Student Survival Guide

2022 Montreal cheat sheet + Cole Caufield, POP Montreal, Pumpui, Balarama Holness
Enjoy the last weekends of summer with Marché des Possibles at L'Entrepôt77!

Follow us on Instagram: @marchedespossibles
facebook.com/marchedespossibles

Marché des Possibles

Music, workshops, dance, festivals, film screenings, visual arts, drinks

Every weekend until September 25th!

77 Bernard Est
27 mai au 25 septembre 2022
Free, open to all

We acknowledge the support of the Plateau Mont-Royal borough, the Ville de Montréal, the Canada Council for the Arts, FACTOR, Canadian Heritage.
Nous remercions l'Aménagement du Plateau Mont-Royal, de la Ville de Montréal, le Conseil des arts du Canada, FACTOR, Patrimoine canadien, pour leur soutien.

SEPT 28, 2022
SEPT 29, 2022
SEPT 30, 2022
OCT 1, 2022
OCT 2, 2022

“DO IT TOGETHER”
SOCIAL MEDIA POSTING PITFALLS AND POSSIBILITIES
WELLNESS AND COMMUNITY
THE CLIMATE CRISIS AND MUSIC
INDUSTRY INNOVATIONS IN TECH

5 days of music-related panel discussions, workshops and networking for artists, industry and fans

Free & open to the public!

studio Rialto 5723 avenue du parc
30 September - 18h00
NOTHING COMPARES
Kathryn Ferguson | Ireland / United-Kingdom, 2022 | 97 min

FILM POP

29 September - 18h00
THE OFFENDERS
Beth B, Scott B | United States, 1980 | 100 min

1 October - 15h30
CALLIARI, QC
Anita Aloisio | Canada, 2022 | 48 min

+ FOR REAL
Ugo Mangin | France, 2022 | 54 min
double bill!

28 September - 18h00
GETTING IT BACK:
THE STORY OF CYMANDE
Tim MacKenzie-Smith | United-Kingdom, 2022 | 89 min

1 October - 18h00
IN THE COURT OF
THE CRIMSON KING
Toby Amies | Royaume-Uni, 2022 | 86 min

2 October - 15h30
ALMA'S RAINBOW
Ayoka Chenzira | United States, 1994 | 89 min

30 September - 20h15
RASSEMBLEUR
La Fondation PHI pour l'art contemporain présente

at Cinéma Moderne
September 28 - October 2 2022
Tickets on sale now at popmontreal.com
Hey students,

Welcome back, and welcome to Cult MTL’s 11th annual Student Survival Guide.

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

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

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

All this is in keeping with the content of our magazine and on our website, where our What To Do in Montreal Today page offers a daily to-do. Meanwhile, our Best of MTL readers poll results reflect everything our audience loves about this town.

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

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

Lorraine Carpenter
Editor in chief,
Cult MTL

At 21, Montreal Canadiens forward Cole Caufield has weathered possibly the most dramatic 18-month period in the team’s history. We spoke with him about all that, beloved teammates past and present, his favourite things to do in Montreal and how to prevent embarrassing videos from making their way onto social media.

Photo courtesy of Groupe CH

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

Cult MTL is published by Cult MTL Media Inc. and printed by Imprimerie Mirabel. Entire contents are © Cult MTL Media Inc.
RETAIL APOCALYPSE
15.04.22 – 15.01.23

VENTE FINALE

CH. I CONTES MODERNES / MODERN TALES 15.04.2022–15.01.2023
CH. II BÜCHER / BONFIRE 15.04.2022–15.01.2023
CH. III RENAISSANCE 22.09.2022–15.01.2023

cca.qc.ca
“I think proving people wrong is something that I’m just going to continue to do.”

This is what Cole Caufield had to say in late June of 2021, after the Montreal Canadiens eliminated the Las Vegas Golden Knights in round three of the Stanley Cup Playoffs. The then-20-year-old forward from Stevens Point, Wisconsin, had been told repeatedly that, at 5’7” and 165 pounds, he wasn’t fit for the NHL. He was selected 15th in the 2019 NHL draft, passed over by other teams because of his height. But he was an extremely lucky offensive find for the Habs, having broken a record in 2018–19 with the USA Hockey National Team Development Program Under-18 squad, scoring 72 goals — four years earlier, Auston Matthews had scored just 55 times in the same program.

Caufield only played 10 regular season games with the Habs before facing Matthews and the Leafs in game 2 of the first round of the Playoffs. Between May 22 and July 7, 2021, Caufield’s four goals and eight assists, pulled off with significant swagger and mameable grins, made him a local celebrity. He earned the nickname “Goal Caufield.” His jerseys were selling out at Tricolore Sports. The Premier of Quebec was tweeting about him (a lot), as was the Arizona Cardinals’ J.J. Watt, a fellow Wisconsinite. It was the best of times.

Then the Tampa Bay Lightning won the Stanley Cup. In Oct. 2021, Caufield wasn’t himself. He managed only one assist over 10 games at the start of the season, and was sent to the team’s AHL affiliate, the Laval Rocket, for nearly three weeks. Without their #1 goalie Carey Price and without their captain Shea Weber, among other stars of the recent Playoffs, the Habs had entered into the darkest stretch of its history. Losing streak after losing streak was made more bleak by the Omicron wave of COVID-19, which infected the entire team (and forced a suspension of play, no-fans games and a province-wide curfew). The infamous “system” put forward by head-coach Dominique Ducharme was a disaster, with players like Jeff Petry, who’d been stellar during the season — though the team still finished last in the league for 2021–22 and slogged through another losing streak in the spring, the wins piled up, and players like Petry were reanimated. Caufield said that, for him, it was like a switch was flipped, and after scoring only once over the course of 30 games, he was Goal Caufield again.

“People are just really friendly, it’s all good,” Caufield says, recalling one funny instance where a fan asked for a picture with him. “The way he coaches, I kind of connect to it in a way that makes sense to me,” Caufield says. “The things he talks about, the way his brain works and how he sees things is very straightforward and makes you think about it, too. He kind of gives you the ideas and you make it your own. It’s been cool ‘cause I’ve never really had a coach like that. I really looked up to him throughout (my life) — he’s the kind of guy where you wanna soak everything in, so every time he’s talking or showing something on video, you’re dialed into it. He’s done great things so far and I really am excited to get to work with him going forward.”

Caufield is also interested about getting back to big city life, including cultural options like live music, the last major pandemic restriction to be lifted in the spring. Though he missed out on being part of the Habs contingent at the LASSO country music festival last month, Caufield is excited to see the rescheduled Chris Stapleton show in the familiar confines of the Bell Centre. Yes, he is yet another Habs player who loves country, a pattern he says is more of a coincidence than an ingrained component of hockey culture.

“For me, honestly, I think (country music) is just more relaxing than that upbeat stuff, or rap. I do a lot of listening in the summer. I got to go to a Morgan Wallen concert this summer, too, so that was really cool.”

Despite being aware of the wealth of things to do in Montreal, Caufield admittedly likes to “keep it kind of low-key.” As you can imagine, he’s often stopped by fans in public, but celebrity is something he takes in stride.

“People are just really friendly, it’s all good,” Caufield says, recalling one funny instance where a fan asked for a picture with him and their dog. “I first got to Montreal during COVID, so everything was pretty much shut down, but it’s a great place to just walk around. I think Mount Royal is really cool — you can just walk up and get out of that downtown atmosphere.”

Though he says he hasn’t been to a bad restaurant in Montreal yet, “which is kind of crazy” — his current favorites are Grounder, Tuck Shop and, being a big breakfast guy, Arthurs and Beauty — he’s haven’t taken the time to get properly acquainted with Quebec’s most famous dish.

“I’m going to make people hate me, but I think I’ve only tried poutine once, at the airport. It probably wasn’t one of the best, being at the airport, but I gotta try one of the real best poutines out there.”

“I try to keep it pretty healthy,” he adds, “but during the season I’m always trying to squeeze in some kind of fatty food like ice cream, just ‘cause you’re losing so many calories. Plus, I kind of have a sweet tooth.”

When asked for advice about how to endure school-induced stress, Caufield recommended being as organized as possible, to keep school work on track, while using the simplicity of nature — taking walks, being by the water — to soothe the soul and/or distract from anxiety triggers.

As for keeping mildly embarrassing school-project videos off the internet, like the one co-starring Caufield that found its way onto social media earlier this year — he recommends remembering all your email passwords.

“All it takes is not checking your emails in the middle of the night.”

“I had forgotten about that video — that was my senior year of high school. Honestly, after that came out, I was like, ‘How can I take this down?’ But I couldn’t get it off my mind. So I ended up posting it to see if it was around this place. For sure, you can call it a Bromance or whatever, but it’s not just for show (laughs). We do actually like each other.”

Caufield also feels fortunate to have played alongside and befriended some hockey legends during his time in the NHL, among them Habs goaltending GOAT Carey Price. Price’s career appears to be coming to a close following the recent revelation that he’ll soon be placed on Long-Term Injured Reserve due to the fact that his injured knee is simply not healing.

“I never would’ve thought, growing up, that I’d ever get to meet this guy, let alone have conversations with him and get to sit next to him in the locker room. He’s a guy you’re just in awe of every time he walks in the room, you just get nervous. It’s just cool. He was so good to me. Going forward, I think I’ll always be able to talk to him; he’s going to be around.”

Having never won the Stanley Cup — but picked up pretty much every other trophy and medal imaginable — Price’s legacy and eligibility for certain honours is questionable for some (frankly tiresome) critics, but Caufield doesn’t think that a Stanley Cup should make or break the notion of “success” in hockey.

“I don’t think so. He’s unbelievable. Getting us to the Cup final this year, that hasn’t happened without a guy like that. Coming up two short to a team that won two in a row at the time? He’s done so much and been humble about it all the way through. That’s the thing I admire the most, the way he’s carried himself through the highs and lows. It’s like nothing fazes him. I think it’s pretty cool to have a guy like that who’s done so much for hockey and for the city of Montreal and for the team. I’m just thankful to have him as a friend and a teammate.”

Remembering the 2021 playoffs, Caufield shouted out some of the other legends he briefly called his teammates: “You get thrown on the team and you’re looking across the room and you’re playing with Shea Weber and Corey Perry and Eric Staal, all these guys that have done so much, and you’ve literally done nothing. It’s just awesome to be part of something like that. I’ll remember that forever.”

Last April, Caufield had a meet-and-greet with former Hab and Hall of Famer Yvan Cournoyer after a game at the Bell Centre, one of the ways the Montreal Canadiens keeps its young players connected to the long history of the team.

Yvan and I had some good talks. Every time you get the opportunity to talk to these guys, every time they come back to think, it’s so important. They love it so much and it really just makes you appreciate what you are, what you have. You just want to do it for guys like that, and get to leave your mark on the city as well. I feel like once you’re part of the team, you’re part of this forever. The legends that have come before you — you’re playing for them, too.”

Okay, but what does that mean? Well, we’re glad you asked. When it comes to internet companies in Canada, the bar is pretty low. We want to change that. Bullshit, th. Gone. Contracts. Nope. Shifty pricing. We’re all about fair, sustainably priced internet.

We want to make the internet as transparent as it was made to be.
Here’s why this election is so important

AN EDITORIAL BY BALARAMA HOLNESS

Why Bloc Montreal, and why now? Perhaps the better question is why do we all love Montreal?

Sure, we are a city of festivals and there is almost always something exciting happening here. We can travel around the world by taking a Bixi or hopping on the metro, experience different cultures and find every type of food imaginable. This is not surprising as more than a third of the city’s population is made up of visible minorities ranging from South Asian to Latin American to Korean, not to mention the earlier waves of Jewish, Italian, Greek or Portuguese immigrants. Bonjour-Hi, French, English, and Franglais along with the flavours of other languages not only define the linguistic character of Montreal but are key factors in making it so special.

Montreal is the perfect representation of Canada’s multiculturalism that just works. Bloc Montreal’s electoral campaign slogan, “United for our city,” reflects the day-to-day reality of francophones, anglophones and allophones living, working and playing in harmony. Montreal is like an old t-shirt. A bit worn out, with a few stains, ripped at the seams, yet so comfortable. This is because, as Montrealers, we share common values of compassion, social justice, mutual respect, openness and tolerance.

