor terrasse where they've started to stage shows.

CLOSED (TEMPORARILY)

Bar le Ritz PDB

Brasserie Beaubien

Datcha

Place des Arts

La Sala Rossa

SELECT BARS

L'Annexe St-Ambroise

5080 St-Ambroise

Old-school pub in deepest St-Henri.

Atwater Cocktail Club

512 Atwater

Located in the back alley behind Foiegwa, good for drinks unionically 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 and soccer-game screenings.

Cabaret Berlin

1661 Ste-Catherine E.

Located in the Village, this nightclub has LGBTQ2-oriented and underground-music DJ nights, and has begun to host film screenings.

Darling

4328 St-Laurent

This spacious café (and weekend brunch spot) by day morphs into trendy but casual wine and cocktail bar after dark.

La Distillerie

Various locations

These cocktails have reopened three of their four locations across the city, though the flagship spot on Ontario remains closed. Food and cocktail-base delivery is available.

Dominion Square Tavern

1243 Metcalfe

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

Milky Way

Groupe Barroco's bar in Pointe St-Charles is a neon paradise with fine cocktails and snacks, including the option to eat pizza from neighboring affiliated pizzeria Fugazzi.

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, which may or may not happen this year.

Diffusions Gaies et lesbiennes du Québec

image-nation.org

Runs the annual Image+Nation LGBTQ2 film festival, to be held online and in-person in October.

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 festivities in August, culminating in the Pride Parade.

Fugues fugues.com

A free publication for the LGBTQ2 community, including a guide to gay establishments, available all over the Village and beyond.

Pervers Cité

Runs alternative, political Pride 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 at cultmtl.com.

FIRST-RUN

Cinéma Banque Scotia

977 Ste-Catherine W., cineplex.com

Cinémas Guzzo

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

Cineplex Forum Cinemas

2313 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., cinematheque.qc.ca

Dollar Cinema

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

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 normally see big, Broadway-level productions (they're currently closed due to COVID-19), and while a handful of underground comedy nights happen weekly at bars, cafés and lofts, here's where you'll find anglo drama, stand-up and other stage performances on any given night.

COMEDY AND BURLESQUE

The Comedy Nest

2313 Ste-Catherine W., comedynest.com

Shows are happening with limited seating to allow for physical distancing.

The Wiggle Room

3874 St-Laurent, wiggleroom.ca

The city's only showroom dedicated almost exclusively to burlesque (with some comedy events) is reopening on Sept. 4.

ENGLISH THEATRE

La Chapelle

3700 St-Dominique

An ambitious 2020-21 season of French- and English-language productions begins on Sept. 8.

Centaur Theatre

453 St-François Xavier, centaurtheatre.com

The Old Montreal anglo theatre mainstay remains closed but promises some activity in the fall.

MAI

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

Art exhibitions, dance and theatre shows

Segal Centre

5170 Côte-Sté-Catherine, segalcentre.org

Though the Segal is currently closed, productions are planned for September and December. Check the website for updates.

health care

COVID-19 INFORMATION

santemontreal.qc.ca/en/public/coronavirus-covid-19/
The city's portal for the most authoritative and up-to-date information on COVID-19, including information on the broad situation in the city, housing support, a list of testing sites, preventative measures and more.

HOTLINES

Because 911 is not the only number to call.

Info Santé Call 811 to talk to a nurse 24/7.

COVID-19 hotline

514-644-4545 and 1-877-644-4545 (toll free)
Monday—Friday between 8 a.m. and 6 p.m and Saturday and Sunday, between 8:30 a.m. and 4:30 p.m.
A city-run hotline that you can call if you're worried about COVID-19 or if you have flu-like symptoms or gastroenteritis symptoms.

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.

PREGNANCY + PARENTING

Centre des Femmes de Montréal
3585 St-Urbain, 514-842-4780, 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
514-482-2488, 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. Currently, the service is only offering phone support, but contact Allyson at 514-481-0277, or email her at ypp_pjp@headandhands.ca for up-to-date info and updates on when full services may resume.

