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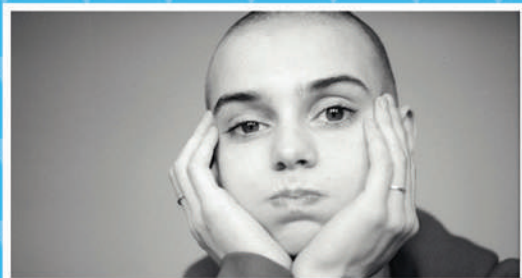
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30 September - 18h00

NOTHING COMPARES

Kathryn Ferguson | Ireland / United-Kingdom, 2022 | 97 min



CO-PRÉSENTE PAR



1 October - 15h30

CALLIARI, QC

Anita Aloisio | Canada, 2022 | 48 min



1 October - 13h15

CESÁRIA ÉVORA

Ana Sofia Fonseca | Portugal, 2022 | 94 min



double bill!

+ FOR REAL

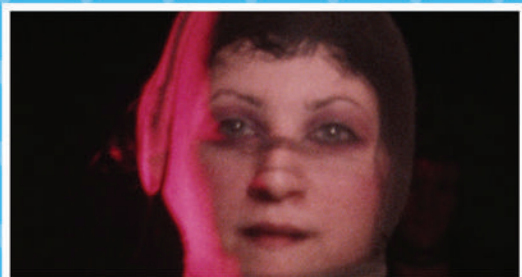
Ugo Mangin | France, 2022 | 54 min



29 September - 18h00

THE OFFENDERS

Beth B, Scott B | United States, 1980 | 100 min



28 September - 18h00

GETTING IT BACK: THE STORY OF CYMANDE

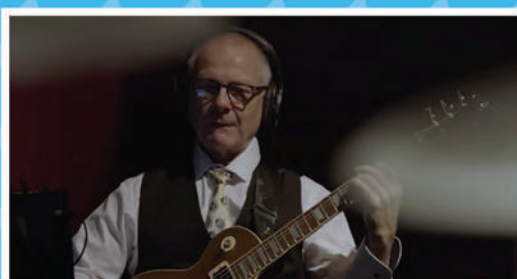
Tim MacKenzie-Smith | United-Kingdom, 2022 | 89 min



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

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MIJA

Isabel Castro | États-Unis, 2022 | 85 min



2 October - 13h15



2 October - 18h00

BUFFY SAINT-MARIE: CARRY IT ON

Madison Thomas | Canada, 2022 | 91 min



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letter from the editor

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

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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

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RETAIL APOCALYPSE

15.04.22 – 15.01.23

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Ezra Stoller, intérieur du centre commercial de Worcester / Interior of the shopping mall at Worcester Center, Massachusetts, 1971. © Ezra Stoller / Ésto

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Survival of the fittest



BY LORRAINE CARPENTER

“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 memeable 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 Wisconsin-ite. 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 then-head-coach Dominique Ducharme was a disaster, with players like Jeff Petry, who’d been stellar during the Playoffs, reduced to a total zombie on the ice. It was the worst of times.

“I’ve been almost at the very top and at the very bottom, so I think I experienced a lot in the two years that I’ve been here,” Caufield says, calling *Cult MTL* from Eau Claire, Wisconsin in late August. “The pressure, and the love that the fans have for the team — they just want your team to succeed. I don’t think there’s any fanbase that really thinks about the team as much as Montreal does. It’s a pleasure to play here. It’s just a great spot to play hockey.”

Conditions have been made even greater for Caufield by the recruitment of his childhood hero Martin St. Louis as head coach of the Montreal Canadiens. The 5’8” Québécois forward was inducted into the Hockey Hall of Fame in 2014

following an illustrious 16-season NHL career, including a 2004 Stanley Cup win with Tampa Bay, of all teams. His arrival in Habs world in February changed the course of 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.

“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’m really excited to get to work with him going forward.”

Caufield is also excited 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 of him with 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 faves are Grounder, Tuck Shop and, being a big breakfast guy, Arthurs and Beautys — he hasn’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.