We are the cultural and economic engine of the province, but recent policies have affected Montreal and Montrealers in a disproportionate and negative way. Bloc Montreal was created to defend and strengthen, at the National Assembly, the unique status, needs and aspirations of our cosmopolitan city. We will better represent Montrealers and we will advocate for greater fiscal, cultural and political autonomy for Montreal. This will include a share of the Quebec Sales Tax from sales and services provided in the Montreal region to remain in Montreal (around $2-billion annually) as well as a $5 daily congestion fee on non-resident vehicles entering the island.

These new sources of revenue will be used to repair and improve our aging infrastructure, support use and expansion of public transit, finance free public transit service during rush hours, build affordable housing, new sport facilities, after school programs, parks and green spaces. We will fight on your behalf to make Montreal carbon neutral by 2040, to depoliticize the immigration policy, to repeal Bills 21, 32, 40 and 96 as fundamentally undemocratic and anti-Montreal, to get the expansion of Dawson College back on track, to implement much tighter regulation of Airbnb and similar short-term rentals (providing as many as 10,000 additional housing units) as well as to implement Rent Register to ease the housing crisis.

We are fed up with our paternalistic and hypocritical politicians, we are fed up with policies that tell us that it is more important what we wear on our heads than what’s inside them. We are fed up with pre-emptively invoking the notwithstanding clause to limit our rights and freedoms. We are fed up and we are not going to take it anymore.

Montreal needs greater control over its destiny, over new sources of revenue and over economic, linguistic and cultural policies. It’s time to recognize that bilingualism is not a handicap but an asset. On Oct. 3, go and vote. Better still, vote for Bloc Montreal. Don’t let the boomers from the burbs and les régions tell us how we should live in Montreal.
WELCOME BACK

AUX VIVRES
Resto Végane

4631 BOUL. ST-LAURENT & 4896 RUE SHERBROOKE O.
food
Thai one on

BY CLAY SANDHU

In the spirit of the Student Survival Guide, I got to thinking about my time as a student here in Montreal.

Thirteen years ago, I moved here from Ottawa, at the time when I was developing a newfound interest in food. The restaurant scene back then wasn’t so different from how it is now. The city’s food landscape could be divided up into a couple of main categories: fine dining, cheap eats, bring your own wine (BYOW) joints, a neighbourhood staple. As a broke 18-year-old, I spent most of my dining-out budget eating my way through the cheap eats, occasionally splurging on a BYOW for a birthday or date night, and getting spoiled once or twice when a parent or friend’s parent would foot the bill somewhere pricey.

I often wish I had been more adventurous when I was in school, but I mostly kept within a 10-block radius of campus and wherever I was living at the time. It took me years before I ventured out of the Plateau to discover the culinary gems that exist around the city. If you’re a student and you’re reading this, know that this was written with you in mind. This isn’t a review so much as an encouragement to hop on the metro or take the bus out to a new neighbourhood. Sometimes all it takes is a small excuse, and for me, there is no better excuse to make a trip than the promise of an excellent meal.

There are countless travel-worthy restaurants in the city and they vary in price range from cheap-as-hell to bank-breaking. With a student budget in mind, one of my all-time favourite spots in the city is Pumpu, a pint-sized Thai curry shop located in Little Italy, of all places.

Co-owners Jesse Mulder, Jesse Massumi and Xavier Cloutier-Guerard launched the restaurant back in 2017, and it’s been a perennial favourite ever since. Pumpu, which offers seating for roughly 20 people, shows up on a lot of “Best of” lists (mine included) but not without good reason — it’s sensationally good. During the bleakest days of the pandemic, it was my go-to spot. The food is vibrant — spicy when it calls for it, and mild when it doesn’t. It’s a restaurant that is self-assured and proudly unapologetic and it single-handedly introduced a whole new range of Thai dishes I’ve never had before. The name is a bit of a mouthful — Tord Mun Pla Yum Ma Mung — but was essentially a plate of fried fish cakes with fresh corn. Mackerel, the biggest of the oily fish, often gets a bad rap for being pungent and overbearing. In Pumpu’s preparation, it’s hardly fishy at all. Instead, the thin fishcakes, which are about the size of a standard chocolate chip cookie and are fried until golden brown, are meaty and have a pleasant, slightly bouncy texture. Aromatic in their own right, the fish mixture combines kaffir lime leaves with red curry paste and a bit of long bean for added texture. I’ve come to understand that these cakes are generally served with a sweet chilli sauce but given that we’re in peak corn season, the sauce has been replaced by a fragrant corn salad that, if I were a betting man, I’d say was a version of Som Tam — Northern Thailand’s famous green papaya salad. The dish was quite good and perfect to split as an appetizer if you’re two or more people. If I were coming on my own or with only enough budget for a main, at $20 (the most expensive dish of the night), I might skip it. With that said, if your budget can accommodate it, I always recommend adding the special.

The beauty of Pumpu is that you can’t really go wrong. The dishes are tried and true and have been perfected for years. It’s always consistent, always filling and always delicious. For all the money I wasted on cheap pizza and Subway sandwiches as a student, I wish that I had had a Pumpu. Many of my most memorable meals in this city have cost me hundreds of dollars and while they, to me, were worth every penny, every time I eat at Pumpu, I’m reminded that some of the best food I’ve ever had the pleasure of eating cost under $20.

Montreal is an extraordinary city to live in as a student and it’s famously a good place to live on a budget. Above all, I believe that Montreal remains an excellent city for food at any price point. As you continue to explore the city and get to know it better, I hope you make it up to one of my favourite neighbourhoods to eat at my favourite curry house. I promise it’s well worth the trip.

*83 St-Zotique E.*

---

*Pad Kaprao*

*Gaeng Gari Jaay.*

*Gaeng Gari* is a staple of Southern Thai cooking. Its yellow colour and particular fragrances come from turmeric and other dried spices brought over by traders in Myanmar, India, and parts of the Middle East. You’ll see a version of this dish on a lot of Thai menus, and usually it’s made with chicken (Gaeng Gari Gai) and served in a sweeter, pale yellow gravy. Pumpu’s is much darker and verges on orange more than yellow. The smell of fried curry leaves hits your nose the moment it lands at the table and is followed up by the delicate fragrance of coconut milk. This particular curry is vegan — it’s a great option if that’s important to you but equally great if not. The gravy is studded with fingers of okra, chickpea tofu, sweet cherry tomatoes and beautifully tender Chinese eggplant. It’s a warm and plentiful bowl of curry and much more complex than anything you’re likely to find around town. The curry costs $16 and comes with a side of sticky rice.

---

*Stir-fried pork, long beans, chilli and holy basil served with confidence. It’s worth keeping in mind that since Pumpui is small and offers very little in terms of modification. When I was developing a newfound interest in food, the restaurant scene back then wasn’t so different from how it is now. The city’s food landscape could be divided up into a couple of main categories: fine dining, cheap eats, bring your own wine (BYOW) joints, a neighbourhood staple. As a broke 18-year-old, I spent most of my dining-out budget eating my way through the cheap eats, occasionally splurging on a BYOW for a birthday or date night, and getting spoiled once or twice when a parent or friend’s parent would foot the bill somewhere pricey.*

*By Clay Sandhu*
QUARTIER DES SPECTACLES

REFER US A FRIEND AND GET $2,500*

80% SOLD ALREADY!
DELIVERY 2023

OUR STUDIOS AND ONE-BEDROOM CONDOS ARE NOW MORE AFFORDABLE THAN EVER!

SALES OFFICE: 1430 DE BLEURY STREET
IMPERIACONDOS.COM | 514 700-1005

*Valid for a new purchase only. Some conditions may apply. Details at the sales office. Only Canadian residents can benefit from this promotion.
Time to POP

THE LINDA LINDAS

BY DAVE MACINTYRE

It only feels like yesterday when many of us gathered at l’Entrepôt77 for shows at last year’s POP Montreal, but that time is almost upon us once more. From Sept. 28 to Oct. 2, POP will once again be hosting shows in venues across town, showcasing a diverse array of music, art, film screenings, workshops and panel discussions throughout those five days.

Although there are tons of fantastic names on this year’s bill (and certainly not enough time to see everyone we’d want), here’s a list of eight who we think will be particularly worth the watch.

BRAN VAN 3000
Who better to start things off with than some local legends? For the grand finale of BV3’s 25 year anniversary tour, James Di Salvio and his ragtag gang of multitalented musicians will be playing two nights at Club Soda, on Sept. 30 and Oct. 1. The seminal, genre-bending Montreal collective have been hosting shows in venues across town, showcasing a diverse array of music, art, film screenings, workshops and panel discussions throughout those five days.

THE LINDA LINDAS

There’s no escaping it at this point: the pop-punk revival is officially upon us, and the Linda Lindas are one of its most exciting young acts. After their performance of “Racist Sexist Boy” in a Los Angeles library caught traction on YouTube, the all-female quartet have proven they’re no one-time fluke. These kids — seriously, they’re only between 11 and 17 years of age — can really play, and their rough-edged, ’90s-flavoured sound evokes the best bits of the Pixies, Nirvana and Bikini Kill, the latter of whom they’ve even opened for. Catch them with Sophia Bel and MBG on Sept. 29 at the Rialto.

TORTOISE
One of post-rock’s foremost pioneers, Chicago’s Tortoise will be bringing their damn near uncategorizable sound to the Rialto on Oct. 1, alongside Joe Rainey. The quintet are known for their tendency to dabble in genres outside of rock music, and their live show feels tailor-made for intimate, darkly-lit indoor spaces. With only a handful of other tour dates scheduled for this fall, this will be a rare opportunity for fans in Montreal to watch them bring their unique discography to life onstage.

MARTHA WAINWRIGHT
Another local mainstay, Wainwright will be headlining the Rialto at POP this year, just like she did in 2016 at the M for Montreal festival. This time, she’ll be bringing fellow veteran Canuck songstress Julie Doiron with her. As she performs in support of her most recent disc, 2021’s Love Will Be Reborn, Wainwright’s entrancing, emotionally raw performance style has a way of captivating an entire room of people — and she’ll be looking to do that yet again on Sept. 30.

OMBIGIZI
Consisting of members from Zoon and Status/Non-Status, OMBIGIZI are among the more exciting newcomers to be booked for POP this year. Longlisted for this year’s Polaris Prize for their debut LP Sewn Back Together, the duo (pronounced om-BEE-ga-ZAY) makes indie rock with a politically charged twist. As both members are Anishinaabe, their lyrical content focuses primarily on stories relating to the Indigenous experience in our country. Expect them to bring their spellbinding, sonically rich live show to the rooftop of the Rialto on Oct. 1.

THANYA IYER
This jazzy experimental pop singer-songwriter made her newest project in the midst of quarantine, as evidenced by song titles like “Leave the Room and Face the Waves.” Thanya Iyer’s alluring, emotionally soothing voice and tender instrumentation both make for an excellent set to whet one’s appetite before the rest of the night’s show-going. Playing POP to promote her recently released EP Rest, Iyer will be hitting up le Ministère on Sept. 29, alongside Bibi Club (who are headlining the show for the launch of their debut album, Le soleil et la mer) and Still Kicking.

MAGI MERLIN
Definitely one of the more eclectic young artists to come up in this city in recent years, Magi Merlin (pronounced Madge-eye) is one of the more vibrant, musically adventurous acts on this year’s bill. Blending hip hop, jazz, R&B, house, and breakbeat (among other genres), this St.-Lazare native/ Bonsound signee is on the rise and riding on the buzz sparked by her newest EP Gone Girl, and she’ll be looking to win more audiences over when she takes the stage at the Fairmount Theatre on Sept. 30, accompanied by Strange Froots and Kaya Hoax.

MAKY LAVENDER
You’ve probably heard his name in the news recently because our province’s attitude about language politics is absolutely fucked, but that shouldn’t distract you from the fact that Maky Lavender is a seriously talented dude. The 26-year-old, born Makendal St-Félix, is a true Montréaler, having lived in Montréal-Nord, RDP and the West Island, and the fact that Maky Lavender is a seriously talented dude. The 26-year-old, born Makendal St-Félix, is a true Montréaler, having lived in Montréal-Nord, RDP and the West Island, and the music — in addition to his bilingual rapping prowess — can go from hard-hitting 808s to a more sensitive side almost seamlessly. Catch him opening for Radio Radio at le Ministère on Sept. 28.