Montreal Diet Dispensary
2182 Lincoln, 514-937-5375, dispensaire.ca
Offers nutritional counselling, breastfeeding information and food baskets to pregnant women, mainly those with low incomes. Despite COVID-19 the Montreal Diet Dispensary is still going strong with only a slightly adjusted schedule. Be sure to contact them directly for more details.

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
3465 Benny, 514-481-0277, headandhands.ca/programs-services/legal-services, legal@headandhands.ca
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 for suggested \$20 donations. Due to COVID-19, consultations are currently only being offered over the phone or by email.

Inform'Elle
1-866-699-9729, informelle.osbl.ca, droitpourelle@informelle.osbl.ca
Information and referrals for women about divorce, alimony, mediation and other family law issues. Their physical offices are currently closed, but staff are working remotely to continue offering as many services as possible. Consult their website for up-to-date info on how to access their services.

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.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. The clinic is currently slated to reopen Sept. 8, visit their website for the most up-to-date information.

YWCA Legal Information Clinic
1355 René-Lévesque W., 514 866-9941 ext. 293
#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. Their in-person services are currently

suspended due to COVID-19 but staff are continuing to offer services via telephone and email. Be aware, the clinic currently receives a large volume of calls so you may experience delays.

LGBT COUNSELLING, ADVOCACY + COMMUNITY

Seek out Queer Concordia, Queer McGill and other university groups online (and possibly in-person later in the school year) for LGBT support. Here are some off-campus organizations:

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

L'Astérisk
1575 Atateken lasterisk.com
Bilingual safer space for LGBTQ+ youth (14–25) to socialize and meet each other without pressure to drink alcohol or spend money. The L'Astérisk space is presently closed due to COVID-19 but their website currently features a range of other activities available online.

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. The centre is scheduled to reopen in early September, but be sure to refer to their website for remote services and the most up-to-date information.

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. The community centre is currently open to the public Monday to Thursday from 2–6 p.m. Note: as with all enclosed spaces in Montreal, face-coverings are mandatory at all times within the community centre and two-metre social distancing should be observed whenever possible.

Helem
514-806-5428, montrealhelem.org/en/home/
Serving gay and lesbian Lebanese and Arabic-speaking Montrealers.

Project 10
1575 Atateken, 514-989-0001, p10.qc.ca
An organization that promotes the well-being of LGBTQ+ youth (14–25). Weekly drop-in meetings have been temporarily suspended, but a majority of Project 10's services have successfully moved online and a small number of in-person appointments are available at this time. Be sure to contact Project 10 directly for more information.

Union for Gender Empowerment
3600 McTavish, 514-398-2569 theuge.carrrd.co/
McGill University's trans*-positive feminist service store and alt library selling PWYC alternative menstrual products, DIY ecologically responsible sex toys, and cheap contraceptives. The Union for Gender Empowerment physical spaces are currently closed due to COVID-19, but the organization has remained extremely active and has begun offering access to many services remotely, including their co-op which now features contactless delivery and pick-up options.

DISCRIMINATION

Commission des droits de la personne et des droits de la jeunesse
360 St-Jacques, 2nd floor, 1-800-361-6477, cdpdj.qc.ca/en
Report incidents of discrimination or sexual harassment to the Quebec Human Rights Commission. Their physical offices are currently open but it is highly recommended to phone ahead before visiting.

Groupe d'aide et d'information sur le harcèlement sexuel au travail
2231 Bélanger, 514-526-0789, gaihsq.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. Currently operating by appointment only, but many of their regular services are now available online or via telephone. Be sure to reach out to learn more.

Ligue des droits et libertés
469 Jean-Talon W. #105, 514 849-7717, liguedesdroits.ca
Human rights advocacy group with support for those facing issues related to racism, social justice, immigration and international law.