“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 into my old high school email that I was posting on, so it’s out there for good. I think I did an okay job acting. It’s not really my best trait, but it’s pretty funny.”

In case anyone was wondering whether Caufield was acting in his recent videos with teammate Nick Suzuki — whose activities around the city have provided significant content for the Habs on social media — I’m happy to report that the bromance is real.

“We’re best friends,” Caufield says. “Pretty much every day, we’re hanging out doing something He actually just came out last weekend and visited me here (in the U.S.), so it was cool to have him here and kind of show him 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 even 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 the other year, that just doesn’t happen 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 the rink, it’s so important and special to us. 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.”

→ The Montreal Canadiens season begins on Oct. 12, with exhibition games starting on Sept. 26.

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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.



Stefano Nichele

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.

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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 Pumpui, 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. Pumpui, 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 previously unseen (or at least rarely seen) to Montreal.

The whole vibe of Pumpui is playful and carefree. The vibrantly coloured storefront, the pot-bellied crocodile logo and the vintage Thai newspaper ads sticky-tacked to the wall perfectly encapsulate the warm nonchalance of a country known as the Land of Smiles. Pumpui never feels serious, but the food is on par with any of the best restaurants in town. Most main dishes are filling enough for one and cost less than \$20, which is one of the best deals in town.

Unlike a lot of other Thai restaurants in town, the menu at Pumpui is small and offers very little in terms of modification. Jesse Mulder spent the better part of a decade living in Northern Thailand learning to faithfully reproduce the dishes he loved the most. The resulting menu is a collection of perfected dishes, composed as they should be and served with confidence. It's worth keeping in mind that since Pumpui is a curry house, the dishes are deliberately casual. Pumpui's menu fluctuates with the season but always features three curries, a few salads, fried chicken wings and a sautéed green vegetable — often morning glory. On my most recent visit, I opted for two classics: *Gaeng Gari Jaay* and *Pad Kaprao* with pork. I also — and you should, too — ordered the daily special. The specials at Pumpui are generally the most seasonal dishes and have provided me with an opportunity to taste some of the most creative and delicious Thai dishes I've ever



Clay Sandhu

eaten. That evening, the special was fried mackerel fish cakes with a spicy sweetcorn salad.

Before we talk food, here's a word of warning: keep your spice tolerance in mind. Chillies are an essential part of the Thai pantry and to cook dishes faithfully, they can't and shouldn't be omitted. Generally, if they're telling you something is spicy, it is. Be careful. One dish that's well worth testing your heat limits for is the *Pad Kaprao*, a dish of stir-fried pork, long beans, chilli and holy (Thai) basil served on rice and topped with a fried egg. It's got heaps and heaps of flavour: deep savoury notes come from the use of dark soy sauce, oyster sauce and brown sugar. There's a present heat that comes from the minced bird's eye chillies, but the spice is tamed slightly by the richness of the egg's runny yolk. The defining characteristic is the fragrance, which is rich with the scent of sautéed holy basil. It's a humble and very comforting dish, and yet the flavours and techniques necessary to pull it off are far from easy. It is served in a fairly hefty portion and is a meal in itself at \$17.

Next up, the *Gaeng Gari Jaay*. You can't come to the curry house without getting a curry, and this happens to be one of my favourites. *Gaeng Gari*, also known as Yellow Curry, 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. Pumpui'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 is 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.

The last dish I'll write about was a special, and something

I've never had before. The name is a bit of a mouthful — *Tord Mun Pla Yam Ma Mung* — but was essentially a plate of fried fish cakes with fresh corn. Yum. Mackerel, the biggest of the oily fish, often gets a bad rap for being pungent and overbearing. In Pumpui'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 limes 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 Pumpui 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 Pumpui. 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 Pumpui, 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.

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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 celebrating a quarter century of their '97 breakthrough album *Glee*, and will be playing two dates for POP Montreal — just a few months after playing the Jazz Fest — to cap off a significant milestone for the band.