THANYA IYER
This jazzy experimental pop singer-songwriter made her newest project in the midst of quarantine, as evidenced by song titles like “Leave the Room and Face the Waves.” Thanya Iyer’s alluring, emotionally soothing voice and tender instrumentation both make for an excellent set to whet one’s appetite before the rest of the night’s show-going. Playing POP to promote her recently released EP Rest, Iyer will be hitting up le Ministère on Sept. 29, alongside Bibi Club (who are headlining the show for the launch of their debut album, Le soleil et la mer) and Still Kicking.

For the complete festival program, please visit popmontreal.com
Hey! This is **BLUE DOG**! Blue Dog is open 7 nights a week. We are an inclusive bar that has affordable drinks, live music, DJs, and **SO MUCH DANCING**! You can also book Blue Dog for your events! We are always looking for new performers. Hit us up by email or on Instagram for how! **SEE YOU THERE!**

---

**SPORTS!**

3956 Boul. St Laurent
2nd floor

@champs_montreal

**Champs**

- NHL
- NFL
- MLB
- UFC
- NBA/WNBA
- World Soccer

Wednesday nights: Queer Night with Oasis
Friday Night: Kariya Night with St. Mary's
Karaoke Saturdays
3 pool tables

Food by **Man vs. Poutine**

Painting by **Brian Higgins**
student survival guide 2022-2023

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. Family Farmers Network (fermierdefamille.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 a few.

Fergus
fergus.bio

Shaina Hayes Farm
shainahayes.wixsite.com/farm
Les Jardins du Petit Tremble
lesjardinsdupetittremble.net
Les Bontés de la Vallée
lesbontes.org/
Lufa Farms
lufa.com
Potager André Samson
3samson.com
Morgan Farm
fermemorgan.com

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 3437 Notre-Dame W., 1376 Mont-Royal E., 4342 Wellington, 1584 Ave Laurier E.
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% discount for Concordia students. Open Monday through Thursday 12–7 p.m.

PLATEAU/MILE END
La Vieille Europe
3855 St-Laurent
Marché Sabor Latino
4387 St-Laurent
Segal’s Market
4001 St-Laurent
El Rey Del Taco
15 St-Viateur W.

VILLERAY
Anatol Spices
6822 St-Laurent

Fruiterie Milano
6862 St-Laurent

Epices de Cru
7070 Henri-Julien (Marché Jean-Talon)
La Dépense / Olives & Épices
7070 Henri-Julien (Marché Jean-Talon)
Marché Hung Phat
7099 St-Denis
Marché Oriental St-Denis
7101 St-Denis
Marché Thai Hour
7130 St-Denis
Tortilleria Maya
7018 Casgrain
Conserva 6604
St-Hubert

NDG & WESTMOUNT
Marché Akhavan
6170 Sherbrooke W.
Marché Oriental Jang Teu
116 Decarie
Miyamoto
382 Victoria
Montreal Korean & Japanese Foods
6151 Sherbrooke W.

DOWNTOWN
Bonjour Supermarché
2973 de Maisonneuve W.
Marché Newton  1618 St-Catherine W.

MTLFood  1829 St-Catherine W.

Épicérie du Bazaar  1905 St-Catherine W.

Épicérie Coréenne et Japonaise  1829 St-Catherine W.

Marché Adonis  2173 Ste-Catherine W.

Sheng Tang Supermarket  1426 Fort

Supermarché Noor  1905 Ste-Catherine W.

LATE-NIGHT

Intemarché  1670 Mont-Royal E. (open 24 hours)

La Main  3701 St-Laurent (open till 11 p.m.)

Metro  5150 Côte-des-Neiges (open 24 hours)

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

Supermarché PA 5242 Parc, 1420 Fort (both open until 11 p.m.)

restaurants

There’s no shortage of restaurant options in this city — at any price range. 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 culmtl.com.

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

BRUNCH

Bagels Etc.  4320 St-Laurent

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

La Bête à Pain  114 Fleury W., 195 Young

Everything from the tuna scoop to matzah ball soup is delicious, but the pancakes are what pay the bills.

Arthur Nosh Bar  4211 Notre-Dame W.

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

Café Regine  1840 Beaubien E.

One of the most popular and sumptuous spots for brunch in town, served daily.

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.

Byblos  1599 Laurier E.

A bustling Persian restaurant deep in the Eastern pocket of the Plateau. Strong tea, a wide array of specialty jams, and a feta omelette that keeps the crowds coming back.

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 126’s finer dining are on the cutting edge. Fun definitely intended.

Café Gentile  9299 Parc, 4126 Ste-Catherine W.

An Italian institution with a Westmount enclave (and its neighbouring Pizzeria Gentile, at 4134 Ste-Catherine W.), but the OG spot’s got an array of delicious sandwiches to choose from. Sandwich lovers take note.

Bossa  3136 Masson, 4354 Wellington

Home of the Hoagie. Deli sandwiches jam-packed with your choice of salami, homemade meatballs, fried cutlets and more.

Bergham  9 Montrealt locations

This fast-casual Quebec/Ontario chain has multiple varieties of sandwiches, from their six mega sandwiches (packed with ingredients like burger patties, eggs, chickpeas, marinated chicken, merguez sausages) to burgers to wraps to small-format “Berghies.” Bonus: it’s certified halal.

Hung Phat  7099 St-Denis

Located a stone’s throw from the Jean-Talon market, this Seoul-sourced sandwicherie is best know for its delicious and incredibly affordable bahn mi sandwiches.

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

Nouveau Palais  281 Bernard W.

A Mile End stalwart known for its “grandma’s basement” aesthetic and comfort-classic menu. Over the years, their cheeseburger has helped nurse the powerfully hungover back to health.

Chez Tousignant  6956 Drolet

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

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  5460 Côte-des-Neiges, 2001 St-Denis, 4412 Notre-Dame W.

Montreal’s answer to In-N-Out, this cult-classic does up some fast-food-style burgers and is yet another contender for the best burger in Montreal.

Larrys  5201 St-Laurent

Made famous by its big-sister restaurant Lawrence, the burger at Larrys is an exercise in simplicity. The meat is ground daily at their butchershop down the road and topped with only the essentials.

Harvey’s  8 Montreal locations

Arguably the best of the big five fast food options, Harvey’s flame-broiled burgers boast 100% Canadian-sourced beef. They were the first to introduce a veggie burger back in the ’90s, and it’s still the best plant-based fast-food option out there.

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 of line-ups.

Chez Claudette  351 Laurier E.

All-day breakfast, lively atmosphere and one of the best poutines in town, with myriad variations. Open until 10 p.m., seven days a week.

Paulo & Suzanne  5501 Gouin W.

A neighbourhood hotspot in Ahuntsic known for its oversized poutines and gargantuan burgers. Open 24 hours daily.

Gibeeau Orange Julep  7700 Decarie

The giant orange orb visible from the highway isn’t just known for its mysterious creamy namesake beverage — they make a mean poutine, too.

Paul Patates  760 Charlevoix

A Pointe St-Charles diner that makes its own spuce beer and slings some of the better poutines in town. Hours vary, closed on Sundays.

OPEN LATE

Thanks in part to the ongoing labour shortage, it’s becoming harder and harder to find restaurants that keep their kitchens open well into the wee hours. Here’s a collection of standsys that keep the midnight oil burning.

AA  3700 Notre-Dame W.

Not far from Greenspot, this St-Henri institution dates back more than 50 years, and is known as one of the best late-night casse-croûtes in town. Open 8 a.m.–4 a.m. Monday through Thursday and until 5 a.m. on the weekend.

Chez la Mère  4028 Masson

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

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.
Unlimited pass for sale from **SEPT. 5**

Programmation unveiled on **SEPT. 20**

Oldest film festival in Canada and major Quebec event, the Montreal Festival du nouveau cinéma presents every year over 200 works from 60 different countries (feature, short films and XR works) to celebrate the best of today’s cinema!
Le ROI du Smoked Meat
6705 St-Hubert
A 1950s-style diner on the Plaza St-Hubert strip. A large menu that covers burgers, pizza, pasta, smoked meat and even a roast chicken if you’re up for it. Open daily until midnight.

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

Tommy Café
Various locations including 151 St-Paul W.
With locations all over the city, Tommy is a decent spot whenever you need a caffeine kick. That said, the multi-level, sun-soaked and plant-adorned location in Old Montreal is a classic study spot.

Café Myriade
Various 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 Névé
151 Rachel E.
A friendly, crowded hipster café in the Plateau.

Café Oui Mais Non
72 Jarry E.
Popular and quirky neighbourhood spot with beer, hearty snacks and a built-in stationery boutique.

Café St-Henri
Various locations including 3632 Notre-Dame W. and 4159 Wellington
A third-wave café chain with branches in St-Henri, Verdun, Quartier Latin and Jean-Talon Market.

Crew Collective & Café
360 St-Jacques
This gorgeous café is built into the main hall of Old 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 a chill vibe.

Lloydie’s
5554 St-Laurent
A no-frills Jamaican restaurant serving some of the most famed jerk chicken, plantains, wraps and beef patties in the city.

Seasoned Dreams
1236 Mackay
A 100% vegetarian Thai restaurant with many vegan options. Famous for its mock meats.

Sorbetto
3833 St-Jacques
Expand your frozen treat horizons with Thai-rolled ice cream with flavours like caramel beurre sole au lait de chevre avec gateau vanille and key lime leaf & lemon curd with graham crumbs.

Pasticceria Alati-Caserta
277 Dante
Beloved Little-Italy bakery known for traditional and inventive Italian pastries and cakes. Home to the city’s best cannoli.

Sophie Sucrée
167 des Pins E.
Vegan sweet shop with cakes, cupcakes, brownies and more for your sweet tooth.

Swirl
230 Rachel E.
A dairy-free ice cream to rival any of the best creameries anywhere. The signature swirl cone is served with their silky coconut milk-based coco-vanilla soft-serve intertwined with seasonal fruit sorbet. You may never go back to dairy-based ice cream after this.

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, in Westmount as well as the Plateau.

Bumbuddo Pub
3732 St-Laurent
Montreal’s first-ever plant-based pub. The menu features an eclectic mix of pub grub classics leaning heavily on Impossible burgers.

Bonne Bouffe Créole
5509 Laurier E.
A no-frills Jamaican restaurant serving some of the most famed jerk chicken, plantains, wraps and beef patties in the city.

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.

Caribbean

Bonne Bouffe Créole
3715 Ste-Catherine E.
Haitian hangout in Hochelaga serving up griot combos, fried fish and stewed goat.

Kamou
1485 Joane Mance
Upscale pan-Caribbean fare from famed Agrikol chef Paul Toussaint.

Kwizinn
403 Wellington, 6670 St-Hubert
Refined Haitian cuisine courtesy of chef Michael Lafaille. Head to the Verdun location for tasting menus and a more formal dining experience or step by Kwizinn Express on St-Hubert to get your griot fix.

Kwizinn
66 St-Viateur W., 4601 Notre-Dame W.
Once known for the Jamaican patties they’ve been producing since 1987, Lloydie’s has opened 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 Laurier E.
When southwestern style meets Caribbean; From jerk salad to jerk chicken and pork to oxtail, to mac ‘n’ cheese and salt baked fish.

CHINESE

Dobe & Andy
1071 St-Urbain R-12
Hong Kong-style diner serving incredible Chinese BBQ plus a variety of Dai Pain Dong and Cha Chaan Teng classics. The three meats combo is always a good way to go but if you happen to head there on a Thursday, get the Beef Hor Fun. Pro tip: ask for extra ginger and scallion sauce.

Kam Fung
1111 St-Urbain & Beijing 92 de la Gauchetière W.
These two institutions are within a stone’s throw of each other in Chinatown. Both are great for large group meals. The former serves superb dim sum, and the latter’s open till 1:30 a.m. every night.