MORE SUPPORT LINES + GROUPS

Many of the organizations listed below are slowly beginning to reopen their offices after closing temporarily due to COVID-19. If you'll be visiting any of them in person, be sure to follow all recommended COVID-19 protocols including wearing a face covering at all times within enclosed public spaces, utilizing hand sanitizer where available, and keeping a distance of 2 meters between others whenever possible.

Concordia Students' Nightline
temporary phone number: 438-812-6484
Thursday, Friday and Saturday nights: 6 p.m.—3 a.m.
An anonymous, confidential, non-judgemental listening service run by Concordia students for those in need of aid or support or just to talk.

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. The hotline is open 24/7 toll free but you may experience slightly longer waiting times than usual. Otherwise, the organization can be contacted at the provincial level at 1-888-933-9007.

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. Offering a range of remote services in addition to in-person services by appointment only.

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. At this moment, their offices are open but only open to the public Wednesdays and Thursdays 9 a.m.–5 p.m. Be sure to reach out directly via phone or online for updates on their services.

Option
1150 St-Joseph E. #104, 514-527-1657, optionalternative.org
Counselling, referrals and support for men and women who are violent towards their partners and families. In-person activities are slowly resuming and Option 1150 is currently accepting appointments Monday to Friday between 8 a.m. and 4 p.m.

PLURI
facebook.com/plurinitiative/, plurinitiative@gmail.com
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

In-person services are slowly returning to some of the services listed below. If you'll be visiting any of them in-person, be sure to wear a face covering at all times within enclosed spaces, practice proper hand hygiene, and keep a distance of at least tw metres from others whenever possible.

Alcoholics Anonymous
514-350-3444, aamontreal.com
Helpline plus a detailed schedule of every English-language AA meeting in Montreal and surrounding areas. Regular in-person meetings are slowly returning but remote teleconferences and even outdoor meetings are also available. Be sure to reach out for up-to-date information.

Centre de Réadaption en dépendance de Montréal
950 Louvain E., 514-385-1232 (adults), 3530 St-Urbain, 514-385-1232 (24 and under), dependancemontreal.ca/programmes-et-services/adultes
Offering a range of reintegration, detox and drop-in services for recovering addicts. These services remain operational but whenever possible it's best to phone ahead as they may be disruptions in the range of services offered due to COVID-19.

Cocaine Anonymous
514-527-9999, toll free at 1-877-806-0581 caquebec.org/home/
Support group with regular meetings for individuals seeking recovery and continued sobriety from drug addiction. At this moment, a majority of meetings continue to be held over zoom but in-person meetings have slowly begun to reappear. For details be sure to contact Cocaine Anonymous directly.

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, info@gamontreal.ca
Meetings, resources, and listening service hotline for people with a gambling problem. Many regular meetings have been cancelled due to COVID-19. For up-to-date information, be sure to reach out directly via phone or email.

Gambling: Help and Referral
514-527-0140 or 1 800 461-0140, jeu-aiderreference.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. In-person group meetings have returned, be sure to call or check the website for details.

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. In-person meetings have recently resumed in Montreal. Visit their respective websites or call for more details.

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. Le Portage continues to offer all its services to the community but be sure to call ahead to familiarize yourself with their specific COVID-19 protocols.

Sex Addicts Anonymous Montreal
514-418-5920, saamontreal.org
12-step recovery program based on the AA model, with meetings three times a week. Meetings are currently being held over zoom.

Sex and Love Addicts Anonymous
514-983-0671, dasa-slaa-mtl.cbti.net, mtldasaslaa@gmail.com
Local meetings and recovery resources following a 12-step program. Support and guidance toward developing healthy romantic and sexual relationships. All meetings have moved online for the time being due to COVID-19. Contact Sex and Love Addicts Anonymous for further details.

FOOD BANKS

Food banks have been hit hard due to the COVID-19, but each of these entries continue to offer services in some capacity or another. Be sure to wear masks in enclosed spaces, practice good hand hygiene and remain socially distanced whenever possible when accessing any of these services.