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 Theatre.

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.

OMBIIGIZI

Consisting of members from Zoon and Status/Non-Status, OMBIIGIZI 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.

MAGI MERLIN

Definitely one of the more eclectic young artists to come up



Magi Merlin

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 Fruits 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 Montrealer, having lived in Montréal-Nord, RDP and the West Island, and his 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-hopping. 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

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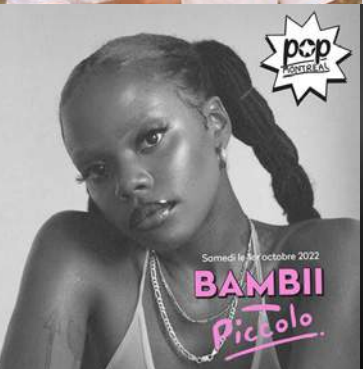
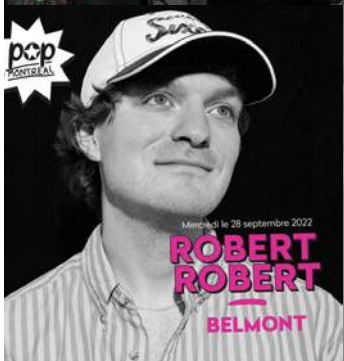


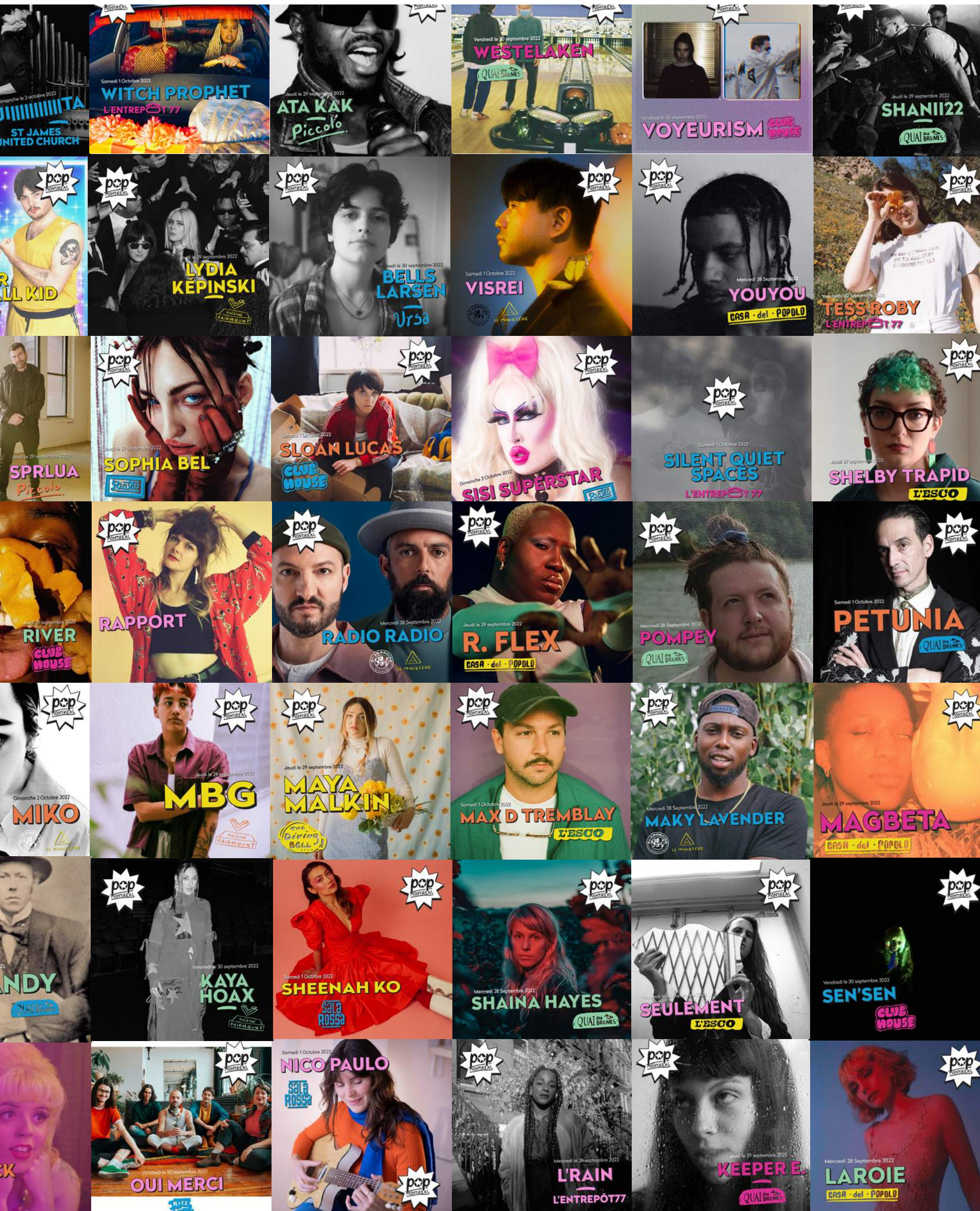
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student survival guide 2022-2023