Kam Shing
4771 Van Horne, 6730 Côte-des-Neiges (Plaza Côte-des-Neiges)

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 & Bag
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.
MYRIADE

BUY ANY HANDCRAFTED DRINK AND GET ONE OF EQUAL OR LESSER VALUE FOR FREE WITH THIS COUPON
CANNOT BE COMBINED WITH ANY OTHER OFFERS OR PROMOTIONS
VALID UNTIL SEPTEMBER 30, 2022

SHARE THE LOVE
BUY ONE, GET ONE FREE

GET $3.00 OFF ANY PURCHASE OF RETAIL COFFEE BY MYRIADE ROASTING CO. WITH THIS COUPON
CANNOT BE COMBINED WITH ANY OTHER OFFERS OR PROMOTIONS
VALID UNTIL SEPTEMBER 30, 2022

EXPLORE THE ROAST
$3 OFF

GET 10% OFF ON ANY BREWING EQUIPMENT FROM HARIO CHEMEX OR TIMEMORE WITH THIS COUPON
CANNOT BE COMBINED WITH ANY OTHER OFFERS OR PROMOTIONS
VALID UNTIL SEPTEMBER 30, 2022

BREW AT HOME
10% OFF
For those who like it hot, in Montreal’s “Little India” Bombay Mahal 1001 Jean-Talon W., 3681 St-Laurent, 101 Mont-Royal W. For those who like it hot, in Montreal’s “Little India”

Kanbai 1813 Ste-Catherine W., 1110 Clark Incredibly 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 till 4 a.m. (12 a.m. on Sundays). This one deserves special mention for their $5 lunch special plates.

Nudo 1056 St-Laurent Hand-pulled noodles are the real drawcard here. The ramen isn’t bad, but the Chinese noodle soup is the better option.

Ong Hua 1678 Lincoln Perhaps the best dumpling place in town, in-house or frozen to take home for later.

J’ai Fong 43 Beaudien E. A take-out counter and Chinese specialty grocer by beloved, award-winning chef Anita Fung. Sichuanese specialties and comfort classics by one of the best chefs in town.

MIDDLE EASTERN

Falafel Yoni 54 St-Viateur W. Yoni’s take on the famous sandwich is based on street food from his time spent in Israel. It’s a damn-good pita so it’s no wonder that Yoni has become one of the busiest spots in Mile End.

Falafel St. Jacques 345 St-Jacques, 523 Chabanel W. Regulars come to this cult classic sandwich shop for their authentic Israeli fried-to-order falafels.

Garage Beirut 1238 Mackay This cozy 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.

Niflar 1923 Ste-Catherine W. Unbelievably cheap and delicious super fresh falafel and soup near Concordia. Leave room for some baklava.

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 301 Milton McGill Ghetto institution with big plates of pizza and pastas at budget-friendly prices.

Briga 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 Neapolitan sister pizza joint isn’t.

Mano Cornuto 988 Ottawa An Italian snack bar in the heart of Griffintown. Run by a group of fine dining alumni, Mano serves homemade pasta, fluffy focaccia, and the best spritz in the city.

Gema Pizzeria 6827 St-Dominique Noted as one of the best pies in town, and their frozen custard excellently tops a meal there.

KOREAN

Chez Bong 1021 St-Laurent Reliable Korean fare with a wide array of banchan in Chinatown.

Omma 51 Ontario W. After building a following in Mile End, this casual date-night spot relocated to the Quartier des Spectacles. Amazing Dolso Bibimbap and even better wings.

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.

Comon 3969 LaSalle Crazy crispy Korean fried chicken and other Korean staples (like Bibimbap and Kimchi Jigae), if you can handle the heat, go for the fried chicken in spicy sauce.

Opiano 115 Sherbrooke W. A hidden gem tucked away in a downtown basement. Wholly unpretentious, this cafeteria style joint serves a wide range of Korean classics, but it’s the Pork Bone soup that steals the show.

JAPANESE

Biru 1633 City Councillors Fine Japanese food and drink in a sleek, date-friendly space.

Kazu 1882 Ste-Catherine W. It’s worth waiting in line (and you will have to wait) for this delicious, authentic izakaya food.

Otto Yakitori 1441 St-Mathieu Late nights with grilled chicken, beers and a heavy selection of sake make this an essential Japanese restaurant to eat at. Check out their fancier spot Otto Bistro (143 Mont-Royal E) if you’re on a date.

Ramen Misoya 2065A Bishop Authentic ramen in the Concordia Ghetto.

Tri Express 1850 Laurier E. A Plateau classic serving bold, vibrant and exceptionally fresh sushi.

Ramen 9000 4809 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.

Noren 77 Rachel W. A tiny 10-seat bistro from former Falco principles Eysa Garand and Hidenori Tsuda serving Tacosuyaki, Okonomiyaki, Bento Boxes and seasonal daily specials.

More Downtown ramen: Ichifuku (1926 Ste-Catherine W.) Kinton Ramen (1211 Bishop) Schloupe Bistrot Nakamichi (2159 Mackay)

EASTERN EUROPEAN

Boulangerie Wavel 2542 Ontario E., 5499 Sherbrooke W., 7070 Henri-Julien Polish baked goods, charcuterie and takeaways like frozen pierogies.

Baba Yaga A Polish stand-by from the minds behind the beloved Baba Yaga frozen pierogies.

Eto Deli Batory 115 St-Viateur W. Mile End go-to for starchy Polski eats, smoked sausage, bags of pierogies and excellent borsch.

Nevski’s 1228 Stanley A Russian-inspired snack bar downtown serving up Georgian Khachapuri (aka “cheeseboats”), Pelmeni (Russian dumplings) and borsch.

GREEK

Milos 5357 Parc Swanky Greek cuisine with killer calamari and a reduced fixed price menu after 10 p.m.

Mythos 5318 Parc A Montreal classic where you’ll be well taken care of.

Marven’s 880 Bann A family favourite institution in Parc Ex, known for giant portions of grilled meats, piles of crispy fried calamari and a shamefully good cheeseescape.

Tripoli 505a Samson, Laval The Parc Ex staple ceased operations in their original location and set up shop in Laval. Great for all the classic greek stapales but it’s the food coming off the grill that keeps people coming back time and time again. Worth a visit if you happen to be in Laval.

Le Jardin de Panos 521 Dufuzech E. A DuluTha stalwart that’s been serving Greek staples since 1979. While the food isn’t the best in the city, it’s inexpensive, comes in huge portions, and is served in one of the most charming terrasses anywhere.

INDIAN

Bombay Mahal 1001 Jean-Talon W., 3681 St-Laurent, 101 Mont-Royal W. (Parc Extension), with a 12-seat/takeout outpost on the Main and a location on Mont-Royal Avenue.

Étoile des Indes 1806 Ste-Catherine W., 5860 Sherbrooke W. A downtown staple with a solid satellite in NDG.

Le Super Qualité 1211 Belanger Serving up a diverse range of dishes from across India, this nouvelle spot is scrumptious as it is cool. Try the medicinal cocktail.

Dosa Pointe 895, Jean-Talon W. Recipes from the seldom-seen but thoroughly delicious Indian South. As the name points out, Dosa (a type of Indian pancake) are the specialty, but the Keralan curries aren’t to be missed.

Pushap Sweets 5195 Pare 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.

Magpie 18 Maguire Trendy Mile End joint that’s worth the hype and price. Split a pizza and splurge on oysters.

Pizzeria Adamo 4829 Notre-Dame W. Hard-pressed to find a New York slice? This is your best bet. Whole pies are available, too.
SUBSCRIBE NOW!
514.739.7944 / segalcentre.org

All the feels.

See all of our 2022-2023 mainstage plays for only $80!
New!

HARV’S

Crispy

Chicken Sandwich

Picture enlarged for detail. *Registered trademark of Recipe Unlimited Corporation.
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, 15 St-Viateur W.
A Jean-Talon Market staple that does a bit of everything: chilaquiles, huevos divorciados pozole, fresh tamales, generous tortas and, of course, tacos.

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.
Another 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
120 Marie-Anne E.
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.
This amazingly popular Plateau restaurant is approaching Montreal’s-Portuguese sainthood. Aside from the essential chicken, the chicken and chorizo poutine is also excellent.

Restaurant Jano
3883 St-Laurent
Cheap date-night Portuguese. Start with the grilled calamari.

Rotisserie Portugalia
34 Rachel W.
Another alternative to Romados — which sadly closed this year — serving excellent Portuguese chicken.

THAI

Épicerie Pumpui
83 St-Zotique E.
Though there’s a white boy on the wok, Jesse Mulder’s Thai restaurant makes amazing food that follows tradition to a tee.

Pamika Brasserie
901 Sherbrooke E.
Though not cheap, this small Thai spot stands out for being a brasserie that offers Thai BBQ.

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

Thai Sep
1900 R. Jean-Talon
This low-key no-frills Thai joint on Jean-Talon is a fan favourite among Thai food aficionados. Try the Beef Laab and the fermented pork and rice-based Isaan Sausages.

Thammada
1205 Bernard
Casual Northern Thai fare in Mile End. Chef Chita Phommavongxay’s menu focuses on a mix of his wife’s family recipes and authentic Thai street food.

VIETNAMESE

Hoang Oanh
1071 St-Laurent, 7178 St-Denis
Probably the best banh mi in the city, with a great curry tofu option for vegetarians.

Nguyen Phi
6260 Côte-des-Neiges
A bit out of the way, this Vietnamese landmark in Côtes-des-Neiges is worth the trip for what many consider to be Montreal’s best pho.

Pho Tay Ho
6414 St-Denis
A top contender for Montreal’s best pho and easily Nguyen Phi’s top rival. The pho is great but don’t sleep on the bun and the rare beef salad.

Pho Bang New York
1001 St-Laurent
Great Chinatown spot for quick, cheap and tasty bowls of Vietnamese goodness.

Le Red Tiger
1201 de Maisonneuve E.
Part cocktail bar, part Vietnamese restaurant, Red Tiger blends contemporary dining with street food classics. A very cool spot in the Village.

Restaurant Hoai Huang
5485 Victoria
Beloved Côtes-des-Neiges restaurant that serves traditional and hard-to-find Vietnamese fare. While the pho is great, regulars come for the giant plates of DIY rice wraps and grilled meats over rice.
MTL CLOWNS

Presents the 6th Annual

Le Festival des Clowns de Montréal

SEPT 29 – OCT 2, 2022

Tickets on Sale Now

Le Gesu, 1200 Rue de Bleury, Montréal, QC H3B 3J3

shows

Pique Nique
Espace Forain
Free, Outdoor!

Opening Night Cabaret:
Le jardin des folies
(Fools Garden Cabaret)
Laurette & Arlette & guests

Tickets:
- 40$ Regular
- 30$ With gala attire
(ECCENTRIC gala attire encouraged!)

FRIDAY!

30 Sept 2022

Larry
Candice Roberts

Pearle Harbour’s
Agit-Pop!

Hilary Wear
as Gnabby Boomer

SUNDAY!

02 Oct 2022

Workshop with
Mooky McGuinty
MTL Clowns at the
Phenomena Parade

New Recipes:
A Cabaret of New Work
hosted by
Mooky McGuinty

Saturday!

01 Oct 2022

TUPITUQAQ
Tupiq A.C.T

Mme Brulé
Empire Pagaille

The Saturday Night
Variety Show with
Mooky McGuinty, Mark
Gindick, Vanessa Kneale
& Ariane Cabana

Thank God for Tim & Joe
Tim & Joe

Events

MTLFLOWNFEST.COM

Discussions

Surprises

Parties

Canada Council for the Arts
Conseil des arts du Canada
Conseil des Arts de Montréal
Montreal®
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, Hudson, Candiac and Mont-St-Hilaire. Fares are calculated based on zones but the Exo website has a comprehensive trip and fare calculator that integrates the STM metro and bus network, if necessary. The Exo is also integrated with the OPUS card system. Bicycles are also welcome on the trains.

Regular one-way, Exo-only fares range from $3.50–$9, but these are subject to change as construction continues on Montreal’s new light-rail. For the most up-to-date information on fares and services, check out Exo’s website at exo.quebec.

TAXIS VS. UBER
The competition between Uber and Montreal taxi companies rages on, and although Uber’s rates rose significantly after the federal government’s legalization in 2016, it’s still usually cheaper than cabs: the UberX (as opposed to Uber Select or Uber XL) base rate is $2.50, then $0.70 per kilometre, and 31 cents per minute in addition to booking charges and 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 negotiation with the city, and Cruise. Rideshare options are also available with Via, which is in negotiations to bring its services to Montreal, along with local cooperative start-up Eva.