Accueil Bonneau
427 de la Commune E., 514 845-3906, accueilbonneau.com
Food bank with used clothes for social assistance card-holders. Presently, due to COVID-19, many of Accueil Bonneau's services are temporarily suspended. The food bank continues to offer boxed lunches daily from 9 a.m.—12 p.m. outside the building's entrance. Be sure to inquire directly for more information on the return of other services.

NDG Food Depot
6450 Somerled, 514-483-4680, 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. Certain services have been suspended due to COVID-19 but the majority of essential services continue. Be sure to contact the food bank directly for more information.

Ressource Action-Alimentation de Parc-Extension
419 St-Roch #SS13, 514-948-3246 ressourcealimentation.org
Food aid, clothing, and social support to residents of Parc Ex. Currently, the organization is managing food deliveries to the elderly and those experiencing food insecurity due to the pandemic. Reach out directly for more up-to-date information.

Sun Youth
6700 Parc #100, 514-842-6822, sunyouthorg.com
Food and clothing banks, as well as many social services and numerous youth outreach programs, based in the Plateau. Reach out to Sun Youth directly for information on services that are currently operational.

Yellow Door
3625 Aylmer, 514-845-2600 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. The physical offices of the Yellow Door are currently closed, but staff continue to work from home to run altered versions of their programs. Check out their website or give them a call for more details on the services currently available.

MEAL PROGRAMS

Midnight Kitchen (McGill)
3471 Peel #202, kitchen located at 137 St-Ferdinand, midnightkitchen.org, midnightkitchencollective@gmail.com
Midnight Kitchen is McGill's not-for-profit volunteer and worker run collective that runs workshops, a foodbank and provides on-campus PWYC vegan lunches. Unfortunately, due to lengthy renovations at their original space and now COVID-19, most services are on hiatus. The weekly food bank continues to operate but has been transformed into a contactless delivery service to minimize community spread of COVID-19. Registration is full for food bank recipients, but those in need can sign up for their wait list. Stay tuned to their website and various socials for updates and news on their services going forward.

People's Potato (Concordia)
1455 de Maisonneuve, #H-733, peoplespotato.com, peoplespotato@gmail.com
Concordia's Vegan soup kitchen, known for serving wholesome daily PWYC lunches during the school year, is not surprisingly also on hiatus due to COVID-19. Stay tuned to their website, Facebook page, and socials, though, as they're committed to getting lunch services back online as soon as possible during the fall term.

FINISH

film

Killer jeans



Slaxx

BY ALEX ROSE

As far as horror movies are concerned, few films can boast as clear a premise as Elza Kephart’s *Slaxx*: killer jeans. Of course, that’s not exactly all there is to it — the film is a satirical look at the fast fashion industry — but, as Kephart explains, its roots are even simpler than that.

“I was on a road trip with Patricia, the co-writer, and one of our old friends who had produced my first feature,” she explains. “We were super young — we were, I dunno, early 20s — and we were being really hateful to each other on this long road trip and teasing each other with words the other hated. This other friend hated the word ‘slacks,’ so I would harass her like when you’re on a road trip with your siblings. I kept saying ‘slacks’ to her for hours on end, and it just ended up sounding like a horrible killer. (laughs) The worker exploitation aspect came later; Patricia had worked at The Gap, and so she brought in that angle — the locked in the store angle — and I started realizing how horrible fast fashion was.”

Libby (Romane Denis) worships at the altar of Harold Landsgrove, the CEO of an American Apparel-like operation who runs his company with vaguely cult-like language about

sustainability and helping others. Libby is therefore ecstatic when she gets a job at one of the stores on the eve of the release of the Super Shapers, a revolutionary new one-size-fits-all jean that’s being launched with great pomp and circumstance. All of the employees are to be locked into the store overnight as they prep for the big launch — but when employees start to go missing, it’s clear something’s afoot.

“When I did more research after deciding to give it a good rewrite, I saw this documentary *The True Cost of Fast Fashion* and everything sort of came together at that point,” she continues. “American Apparel was an inspiration, for sure. The look of the store was American Apparel meets an Apple store.”