START

eating groceries

MARKETS

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

Marché Jean Talon
7070 Henri-Julien

Marché Atwater
138 Atwater

Marché Maisonneuve
4445 Ontario E.

Marché Saint-Jacques fergus.bio
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

Fergus
fergus.bio

Shaina Hayes Farm
shainahayes.wixsite.com/farm

Les Jardins du Petit Tremble
lesjardinsdupetittrouble.net

Les Bontés de la Vallée
lesbontes.org/

Lufa Farms
lufa.com

Potager André Samson
3samson.com

Morgan Farm
fermemorgan.com

Terrabella Montreal
terrabellamtl.ca

HEALTH FOOD + ORGANIC

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

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

Branche d'Olivier
Various locations including 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.

Frengo
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.

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

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

international ingredients

VILLERAY

Anatol Spices
6822 St-Laurent

Fruiterie Milano
6862 St-Laurent

Epices de Cru
7070 Henri-Julien (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
7016 Casgrain

Conserva 6604
St-Hubert

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.

Latina
185 St-Viateur W.

Euro Deli Batory
112 St-Viateur W.

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
2070 de Maisonneuve W.

Marché Newton
1616 St-Catherine W.

MTLKF00D
1829 St-Catherine W.

Épicerie du Bazaar
1905 St-Catherine W.

Épicerie Coréenne et Japonaise
1829 Ste-Catherine W.

Marché Adonis
2173 Ste-Catherine W.

Sheng Tang Supermarket
1425 Fort

Supermarché Noor
1905 Ste-Catherine W.

LATE-NIGHT

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

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 cultmtl.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-LaurentLeonard Cohen’s favourite breakfast spot. This Plateau institution has been slinging eggs in a myriad of ways since the 1940’s.

La Bête à Pain
114 Fleury W., 195 Young
These brunch pros sport locations in Ahuntsic and Griffintown, and have another on the way. They serve multiple courses of all the fan favourites, and then some.

Arthurs Nosh Bar
4621 Notre-Dame W.
A contemporary take on the classic Jewish deli. Everything from the tuna scoop to matzah ball soup is delicious, but the pancakes are what pay the bills.

Café Regine
1840 Beaubien E.
One of the most popular and sumptuous spots for brunch in town, 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
1499 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 omlette 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 1264’s finer dining are on the cutting edge. Pun definitely intended.

Café Gentile
9299 Parc, 4126 Ste-Catherine W.
An Italian institution with a 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 salumi, homemade meatballs, fried cutlets and more.

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

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.

Gibeau 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 spruce 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 standbys 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 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.



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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 Pista

Various locations including 500 Beaubien E.,1587 St-Laurent and 2177 Masson
Crisp, clean and sunny corner café with pastries and a chill vibe.

Café Saint-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 pastries and lively atmosphere.