Both the Uber and Eva apps are available on your device’s app store.

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

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

Atlas Taxi
514-485-8858
215 “impeccably groomed” cars.

Taxi Champlain
514-845-1111
Champlain has nearly 350 cars on the road, and a handy call-back service that tells your ride’s ETA. You can make a reservation online, or download the mobile app.

Taxi Co-op
514-725-9885
Reserve one of their fleet of 600 cars online at taxi-coop.com/en/reservation.html, or download the mobile app.

Taxi Hochelaga/Taxi Beaubien/Taxi Diamond
514-386-0000
Several smaller taxi services have combined to form TaxiCo. Reserve by phone, or download their mobile app. ftc

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 $50.50.

The reduced-fare photo ID card is available in person at the STM metro station photo studio (1755 Berri St), but they are currently operating by appointment only. Alternatively, most CEGEPs 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. There is also a mail-in option: download the form from the STM’s website, fill it out and send it in along with a passport-style photo and payment. The reduced-fare Opus IDs cost $15, either online or in person.
A JOINT PROJECT OF

CONDOS
- OLD MONTREAL

AFFORDABLE FOR FIRST BUYERS

REFER US A FRIEND AND GET $2,500*

EVERYTHING HAS BEEN DESIGNED TO LIVE, WORK AND THRIVE AT ANY TIME IN ANY PLACE.

TELECOMMUTING SPACE • 2 ROOFTOP POOLS • GYM & YOGA • AND MUCH MORE

SALES OFFICE: 780 WELLINGTON STREET
ODEAMONTREAL.COM | 438 600-2332

*Valid for a new purchase only. Some conditions may apply. Details at the sales office. Only Canadian residents can benefit from this promotion.
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 shoveling).

Many streets around the city are designated as réservé, so that only residents can park in certain areas. Purchase the permit for Street Parking Reserved for Residents (SRRR) through your borough’s Accès Montréal office (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

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 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, $12.75/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

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 (classifieds.ssmu.ca/) Look for ride shares through this university-affiliated listing, though they aren’t specifically available only to students.

Craigslist (montreal.craigslist.org/search/rid) and Kijiji (kijiji.ca/b-covoiturage/grand-montreal/c5l80002) 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.

Also, you can find bike sharing through BIXI.

BIXI

BIXI is Montreal’s seasonal bike rental program, which runs from April 15 through November 15. With over 9,600 bikes distributed between 794 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 a $1 unlocking fee. After that, you can ride as long as you like for 15 cents per minute. You can also register online at montreal.bixi.com to sign up for monthly ($18), or full-season ($92) memberships. Members do not pay unlocking fees, and they get unlimited BIXI trips up to 45 minutes long — with each additional minute costing 10 cents.
14 months of unlimited cinema for $99!

Until September 30, get 2 extra months when purchasing a student membership.
Subscribe now!

LIBRAIRIE DRAWN & QUARTERLY
176 & 211 BERNARD, MILE END

NEW AND EXCITING THIS MONTH

MTL.DRAWNANDQUARTERLY.COM
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 30 cents per minute (12 cents per minute for members). Be aware that helmets are mandatory to ride these bikes, and they’re not provided, so you’ll have to bring along your own.

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.

Mile-End Bike Garage
135 Van Horne #201 (2nd floor) facebook.com/MileEndBikeGarage
A volunteer-run repair shop, here to help out cyclists with affordable parts (new and used) and advice. The workshop is open Monday to Friday, 8 to 9 p.m. $5 to $10 suggested donation, cash only.

The FLAT Bike Collective
3480 McTavish (SSMU building), room B-02 theflat.wordpress.com
The McGill University bike collective is open Tuesdays from 4 to 6 p.m. A safe space to learn how to repair your bike and share your skills with others.

SantroVélo
111 Roy E., santropolroulant.org
Santropol Roulant’s bike clinic, open Monday to Wednesday 5 to 7:15 p.m. $10 or PWYC for an appointment

BIKE SHOPS + REPAIRS

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

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

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

Bikurious
169 Ontario E., bikuriousmontreal.com
Specializing in custom builds, but they also do repairs by appointment. Book through their website.

C&B Cycle
75 Villeneuve W., 978 Rachel E., 75 Villeneuve W., cbcycle.ca
Boutique bike shop with friendly and personalized service.

Culture Vélo
Parc Jarry, atelierculturevelo.ca
This community bike workshop located in the middle of Jarry Park offers affordable tune-ups and workshops. Book an appointment through their website, or keep an eye on the Atelier Culture Vélo Facebook page for more opportunities to link up.

UPCOMING SHOWS BY MRG LIVE

JINXX & DELA
L’Olympia Montreal, QC
NOV 27
Tickets at JINXXandDELA.com

Celebrating DAVID BOWIE in concert 2022
MOVEMBER 2022
Tickets on sale at ADMITONE.COM CELEBRATINGDAVIDBOWIE.COM

CIEL
Club Soda 06 Soda Sept.

LOCAL H
Le Belmont Montreal December 12

TICKETS AVAILABLE AT ADMITONE.COM

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
3075 Ste-Catherine E., 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
(514) 5390 Parc, 514-759-1251
Mile End bike and barber shop, catering to the fixie set.

Cycle Technique
758 Atwater, cyctech.ca
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.
Montreal ON STAGE

CENTAUR THEATRE
SEASON 2022–23

STUDENT SUBSCRIPTION SPECIAL
Save 20% on our 4-Play Subscription  Full Time Students: $102 (reg. $128)

514-288-3161  centaurtheatre.com
Winnie Ho, aWokening

21 - 25 septembre 2022
Agora du Coeur des Sciences

Une présentation Danse-Cité
Une co-production Winnie Ho & Danse-Cité
Aisha Sasha John, **DIANA ROSS DREAM**
Marcus ‘Ademi’ Paris-Johnson, Aisha Sasha John, Devon Snell

29 sept. - 1 oct. 2022
La Chapelle Scènes Contemporaines

Une présentation **Danse-Cité**
Une co-production **Aisha Sasha John, Dancemakers & Danse-Cité**
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 have been closed since COVID, but 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., M-224
(604.980.7140, mcampus.concordia.ca

Online listings organized by Concordia’s student union with jobs and off-campus housing.

McGill Off-Campus Housing

3473 University, mcguil.ca/students/housing/offcampus/
Complete online listings through a partnership with Places4Students.

NDG Info Depot

5964 Notre-Dame-de-Grâce #204, ndg.ca/en/ndg-
housing/table
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

40 St-Antoine W., Bureau 202, ohm.qc.ca/en/
Monday–Friday 8:30 a.m.–12 p.m. & 1–4:30 p.m.

Société d’habitation et de développement de Montréal

800 de Maisonneuve E., #220, 514-380-7436, shdm.org
Monday–Friday 8:30 a.m.–12 p.m. & 1–4:30 p.m.

CO-OPS

Fédération des coopératives d’habitation intermunicipale du Montréal métropolitain

7000 Parc #206, rechimm.coop/en
A master list of hundreds of housing co-ops. They also offer workshops (in French) on numerous aspects of co-op housing, including renovations, organization and the law.

TENTANTS’ RIGHTS

Arnold Bennett Housing Hotline

514-486-0412, facebook.com/groups/HousingHotline
Hotline open Monday–Friday 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, en.logisaction.ca
Organization that helps residents of NDG with rental housing problems, devoted to improving overall housing conditions in the neighbourhood. Appointments can be booked through their website.

Project Genesis

4735 Côte-Ste-Catherine, 514-738-2038 genese.qc.ca
Drop-in clinic offering free, confidential help with housing and financial issues. Due to COVID-19, their physical offices are closed but continue to offer services by phone. Monday, Tuesday, Thursday 9 a.m.–4:30 p.m.; Friday 9 a.m.–2:30 p.m.

Régie du logement

5199 Sherbrooke E., #2D-2059 or 1425 René-Lévesque W., #600, rdj.gouv.qc.ca
This government department primarily resolves disputes between landlords and tenants but also advises about navigating Quebec’s housing laws. Services are offered in person by appointment, but you can get advice by phone from Monday to Friday between 8:30 a.m.–12 p.m. and between 1 p.m.–4:30 p.m.

Regroupement des comités logements et associations locataires du Québec

6839 Drolet #302, rclaq.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.

Front d’Action Populaire en Réaménagement Urbain (FARAPRU)

1431 Fullum #201, farapru.qc.ca
Another umbrella organization for the advancement of housing rights. See the “liste membres” section for their constituent member organizations.

Note: French only.

CITY + GOVERNMENT

City of Montreal Services

dial 311, montreal.ca

Tip: The Accès Montréal membership card ($) gets you deals on BIXI, the Espace pour la vie attractions (Biodôme, Biosphère, Botanical Gardens, Insectarium, Planetarium), golfing and more.

Service Canada

servicecanada.gc.ca Federal

Province of Quebec

gouv.qc.ca Provincial

Recycling and disposal

Eco-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.

Composting

Compost Montréal, compostmontreal.com
Offers an affordable service across the island, though most boroughs now collect compost for free.

Bedbugs

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

staying connected

INTERNET SERVICE PROVIDERS

Mooching off café wifi will only get you so far, 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 to scour the fine print for extra fees (installation etc).

Colaba.colab.net

Cable plans start at $31.95/month, with activation fees ranging from $50 to $82.

Distributel
distributel.ca
DSL and cable plans from $50 to $100/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 an installation fee applies to internet reconnections and/ or changes of address.

EBOX
ebox.ca
Cable and television service boasting unlimited data, starting at $21.95/month. Activation $15. A $30 Activation Fee and a $50 Installation apply to new customers and $50 to those changing plans.

oxio

oxio.com
This Quebec-based ISP promises to be “the first internet provider you will actually like.” Oxio offers six packages, the most cost-efficient of them priced at $40/month. Activation $39.95/month (or $29.95 with a local and area code) and locally based, friendly customer support. They also offer TV packages ranging from $25 to $55.

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.

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 your name contains a “s” vowel and an “phone.” You just need to know where to look. And while sites like workopolis.com and 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 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

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

Concordia Off-Campus Housing and Job Bank

Search the online ads for both housing and jobs.

Concordia University Career and Planning Services

1455 de Maisonneuve W., concordia.ca/students/success/ career-planning-services.html
caps@concordia.ca
Valid Concordia ID and MyConcordia login required for online job search.

Emploi-Québec québec.ca/emploi/offres-demploi-
Includes listings not found on the federal site, along with provincially administered employment and training programs.

McGill Career Planning Service

3600 McTavish #2200, 2111 Lakeshore, Ste-Anne-de-
Bellevue, mcgill.ca/caps/
Valid McGill ID number required. Features an online job bank as well as career counseling, business coaching, day and evening workshops, mentoring, conferences and networking opportunities.

KEEPING A JOB

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

2348 Hochelaga, uttam.qc.ca
Among other things, this group lobbies the government on labour laws and work injuries, and assists claimants at CNESTT 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 (CNESTT)
cnest.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 de l’amélioration de la qualité des services à la clientèle

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
Offers guidance on governmental COVID-19 aid programs and employment Insurance, including a detailed guide for students seeking EI. French only.