The killer pants were portrayed by a puppeteer that was subsequently erased digitally.

“We worked with a woman who has spent her whole career as a puppeteer, so it grew out of discussions with her and the special effects crew,” explains Kephart. “I really wanted it to have an animal feeling. At first it sort of crawls and slithers, but as it gains power and drinks blood, it becomes more and more humanoid until the end, where it literally puts a mannequin head on itself to assume a more humanoid form. I showed them videos of snakes and inchworms and stuff like that and did a lot of tests in their shop to give the jeans a personality.”

Though its concept is preposterous (and the film acknowledges its own preposterous nature), one of the things that makes it effective is the fact that the action never leaves the store. We never see the police on the outside, for example, or Libby’s mother/sister/boyfriend on the outside trying desperately to save her.

“That was definitely by design,” says Kephart. “Some people were like, ‘Oh, you should show the exterior of the store!’ and I thought, ‘No!’ (laughs) It’s a *huis-clos* and a slasher movie and according to slasher conventions, it usually works best this way with a very short timeline and a limited amount of people. I thought going outside the store would break the illusion of this hermetically sealed atmosphere.”

The seal also helps with the logic of the film, something that you might want on your side considering how audiences love to poke holes in the logic of films and that a film about a killer pair of pants defies logic to begin with.

“Look: the premise is insane, so you buy into the premise or you don’t,” says Kephart. “If you buy into the premise, you buy into the whole thing. We tried to do a good job of sealing the hole. People have nitpicks about plot points — but if you’re asking that question, then the movie’s not working for you!”

→ *Slaxx* opens in theatres on Sept. 11



Image: The Hand that Feeds (Robin Blotnick & Rachel Leary)

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On Screen



The Devil All the Time



La déesse des mouches à feu



Mulan



The Broken Hearts Gallery

BY ALEX ROSE

Despite the fact that two movies that seemed poised never to come out (*The New Mutants* and *Tenet*) have indeed come out in the last month, things have not really been solved in the cinematic realm.

Theatres have proven relatively safe (knock on wood) and somewhat attended, but studios have already made the decision to postpone most of their major releases, which leaves *Tenet* as an outlier in the blockbuster landscape. Consequently, the month's biggest film is a DisneyPlus exclusive release: Niki Caro's *Mulan* was moved around a couple of times on the schedule before finally being released directly to DisneyPlus, where subscribers will have to pony up an additional \$34.99 to watch the film.