SÉPTEMBRE 2022 • Vol. 11 No. 1 • QUAALILED.COM
Radio III / ᐃᎦᏧᏦᏫᏦ KY
Hanako Hoshimi-Caines + Elisa Harkins + Zoë Poluch
September 12 + 13 + 14, 2022
m-a-i.qc.ca
shopping
clothing

Ubiquitous and ultra-popular apparel options like H&M and Uniqlo are great (as is Holt Renfrew Ogilvy if you’ve got cash to burn on designer clothing), 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
5364 St-Laurent, annexvintage.com

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

Empire Exchange
5225 St-Laurent, 6796 St-Laurent, empireml.com

Eva B
2015 St-Laurent, boutiqueevab.com

Ex-Voto
654 St-Laurent, exvoto.ca

Frisperie Swing
151 des Pins E., boutiqueswing.com

Little Shop
1002 Ogilvy, instagram.com/thelittleshopmtl

LNF Shop
5319 Parc, infshop.com

Ruse
5141 St-Laurent, ruseboutique.com

Also a consignment shop, if you’re looking to thin out your wardrobe

LOCAL DESIGNERS & NOTABLE BOUTIQUES

Général 54
5145 St-Laurent, general54.ca

Belle+Rebelle
663A St-Hubert, belleetrebelle.ca

Unicorn
5155 St-Laurent, boutiqueunicorn.com

Off the Hook
1021 Ste-Catherine W., 4357 St-Laurent, 421 St-Vincent, offthehook.ca

Frank & Oak
160 St-Viateur E. (womenswear), 1420 St-Viateur (womenswear), frankandoak.com

SECOND-HAND

Le Magasin du Châinon (see Clothing/Goodwill)

SECOND-HAND

Le Magasin du Châinon (see Clothing/Goodwill)

Frie-Prix Renaissance
Various locations including 7250 St-Laurent, 6960 St-Hubert, 8700 Dîtes-des-Meules, renaissancequebec.ca

Le Magasin du Châinon
4375 St-Laurent, lechaison.org/fr/magasin

Salvation Army Thrift Store
Various locations including 7066 St-Hubert, 4025 Wellington, 5762 Sherbrooke W., salvationarmy.ca/ quebec/home/locations/montreal/

Village des Valeurs (aka Value Village)
Various locations including 4912 Jean-Talon W., 2033 Pie-IX, villagesdesvaleurs.com

NEW

Ikea
9191 Cavendish, 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)

APPLIANCES

Almar
5400 Decarie almarappliance.com

Family-owned, discount prices.

Braut & Martineau
Various locations including 6700 Jean Talon E., 7272

NEW

Ardèche
Various locations including 4846-A Parc, 9570 Acadie, 6725 Jean-Talon E., corbeillelectro.com

The Brick
8701 Acadie, thebrick.com

Various locations including the clearance centre.

ELECTRONICS & STEREO

A few local retailers aside from the mega chains Best Buy, the Source and the Apple Store.

Addison Électronique
8018 20e Avenue
An old-school go-to.

CIPC
2605 Rosemont
Computers, components, gaming gear and more.

Filion Électronique
Home theatre system specialists since 1973.

Layon Audio
1170 Ste-Catherine W.
Conveniently located downtown, this classic spot sells TVs, speakers, record players and more.

books

ACADEMIC

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

Concordia Community Solidarity Co-op Bookstore
2150 Bishop, co-opbookstore.ca

Con U’s alternative to the for-profit campus bookstore, featuring an extensive selection of gender-and sex-studies titles.

Le James – McGill Bookstore
680 Sherbrooke W., lejames.ca

Course materials, textbooks and general interest books.

NEW

Argo
1915 Ste-Catherine W., argobookshop.ca

Indigo
1500 McGill College, chapters.indigo.ca

Paraphrase
2220 McGill College, paraphrasebooks.com

Drawn & Quarterly
211 & 176 Bernard W., mtl.drawnandquarterly.com

USED

Cheap Thrills
2044 Metcalfe, 2nd floor, cheaphrills.ca

Though mainly a music store, you’ll find a wide variety of titles here, including a large selection of books about music.

Encore
5670 Sherbrooke W., encorebooks.ca

Books, music and movies in NDG. They also buy-- check out their website for more info.

S.W. Welch
225 St-Viateur W., facebook.com/SWWelch-

Bookseller-2882/26832094

A well-curated collection of literature, comic books and more.

T. Westcott Books
6792 St-Hubert

A Plateau shop stacked floor to ceiling with books and friendly resident cats.

The Word
469 Milton, wordbookstore.ca
FOIRE AUX VINYLES sur LE PLATEAU RECORD SHOW

Sat. September 24
FREE ENTRY 10am - 4pm
Église St Denis
454 Laurier Ave E

30+ vendors
LP/12"/7"/CD

FREE ENTRY     10am - 4pm

Foire Vinyles Plateau

Église St Denis
454 Laurier Ave E

30+ vendors
LP/12"/7"/CD

MONTREAL’s First Hip-Hop Morning Show LIVE Every Friday from 7AM to 9AM

90.3 FM CKUT MONTRÉAL’s First Hip-Hop Morning Show LIVE Every Friday from 7AM to 9AM

We Don’t Live In The Darkest Timeline...
Just The Dumbest One

Chops & Skinny, 2 guys talking about anything and everything.

Free X Agents Media Podcasts are available wherever you listen to podcasts.

Covering Geek/Nerd & Pop Culture while navigating the insane world of media.
Used textbooks, theory and a great selection of literature. Don’t miss the dollar books on the window on your way in, or try out a bargain book box if you’re feeling adventurous.

COMICS, GRAPHIC NOVELS + ZINES

Drawn & Quarterly
1837 D Ste-Catherine W., mtl.drawnandquarterly.com
(see Books/New)

Capitaine Québec
1927 D Ste-Catherine W., facebook.com/Capitaine-Québec-102742346474270

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

Librarie Z
3420 Ontario E., librariezbookstore.com/en/

1,000,000 Comix
3868 Jean Talon E., facebook.com/1000000comixmtl

Komico
4960 Decarie, stores.komico.net

Millenium Comics
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.

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

MAGAZINES + NEWSPAPERS

Multimags
Various locations including 370 Laurier W. / 825 Mont-Royal E. / 6899 St-Laurent / 5508 Monkland and 1717 Berri

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., atomheart.ca
Near UQAM, these alt specialists sell new vinyl and CDs.

Aux 33 Tours
1373 Mont-Royal E., aux33tours.com
Huge stock of new and reissued vinyl in store (Thursday through Sunday) and online.

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

Cheap Thrills
2044 Metcalfe, cheaptrends.ca
McGill-adjacent spot that sells new and used vinyl as well as books, magazines, movies and concert tickets. (see Books/Used)

Death of Vinyl
6442 St-Laurent, deathofvinyl.com
Vast crates to dig through in Little Italy.

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 destination for new and used vinyl and CDs, now with an outpost in the West Island (300 Bordo-du-Lac, Pointe-Claire). The Mile End location is closed Mondays through Wednesdays.

Sound Central
4486 Colombe, soundcentralstore.com
Plateau go-to for heavy music in all formats, with concert tickets and band merch, too.

180g
5866 Lorimier, facebook.com/e180g/
Friendly Petite-Patie café with small but mighty selection of new and used records, plus occasional events.

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.

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. Staff are on hand for any inquiries at info@economik.com.
This exhibition is produced by Pointe-à-Callière, the Montréal Archaeology and History Complex, through a partnership with the National Museum of Denmark and MuseumsPartner in Austria.

Photo: Jim Lyngvild / jim.lyngvild@eb.dk

POINTE-À-CALLIÈRE

presents

VIKINGS

DRAGONS OF THE NORTHERN SEAS

Until October 10, 2022

LAST CHANCE!

GET YOUR BUSINESS ORGANIZED:

From bookkeeping to efficient selling!

BUSINESS COACHING

Work one-on-one with a business coach to develop a customized plan that's focused on your needs and your business. Open to any age and stage of business.*

JUMP-START YOUR BUSINESS

FREE | Wednesday, 2:00PM - 3:30PM

Starting a business? Looking for financing? Let's do it together! From ideas to revenue, we'll walk you through the steps you need to take and the different types of financing options that are available to get your new or existing venture funded.

BUSINESS BOOTCAMP

FREE | Monday, Sept 12, 19, 26 & Oct 3 | 6:00PM - 8:00PM

The Business Bootcamp is a 4-week intensive training that gives you the tools to describe, analyze, and develop your business model, and gets you prepared to pitch to investors and backers.

ELLEVATING WOMEN ENTREPRENEURS

FREE | Friday, September 2 & 30 | 1:00PM - 2:30PM

CONFLICT RESOLUTION CLINIC

FREE | Tuesday, September 6 & 20 | 1:00PM - 4:00PM

INTRODUCTION TO MODERN SELLING

$20 | Monday, September 19 | 2:00PM - 4:00PM

RISK MANAGEMENT MINDSET IN SUPPLY CHAIN OPERATIONS

$20 | Tuesday, September 20 | 6:30PM - 8:30PM

REGISTERING YOUR BUSINESS

FREE | Monday, September 26 | 1:00PM - 2:00PM

APPLIED MODERN SELLING

$20 | Monday, September 26 | 2:00PM - 4:00PM

BOOKKEEPING ESSENTIALS FOR LAUNCHING YOUR BUSINESS

$20 | Tuesday, September 27 | 6:30PM - 8:30PM

Register now at yesmontreal.ca or call 514-878-9788.

Our centre is once again open for in-person activities. Come visit us at 666 Sherbrooke Street West, 7th Floor. Workshops are available online or in a hybrid format.

*For $30, you'll have access to specialized services including coaching, Business Bootcamp, legal information, accounting and conflict resolution clinics for a full year.

Funded by:

Canada Economic Development for Quebec Regions

Développement économique Canada pour les régions du Québec

YES is a non-profit organization
SPA + BEAUTY

There are tons of salon, spa and beauty options around town.

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

Candy Nail Bar
6218 St-Hubert 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. deesbeautysalon.com
Esthetic services offered at 20th century prices, including threading (eyebrows $6) and waxing (Brazilian $20). Walk-in only.

Scandinave Spa
71 de la Commune W., scandinave.com/en/montreal/ A beautifully designed spa environment that uses ancient Scandinavian traditions of hydrotherapy baths, sauna and massage. Take advantage of a 20% student discount on weekdays.

Spa Diva
1425 Peel 4th floor spadiva.ca
Face, skin, muscle and nail care, conveniently connected to Peel metro.

HAIR

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

Tonic Salon Spa & Academy Aveda
3613 St-Laurent avedamontreal-lifestyle.com
$40–$100 for a cut by a “Young Professional.”

Haircuts for Anyone
390 St-Zotique E., haircutsforanyone.com
Queer- and trans-positive space offering cuts on a sliding scale from $30–$70. By appointment only.

MASSAGE

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

Espace Nomad
4660 St-Laurent espacenomad.ca

Lanna Thai Massage
5365A Parc massagelannathai.com

Lotus Palm
5244 St-Urbain lotuspalm.com

Rainspa
55 St-Jacques 3rd floor rainspa.ca

Scandinave Spa
71 de la Commune W. scandinave.com

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. 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.

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

Berger Blanc
9925 Henri-Bourassa E. bergerblanc.com
Municipal pound, and a good place to call if you’re looking for a lost pet. They also perform the city’s euthanasia services. They post some images of adoptable pets online, but it’s better to go in person.

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

Hôpital Vétérinaire du Nord

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

SPCA
5215 Jean-Talon W. spca.com
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/expire a pet. Offers a free Trap-Neuter-Release program for feral cats to some municipalities.

Looking for a job? Want to start or grow a business? We can help.
CINEMA POLITICA ON DEMAND
STREAM THE BEST IN INDEPENDENT DOCUMENTARY FILM
ANY DEVICE. ANYWHERE. ANYTIME.
cinemapolitica.vhx.tv

CINEMA POLITICA CONCORDIA
SCREENING TRUTH TO POWER
HARD HITTING POLITICAL FILM SERIES AND DISCUSSIONS WITH FILMMAKERS AND GUESTS
SELECT MONDAYS THROUGHOUT THE FALL AND WINTER SEMESTERS
7PM, PWYC, CONCORDIA UNIVERSITY, ROOM H110
cinemapolitica.org/concordia
fitnes

On top of Montreal’s school gyms, there are plenty of other 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 https://montreal.ca/en/sports-and-recreation

Neighbourhood arenas and swimming pools often operate at specific, sometimes unusual hours. 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 Vertex
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 codes of conduct for biking in Quebec.

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. Check the website or give them a call at 514-395-0555 for up-to-date info or to make a reservation.

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

Tobogganing

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

Ice Skating

ville.montreal.qc.ca/portal/page?_pageid=5977,94994214&_dad=portal&_ext=.portal&schema=PORTAL
There are dozens of free, city-maintained outdoor skating rinks all over the city, including many that are devoted to playing pickup hockey games.

YOGA AND GYMS

Ashstanga Yoga
372 Ste-Catherine W. #118 ashstanganmontreal.com

Bizzfit
bizzfit.ca
A chain of cheap and cheerful 24-hour gyms.

Écofitness
economfitness.ca
Another affordable gym chain.

Idolem Hot Yoga
435 Laurier E. # 8108 St-Denis idolem.com/en/
Hot yoga in the Plateau and Villeray

Modo Yoga
3863 St-Laurent #205 modoyoga.com/montreal
Hot yoga in the Plateau. Class bookings must be made in advance.

Morpho Bleu
4620 Girouard
The NDG destination for hot yoga, formerly a Moksha / Modo Yoga studio.

Naada
5540 Casgrain, naada.ca
Offers a range of classes, including restorative and wall yoga.

YMCA
Various locations, including 4335 Hampton, 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 location is being overhauled and is due to reopen sometime in the near future.

TEAM SPORTS

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

TENNIS

Book tennis courts through the city (montreal.ca/en/how-to-reserve-outdoor-tennis-court), or contact Tennis Montréal to book an indoor or outdoor court in Jarry Park’s Stade IGA, where the champs play in August (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: https://montreal.ca/en/places?mtl_content.lieux.installation.code=SKAT

LEGAL OUTDOOR SKATEPARKS

Vans Skatepark in the Olympic Park Esplanade
(800 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

Viaduc Van Horne
5865 St-Laurent

Jarry Park skate park
At St-Laurent and Jarry

INDOOR SKATEPARKS

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

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

Spin Skatepark/Skateshop
9520 Leduc #05 (Brossard) spin skatepark.com
Spin Skatepark is a South Shore mainstay located in Brossard’s Dix30.

entertainment

And we’re back! For returning students who checked out at the end of last semester, all the things are open again, with no restrictions (knock on wood). Check cultmtl.com for event announcements, event listings and What To Do in Montreal Today.

art

MUSEUMS + GALLERIES

Arsenal / Division Gallery
2020 William arsenалmontreal.com

Bradley Ertaskiran Gallery
3550 St-Antoine W. bradleyertaskiran.com

Canadian Centre for Architecture (CCA)
1920 Salie cca.qc.ca

Fondation PHI
421 St-Jean, fondation-phi.org

McGill Museum
690 Sherbrooke W. musee-mccord.qc.ca

Musée d’art contemporain (MAC)
1 Place Ville-Marie macm.org

Museum of Fine Arts
1380 Sherbrooke W. mbam.qc.ca

Pointe à Callière
350 Place Royale pacmusee.qc.ca

BARS, CLUBS AND LIVE MUSIC

Here’s a brief newbie guide to Montreal nightlife.

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

Crecent 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

Bar le Ritz POB
179 Jean-Talon W. Live music and DJ nights in Mile Ex.

Le Belmont
4483 St-Laurent
A Plateau nightclub complex.

Blue Dog
3958 St-Laurent
A cozy nightclub for live hip hop and all kinds of dance parties.

Cabaret Berlin
1982 Ste-Catherine E.
The alt nightclub is back in a new location with a range of goth, new wave, ‘80s, ‘90s and techno dance parties.

Café Campus
57 Prince-Arthur E.
A student-oriented Plateau nightclub and live music venue known for sweaty dance parties.

Casa del Popolo / La Sala Rossa
4871 & 4894 St-Laurent
A pair of Mile End music venues run by mavericks of the local scene, with basement event space la Sotterenea on the Sala side and a bar/café/DJ space adjoining the Casa side.

Datcha
98 Laurier E.
Mile End’s cozy black box nightclub.

L’escogriffe
4461 St-Denis
The Plateau destination for live punk, indie and other underground music.
Acts to Grind Theatre presents

CHERRY DOCS
An unblinking examination of hatred.

Play by David Gow
Directed by Davyn Ryall
Featuring:
Bryan Libero
Michael Aronovitch

"Poignantly lyrical monologues... terror and insight... dark comedy and swift horror... larger thematic goals that make “Cherry Docs” impressive... Gow’s belief that we must confront the hatred within ourselves and our society are troubling, touching and convincing."
- The Globe & Mail

MainLine Theatre
3997 St-Laurent Blvd
Montreal
September 28 to October 9, 2022.
Box office: 514 849-3378 mainlinetheatre.ca

Tickets $28 regular $20 student & seniors.
Prices include applicable taxes and box office service charges.

"Explosive new drama... a provocative exploration of the inescapable and insidious presence of hatred in our society."
- The Toronto Star

"Explosively charged and lucidly delivered... the inescapable and insidious presence of hatred in our society."
- The Globe & Mail

Tickets $28 regular $20 student & seniors.
Prices include applicable taxes and box office service charges.

Mainline Theatre
3997 St-Laurent Blvd
Montreal
September 28 to October 9, 2022.
Box office: 514 849-3378 mainlinetheatre.ca

Tickets $28 regular $20 student & seniors.
Prices include applicable taxes and box office service charges.

"Explosive new drama... a provocative exploration of the inescapable and insidious presence of hatred in our society."
- The Toronto Star

"Explosive new drama... a provocative exploration of the inescapable and insidious presence of hatred in our society."
- The Toronto Star

Tickets $28 regular $20 student & seniors.
Prices include applicable taxes and box office service charges.

"Explosive new drama... a provocative exploration of the inescapable and insidious presence of hatred in our society."
- The Toronto Star

"Explosive new drama... a provocative exploration of the inescapable and insidious presence of hatred in our society."
- The Toronto Star

Tickets $28 regular $20 student & seniors.
Prices include applicable taxes and box office service charges.
Le Ministère
4521 St-Laurent
A small live music venue in the Plateau with stately columns out front.

MTelus
59 Ste-Catherine E.
A downtown concert hall with a capacity of 2,500 (fka Metropolis).

Théâtre Corona
2490 Notre-Dame W.
Little Burgundy’s concert hall.

Théâtre Fairmount
5249 Parc
A black box concert space in Mile End.

Turbo Haüs
2040 St-Denis
Punk-oriented concert space and bar with a great big outdoor terrasse.

SELECT BARS
L'Annexe St-Ambroise
5060 St-Ambroise
Old-school pub in deepest St-Henri, with a beautiful terrasse on the banks of the Lachine Canal.

Atwater Cocktail Club
512 Atwater
Located in the back alley behind Foiegwa.

Bar Verダン Beach
4816 Wellington
A Verダン wine bar and restaurant that serves sharing plates, cocktails and interesting beers, too.

Burgundy Lion
2468 Notre-Dame W.
One of Montreal’s few English (not Irish) pubs, with great grub and soccer-game screenings.

Champs
3956 St-Laurent
A longstanding sports bar now run by hipsters, with DJ nights, Drag Race watch parties, “Queerokee” and more, alongside multiple-screen hockey, soccer and basketball.

Darling
4326 St-Laurent
This spacious café (and weekend brunch spot) by day morphs into trendy but casual wine and cocktail bar after dark.

La Distillerie
300 Ontario E., 2047 Mont-Royal E., 2656 Masson
A local chain of cocktail bars with locations in the Plateau, Rosemont and the flagship spot in the UQAM Ghetto.

Foufounes Electriques
87 Ste-Catherine E.
Sprawling legacy alt bar with multiple terrasses, haunted by Montreal’s finest punk rock ghosts.

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
Quarter Latin brewpub with wood-fired snacks.

Snowbird
6388 St-Hubert
A dark, decked out and intimate Tiki bar in Plaza St-Hubert, with an equally embellished private terrasse.

Taverne Cobra
6584 St-Laurent
A little Italy bar with kitsch-culture decor that often screens big TV events.

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 such as Montreal Highlights, the Jazz Fest, les Francos and Nuits d’Afrique.

LGBT CULTURE + NIGHTLIFE
Bad Boy Club Montreal
bbcm.org
Promotes major annual parties Black & Blue (happening Oct. 9 this year) and Bal en Blanc.

Image + Nation Culture Queer
image-nation.org
The annual Image + Nation LGBTQ2 film festival.

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

Fierté Montreal Pride
fiertemontrealpride.com
Runs the annual Pride festivities in early August, culminating in the Pride Parade.

Fugues
fugues.com
A free magazine and website for the LGBTQ2 community, including a guide to gay establishments.

Pervers Cité
Runs alternative, political Pride activities.

Complexx Sky
1474 Ste-Catherine E., complexxsky.com
Club Unity 1171 Ste-Catherine E., clubunitymontreal.com
These are the big nightclubs of the Village.

movies
In addition to mainstream, art house and repertory cinemas, Montreal is home to a plethora of film festivals, screening series 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
Ciné Starz
Various locations including 6700 Côte-des-Neiges, cineartz-cote-des-neiges and 5800 Cavendish.
The CDN location charges only $8 for tickets ($6 for matinees and $5 all day Tuesday), and serves up possibly the best movie theatre popcorn in the city.

Cinéma Banque Scotia
977 Ste-Catherine W., cineplex.com
Regular and IMAX theatres.

Cineplex Forum Cinemas
2313 Ste-Catherine W., cineplex.com
Regular and VIP theatres.

Cinémas Guzzo
Various locations (mostly suburban) including 901 Crémaçie W., cinemaiguzzo.com

ARThouse, Repertory & MORE
Cinéma l’Amour
4015 St-Laurent, cinemalamour.com
The last porno theatre standing, in an old vaudeville hall.

Cinéma du Parc
3575 Parc, cinemaduparc.com

Cinéma Moderne
5180 St-Laurent, cinemamoderne.com

Cinéma Public
3980 St-Denis/SOS. Jean-Talon E.
New and vintage cinema outdoors in the Livart courtyard in the summer, and inside Casa d’Italia.

Cinémathèque québécoise 335 de Maisonneuve E., cinémathèque.qc.ca

stage
There’s a vibrant performance art scene in Montreal, though many of the theatre spaces stage French-language material, as well as dance. 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

The Wiggle Room
3874 St-Laurent, wiggelcom.ca
The city’s only showroom dedicated almost exclusively to burlesque, with comedy events, too.

ENGLISH THEATRE
La Chapelle
3700 St-Dominique

Centaur Theatre
453 St-François Xavier, centaurtheatre.com
The Old Montreal anglo theatre mainstay kicks off its season on Oct. 11.

Geordie Theatre
Various locations
Montreal’s youth-oriented theatre production company and theatre school, mounting plays at schools and theatres around the city, including the Geordie Theatre Fest (Jan. 23–29, 2023).

MAI
3680 Jeanne-Mance, m-a-i.qc.ca/en/
Art exhibitions, dance performances and plays.

Segal Centre
5170 Côte-Sainte-Catherine, segalcentre.org
The west-end English-language performing arts space and production company mounts a range of plays and musicals, beginning for 2022–23 on Sept. 3.

MULTIPURPOSE
Agora de la Danse
1435 Bleury #102
The new season of contemporary dance begins Sept. 21.

Bourgie Hall
1239 Sherbrooke W.
The Museum of Fine Arts’ concert space for classical and chamber music, jazz and more, with occasional dance performances and lectures.

Diving Bell Social Club
3956 St-Laurent
An intimate third floor space for concerts, stand-up comedy and other events.

Jardin Royalmount
8187 Roydon
Weather permitting, this sprawling outdoor space has been hosting everything from weddings to comedy shows to dance parties to drive-in movies.

PHI Centre
315 St-Paul
Multimedia, live art, live music, DJs, Virtual Reality — this modern Old Montreal art complex covers a lot of creative bases.

Place des Arts
175 Ste-Catherine W.
The grand downtown venue for everything from opera to Just for Laughs comedy galas.

SAT
1201 St-Laurent
Spaces for music, film, multimedia and beyond on two floors, including the trippy Satosphere.

Théâtre Outremont
1248 Bernard
Film screenings and live music.

TOHU
2345 Jarry
Year-round circus performances including the Montreal Complément Cirque Festival in July.
The End of WONDERLAND

A FILM BY LAURENCE TURCOTTE-FRASER
STARRING TARA EMORY

IN THEATRES SEPTEMBER 9
Join us for a rare solo piano performance with Collis Browne
24.09.2022
8 PM
PHI.CA

PHI
CENTRE

BACK TO SCHOOL
SCHEDULE

Monday
Tuesday
Wednesday
Thursday
Friday

Cheers to 2021-2022 school year!

MCAUSLAN.COM
HÂLTÉRITÉ

Zab Maboungou

A critical look at the cultural monstrations at work in our societies

September 21 to 23, 2022
health care

COVID-19

quebec.ca/en/health/health-issues/a-z/2019-coronavirus

The provincial portal for the most authoritative and up-to-date information on COVID-19, including information on the broad situation by region, current protocols and restrictions, a list of vaccination 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.