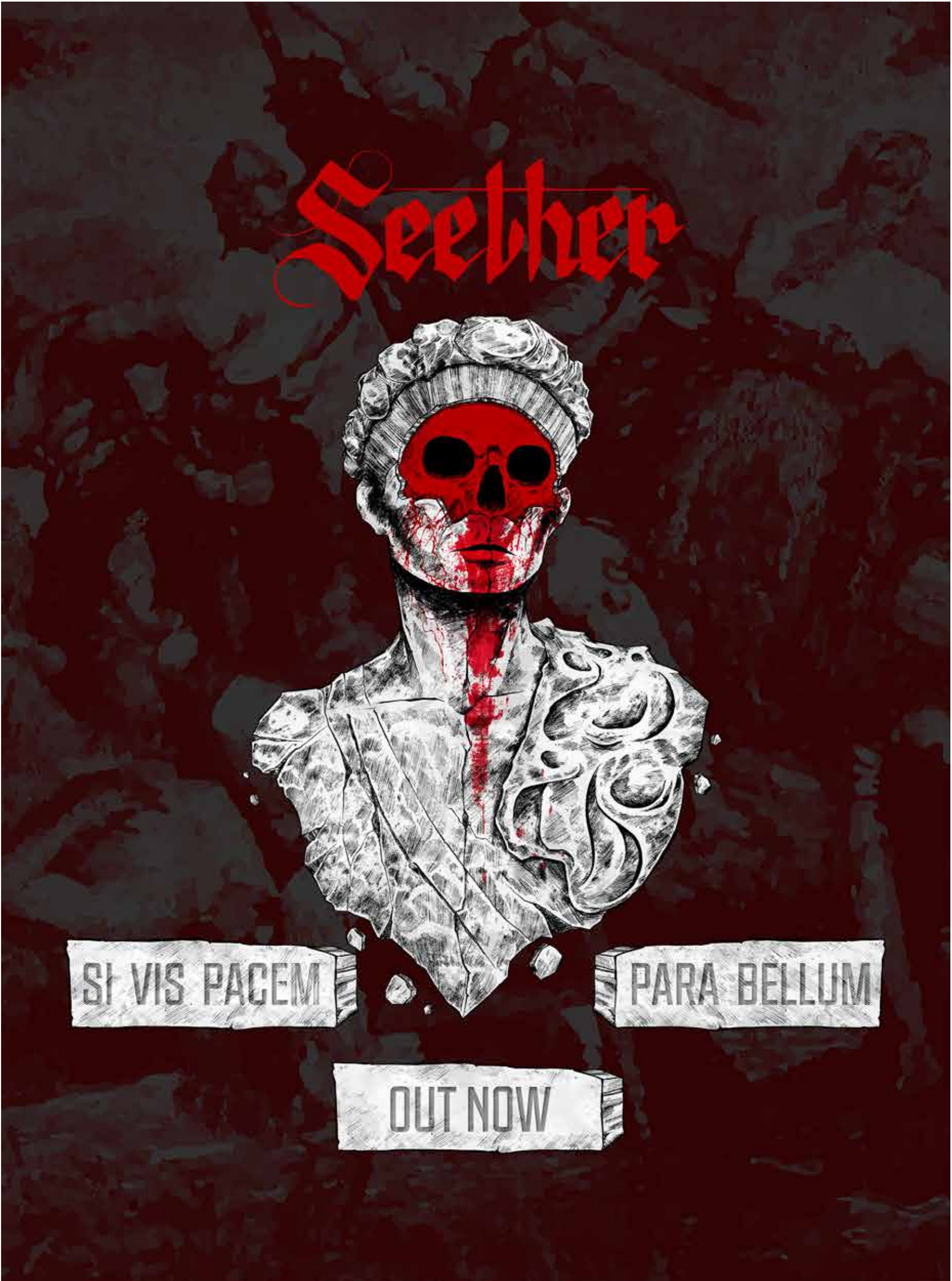
There are quite a few local titles being released this month, the most anticipated of which is Pascal Plante's *Nadia, Butterfly*, which was selected as part of the Cannes line-up

earlier this year. Plante's film — about a young swimmer, played by real-life swimmer Katerine Savard, with Olympic hopes — also has the particularity of being set at the 2020 Tokyo Olympics... which were themselves cancelled by the pandemic. Fresh off its premiere at Fantasia, Elza Kephart's *Slaxx* hits theatres on Sept. 11. The satirical comedy-horror film stars Romane Denis (*Slut in a Good Way*) and Brett Donahue (*Radius*). Finally, Sept. 25 sees the release of *La déesse des mouches à feu*, Anaïs Barbeau-Lavalette's adaptation of Geneviève Pettersen's Saguenay-set coming-of-age novel.

Greenland, an apocalyptic action film that reteams Gerard Butler with his *Angel Has Fallen* director Ric Roman Waugh, is due out on Sept. 25 after its initial release date was pushed back — presumably because people are not terribly in the mood for apocalyptic shit at the moment. Also being released after a scheduling shift is the rom-com *The Broken Hearts Gallery*, on Sept. 11. Rosamund Pike is Marie Curie in *Radioactive*, from *Persepolis* writer/director Marjane Satrapi. Though the film was not particularly well-received on the festival circuit, it seems to have gathered a bit of steam in the interim, just in time for its release on Sept. 18. Haley Lu

Richardson and Barbie Ferreira star in *Unpregnant*, which appears to be a comedic riff on the premise of *Never Rarely Sometimes Always* — in that the premise involves two teenage friends who must travel out of state to get an abortion. It premieres on Sept. 21 on HBO Max (Crave in Canada).

After a pretty quiet August, Netflix is ramping up its release of originals with the newest Charlie Kaufman joint, *I'm Thinking of Ending Things*, a psychological horror film starring Jesse Plemons and Jessie Buckley. The following week, there's the significantly less pedigreed *The Babysitter: Killer Queen*; McG returns to direct the sequel to the 2017 Netflix original *The Babysitter*. A killer cast (Tom Holland, Robert Pattinson, Riley Keough, Jason Clarke, Mia Wasikowski, Eliza Scanlen, Sebastian Stan) anchors the Southern Gothic thriller *The Devil All the Time* (Sept. 16) from director Antonio Campos. *Enola Holmes* (Sept. 23) is based on a hit series of novels by Nancy Springer focusing on the younger sister (Millie Bobby Brown) of the ever-famous Sherlock (Henry Cavill). *The Boys in the Band*, an LGBTQ classic that was first adapted in 1970, is getting an update thanks to director Joe Mantello and a cast that includes Zachary Quinto and Jim Parsons — it's out on Sept. 30.



arts

New look revisited

BY LORRAINE CARPENTER

After showcasing post-war Italian fashion with *Eleganza* in 2016 and the work of Spanish designer Cristóbal Balenciaga in 2018, the McCord Museum is mounting a major exhibition of the first decade of Christian Dior, who revived Parisian haute couture after WWII. The French designer’s “New Look” laid waste to the masculine silhouette that preceded it, revolutionizing the world of high fashion and trickling down to the mainstream worldwide.

The items in this collection of daytime and evening wear, all made between 1947 and 1957, come from the Royal Ontario Museum, McCord’s own collection and Dior Héritage in Paris. The exhibition highlights “Dior’s iconic lines, luxury textiles and romantic embroideries” as well as the fashion house’s “exquisite craftsmanship, intricate detail and inspired designs.”

“Dior’s impact on the silhouette of the late 1940s and 1950s was unprecedented, and the cut of his garments and their craftsmanship were exquisite,” says Cynthia Cooper, curator and head of collections and research for McCord’s Dress, Fashion and Textiles. “Each garment tells the story of a creative process inspired by yards of luxury fabric and a wealth of expertise. This exhibition provides an exceptional opportunity to see the work of this renowned couture house up close and relive a pivotal decade in fashion.”

To complement the *Dior* exhibition, the museum has enlisted Montreal designer Helmer Joseph to recreate three Dior evening gowns using paper patterns from the house of Dior dating from the late 1950s. Joseph, a Haitian-born Montrealer who has worked for Louis Vuitton and Chloé as well as Dior, will recreate the gowns known as Bella, Dolores and Arthenice by himself, employing the techniques specific to haute couture of that era.

→ The *Christian Dior* exhibition is on at McCord Museum (690 Sherbrooke W.) from Sept. 25 to Jan. 3, 2021, \$19/\$17 seniors/\$14 students, free for Indigenous people, reduced prices on Wednesday after 5 p.m. Tickets should be purchased online in advance. Consult musee-mccord.qc.ca for more.