Quebec Poison Control Centre
1-800-463-5060
Available 24 hours a day.

Information and Referral Centre of Greater Montreal
514-527-1375 crgm.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: ramq.gouv.qc.ca/en/citizens/health-insurance/know-eligibility-conditions

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

CLSCs

Most CLSCs are open from 8 a.m. to 8 p.m. and offer a wide range of medical services. Some CLSCs require proof of residence in the borough, while others have daily caps on the number of patients they’ll see, so it's always a good idea to call ahead before visiting any of these CLSCs.

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

CLINICS

Head & Hands
3465 Benny 514-481-0277 headandhands.ca
Provides social and legal services to youths between the ages of 12 and 25, and operates a medical clinic for those with or without insurance. Appointments can be made by phone or online.

Medico Centre Mont Royal
4689 Papineau 514-521-5555

medicocentremontroyal.ca/contact
Clinic offering consultations by phone or online. Book an appointment the night before by phone or through Bonjour Santé.

DENTISTRY

McGill University McCall Dental Clinic
2001 752 Sherbrooke W. 514-398-3155 mcgill.ca/dentistry/patients
McGill operates an Undergraduate Teaching Clinic, with very budget prices, but only by application. While it doesn't offer the budget prices of the Teaching Clinic, the Student and Staff Dental Clinic is open to the public.

PSYCHIATRIC

Being a student is a great way to have a nervous breakdown. Relax — it happens. Many universities offer counselling services, like Concordia's Counselling and Psychological Services or McGill's Student Wellness Hub. McGill's Student Wellness Hub offers some in-person appointments at the Downtown campus, and both institutions offer remote services via phone, video conferencing and email. Check out concordia.ca/health/mental-health/counselling.html or mcgill.ca/wellness-hub/ respectively for more information.

PSYCHIATRIC

Argyle Institute
4160 Ste-Catherine W. 328 514-931-5629 argyleinstitute.org
To see or outside of school, the Argyle Institute offers the services of psychologists and psychotherapists on a sliding scale, by application. They are currently offering a range of remote psychiatric services via phone, video conferencing or email.

PREGNANCY TESTING AND COUNSELLING

If you don't want to get pregnant, get an IUD, use the pill and/or condoms — right? Right. If going in for an appointment at any of these services, note that wearing a face-covering will be mandatory at all times.

Clinique Médicale Fémina
1265 Berri #430 514-843-7904 clinicemedicalefemina.com
A pro-choice space with gynecological, contraception and STI testing services. Currently open primarily for abortion services and IUD insertion and removal.

Fédération du Québec pour le Planning des Naissances
259 Jean-Talon W. 335 514-866-3712 fqn.qc.ca
Resources and advocacy on women's reproductive choices.

Grossesse-Secours
734 Beaubien E. 514-271-0554 grossesse-secours.org
Hotline for information about pregnancy and contraception, as well as prenatal care. Offers services for pregnant women and those with newborns, including cheap pregnancy tests. Currently operating by appointment only.

Head & Hands
3465 Benny 514-481-0277 headandhands.ca
Provides pro-choice, sex-positive and queer-and-trans-friendly medical, social and legal services to youths between the ages of 12 and 25, including abortion consultation. Currently operating by appointment only.

Morgentaler Clinic
8566 St-Hubert 1-888-401-4844 morgentaler.ca
Call or email for appointments to terminate unwanted pregnancies, covered by Quebec medicare for RAMQ cardholders. The clinic is currently open by appointment only.

Also note that three Montreal CLSCs have special services for reproductive health divisions: CLSC Métro (1801 de Maisonneuve W), CLSC de Parc-Extension (7085 Hutchison) and CLSC Côte-des-Neiges (5700 Côte-des-Neiges)

PREGNANCY + PARENTING

Centre des Femmes de Montréal
3385 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
Currently, the program is on hiatus, but contact Allyson at 514-481-0277, or email her at yp_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 kits to pregnant women, mainly those with low incomes. Check out their website for information on upcoming workshops and other services.

Parent Help Line
1-800-381-5085 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 headandhands.ca/programs-services/legal-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. Consultations are available over the phone or by email.

Inform’Elle
informelle.org/droitpourelle@informelle.osbl.ca
Information and referrals for women about divorce, alimony, mediation and other family law issues.

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

Legal Information Clinic at McGill
880 Sherbrooke W. #150 lrcm.ca
Open 16 days per week publicly, 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 mid-September. Please visit their website for the most up-to-date information.

YWCA Legal Information Clinic
1550 Drummond #500 514-287-1525 ywcademmesmtl.org/en/community-services/legal-information
The clinic, accessible to women only, offers appointments for legal information (but not legal aid) on a sliding scale of $0–$20 for a half-hour consultation. Be aware, the clinic 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 in person 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 majority of their services are currently happening online, but check out their website for details and updates.

Centre for Gender Advocacy
2110 Mackay genderadvocacy.org
Access to the exhibition at a reduced price of $12
+ Creative workshop
+ Music, cocktail and other surprises!
» Reservation required at MBAM.QC.CA/EN

Hurry! Ends October 16, 2022

WEDNESDAY, SEPTEMBER 21, 2022
FROM 5 TO 9 P.M.
Put on your best green outfit!

Numerous programs, workshops, resources and advocacy, as well as free and confidential counseling for those suffering from gender oppression. The centre is open Monday to Friday by appointment, with drop-in hours on Wednesday afternoons.

The Community Centre for Gay and Lesbians of Montreal
2075 Plessis #110  cgcml.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.

Helém
helém.quebec
Serving gay and lesbian Lebanese and Arabic-speaking Montrealers.

Project 10
1575 Atakeen p10.qc.ca
An organization that promotes the well-being of LGBTQ+ youth (14–25). 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 theuque.carrd.co
McGill University’s trans*-positive feminist service store and alt library. PWYC alternative menstrual products, DIY ecologically responsible sex toys and cheap contraceptives. 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
1-800-361-6477 360 St-Jacques 2nd floor 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 gainst.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. Monday to Friday 9 a.m.–5 p.m. Currently operating primarily online or via telephone. Be sure to reach out to learn more.

Ligue des droits et libertés
469-Jean-Talon W. #105 liguedesdroits.ca
An organization that promotes the well-being of LGBTQ+ youth (14–25). 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.

ADDITION
Alcoholics Anonymous (Area 87)
514-350-3444 aaf.org
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 Réadaptation en Dépendance de Montréal
600 Lumain E. 514-385-1232 (adults), 3530 St-Urbain 514-384-6296 (under 18) centeredeparmecon.com 12/24 bilingual hotline offering advice, referrals and support for suicide interventions, or for those who have lost someone to suicide.

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

MEAL PROGRAMS
Midnight Kitchen (McGill)
3460 McTavish #173–St.-Jean-mcguickitchen.org, midnightkitchencollective@gmail.com
Midnight Kitchen is McGill’s not-for-profit volunteer and student run collective that runs workshops, a foodbank and provides on-campus PWYC vegan lunches. Check out their calendar on their website to find out what’s serving when.

People’s Potato (Concordia)
1640 St-Antoine W. 514-939-7700 peoplepotato.ca
Concordia’s Vegan soup kitchen, known for serving wholesome daily PWYC lunch for the elderly. Their gardeners have been hard at work all summer, and meal service will return during the fall semester. Keep an eye on their website and socials for the latest updates.

Zoom as well. 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 resumed. Check out their site for info.

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

Sex Addicts Anonymous Montreal
514-418-5920 saamontreal.org
12-step recovery program based on the AA model, with meetings three times a week – both in-person and online. For more info, call or email montrealssaa@gmail.com

Sex and Love Addicts Anonymous
514-385-0671 dsa-altaa-mtl.cddb.net, mtdisaslaa@gmail.com
Local meetings and recovery resources following a 12-step program. Support and guidance toward developing healthy romantic and sexual relationships. Meeting regularly both online and in-person. Contact Sex and Love Addicts Anonymous for further details.

FINISH
Café Campus - Depuis 1967
Boîte de nuit • Salle de spectacle • Coop de travail

Fantabuleux

Les Mardis Rétro
Les chansons culte des années 50 à l’an 2000

Les Jeudis 2000
Le meilleur des throwback hits

Les Week-ends X-Larges
La musique d’aujourd’hui - Top 40

57 Prince-Arthur Est, MTL • SHERBROKE • SAINT-LAURENT
Reimagining an apocalypse

BY JUSTINE SMITH

One Man Dies a Million Times is a first foray into fiction for director Jessica Oreck.

After working on a documentary in Russia, she learned about the world’s first seed bank and the story of the people who sacrificed their lives to preserve it during the Siege of Leningrad (1941–44). Working with real testimonials, Oreck took that story and did something radical: set it in the future, exposing the stark realities of our contemporary apocalyptic times like a raw nerve. Together with her long-term collaborator, cinematographer Sean Price Williams, they created a film in meditative black and white that channels ecological and technological fears. With echoes of early Soviet films, like the abstracted but celebratory naturalism of Ukrainian filmmaker Alexander Dovzhenko’s Earth and the dreamier but desperate softness of Larisa Shepitko’s The Ascent, the film captures a deep sense of longing as abundance turns to scarcity.

Jessica Oreck: When did you first discover the story of the Siege of Leningrad and the seed bank?

Justine Smith: I was making a film in Russia in 2010, 2011. We were touring St. Petersburg, and the translator pointed out the world’s first seed bank and told me the story. I started reading everything I could about the seed bank and, by proxy, the Siege. I had long conversations with Sean (Price Williams) about it that summer. Then it was many years of research and figuring out how we would make it.

Justine Oreck: You’re working with a lot of archival material. How do you pare that down for a script?

Jessica: I spent several months just waking up in the morning and reading diaries, journals and books about the Siege and marking passages that moved me. I collected all those passages in a giant box of notecards and just laid out a timeline as things deteriorated. It was a very intuitive process. It started with hundreds of quotes, and we pared it down to maybe 17 for the film, but reading all those diaries and journals was important. I love being able to collaborate with these historical figures to make something that feels relevant now.

JS: Can you discuss building the soundscape for the film?

JO: In the journals, people would describe sounds and how the city became dead. I’ve always recorded sound separately and often do it myself. Then I edit the film silently and add sound later.

JS: At what point did you decide to set the film in the future?

JO: I spent a lot of time in the Arctic, which was strange because there was no sound in some parts of the year. There were no birds, no crickets, and in some places, no wind. The diaries would talk about the silence of the city, no kids playing, and no traffic. It’s an oppressive silence. I spent 13 months there alone, and that silence weighed on me, and I carried that in the film.

While editing the film, I lived on a military base in South Korea. Sonically, it was like psychological torture. The base is right beside the North Korean border, and it exists to alert them to the American presence. All day you hear this loudspeaker making announcements. On top of that, you have planes and helicopters. F-16s are going off so close that the windows in the apartment are shaking. Sirens would go off, and people would literally drop to the ground and pull out gas masks. It was such a strange auditory experience. I tried to incorporate that into the film. We mixed at the largest sound studio in Moscow, and I wanted it to be louder. I wanted more bass to imitate that feeling, but it’s impossible.

There’s also this ticking sound coming through the loudspeakers (in the film). During the Siege, they would use the loudspeakers around St. Petersburg to announce the war. It was often things like, we won this battle, join the fire brigade or turn in the unused food rations of your dead neighbours.

The announcements slowed as the population diminished, and people had less will to live. If someone was in the radio building, they’d set a metronome in front of the microphone to let the people know there was still someone alive. That makes me emotional because it became a sort of heartbeat of the city, like, “We’re still here. We can keep going.” It was the most they could do because they didn’t have the stamina to speak. So many of them lost their voice. We found a recording of the metronome from the loudspeaker that we used in the film. It’s the kind of thing you might not know if you just watched the film, but it was really important to me.

One Man Dies a Million Times opens exclusively at Cinéma Public on Sept. 3.
We’re Hosting.

Come Over to Squirt.org and Join the Action.
hello we are popop
and our new beatmaker friend toast dawg
will release a great album on sept 23rd and we
think that if you’re reading cult mag you probably
enjoy nice music and this is definitely nice music
thank you for your time today