Delphine, Aimant Autumn-Winter 1956

Laziz Hamani



Isabelle, Envol Spring-Summer 1948

Brian Boyle © Royal Ontario Museum



Caracas, Libre Spring-Summer 1957

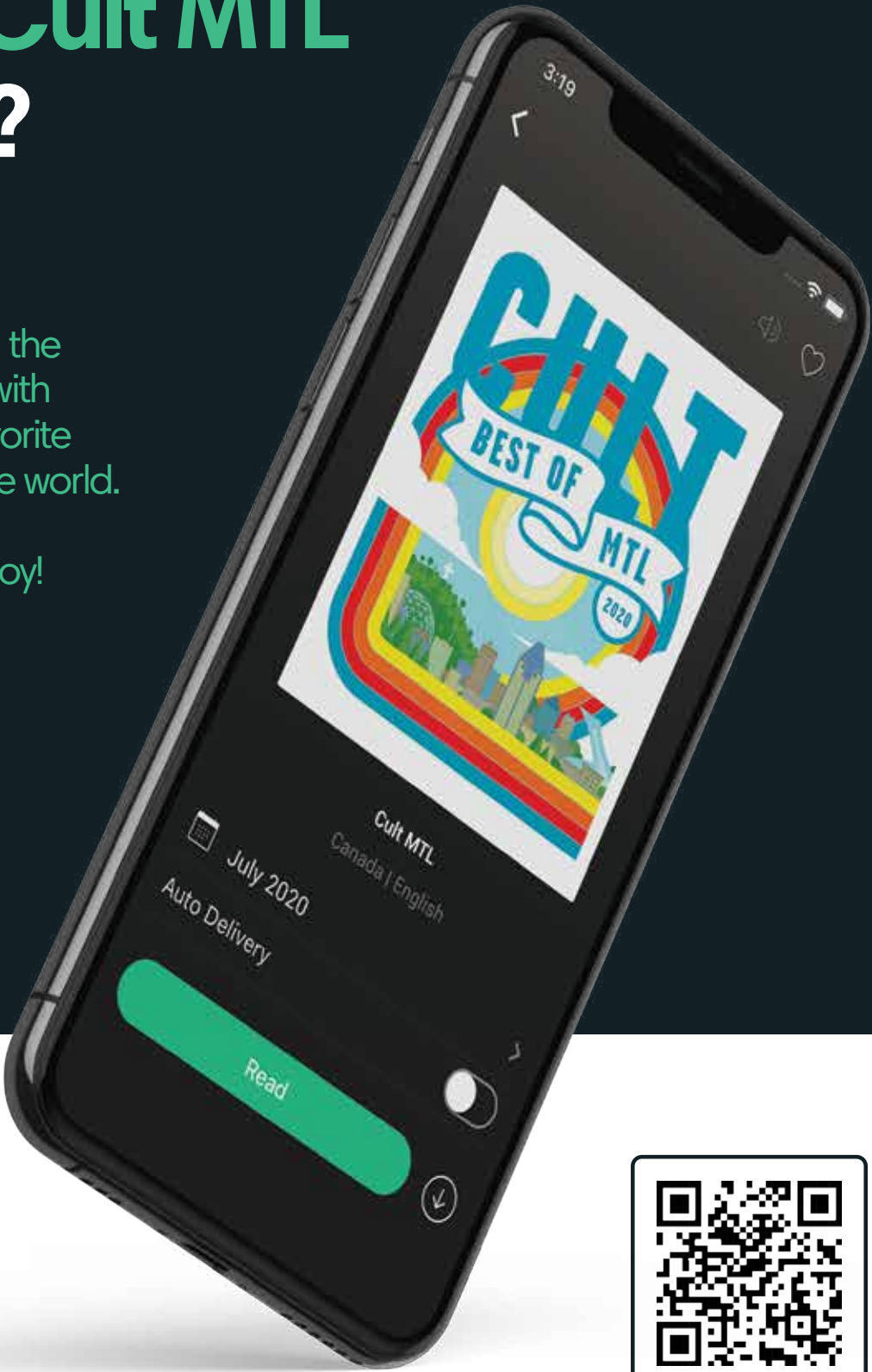
Laziz Hamani



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The Things Around Us

51N4E

Rural Urban Framework

16.09.20 – 14.02.21

Left: Press conference at the Centre for Openness and Dialogue by 51N4E. Tirana, Albania, 2015. Photograph © Blerta Kambo. Artwork, Sign, 2015 © Thomas Demand / Socan (2020)

Right: Ger Plug-in by Rural Urban Framework. Ulaanbaatar, Mongolia, 2019. Photograph © CCA

CCA

The CCA gratefully acknowledges the support of the ministère de la Culture et des Communications du Québec, the Canada Council for the Arts, Canadian Heritage, and the Conseil des arts de Montréal.

cca.qc.ca