MELK Café

5612 Monkland
Fairtrade coffee roaster and café with locations near Concordia and in Monkland Village.

Pikolo Espresso Bar

1635 Clark Single origin coffee, baked goods and pastries from Hof Kelsten and Godley & Creme.

SWEETS + DESSERTS

Bilboquet

1311 Bernard, 4864 Sherbrooke W., 1600 Laurier E.
Famous Montreal ice cream, available in-store and at many grocers.

Ca Lem

5 Montreal locations including 6926 Sherbrooke W., 4223 St-Dominique, 315 Place d'Youville
Ca Lem offers head-turning flavours such as black sesame with coconut ash, taro yam and basil-strawberry sorbet for those looking for something with less lactose.

Churros Montreal

7497 St-Hubert
The original churro bakery in Montreal.

D Liche Cupcakes

3964 St-Denis

Possibly the perfect cupcakes, and gorgeous to boot.

Dalla Rose

4609 Notre-Dame W.
A small service counter-based ice cream shop selling a variety of intriguing flavours like sunflower seed, and ice cream sandwiches made with cookies, not that imitation graham stuff.

Havre aux Glaces

7070 Henri-Julien
Sorbets and ice creams in Jean-Talon Market.

Kem CoBa

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

Léché Desserts

640 de Courcelle
Incredible donuts in St-Henri.

Pandan Creamery

3833 St-Jacques
Expand your frozen treat horizons with Thai-rolled ice cream with flavours like *caramel beurre salé au lait de chèvre avec gâteau vanillé* 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, cookies, brownies and more for your sweet tooth.

Swirl

230 Rachel E.
A non-dairy 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 fresh 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.

Bowhead Pub

3723 St-Laurent
Montreal's first-ever plant-based pub. The menu features an eclectic mix of pub grub classics leaning heavily on Impossible burgers.

Chu-Chai

4088 St-Denis
A 100% vegetarian Thai restaurant with many vegan options. Famous for its mock meats.

Foodchain

1212 McGill College
Treating vegetables to a fast-food concept, this spot is the result of many brilliant culinary Montreal minds and perfect for students on the go.

La Panthère Verte

160 St-Viateur W. #101, 145 Mont-Royal E.
An oasis of vegan, organic goodness, including a pretty famous falafel, with specialty teas and juices.

Lola Rosa

545 Milton, 4581 Parc
Healthy, tasty veg food in the McGill Ghetto and Mile End.

LOV

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

Resto Vego

1720 St-Denis
Pay-by-the-gram buffet catering to vegetarians and vegans alike with plenty of gluten-free options.

Sushi Momo

3609 St-Denis
Inventive flavours and textures combine for impressive and completely vegan sushi rolls. A fan favourite regardless of diet.

BRITISH STYLE PUB GRUB

Brit & Chips

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

Burgundy Lion

2496 Notre Dame W.
A modern twist on the traditional English pub, with superior British-style pub grub, football (soccer) screenings, darts and pub quiz nights.

Pub Bishop & Bagg

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

CARIBBEAN

Bonne Bouffe Créole

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

Boom J's

2026 Wellington
A no-frills Jamaican restaurant serving some of the most famed jerk chicken, plantains, wraps and beef patties in the city.

Boulangerie Spicée

6889A Victoria
Looking for a classic Trinidadian double? Spicée is the place.

Jardin du Cari

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

Kamúy

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

Kwizinn

4030 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 stop by Kwizinn Express on St-Hubert to get your griot fix.

Lloydie's

66 St-Viateur W., 4601 Notre-Dame W.
Once known for the Jamaican patties they've been producing since 1987, Llyodie's has opened a Mile End restaurant that concentrates on good flavours in between four walls.

Mango Bay

1236 Mackay
Downtown Caribbean joint serving up some pretty great old-school jerk.

Seasoned Dreams

5509 Laurendeau
When southwestern style meets Caribbean: From jerk salad to jerk chicken and pork to oxtail, to mac 'n' cheese and salt baked fish.

CHINESE

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 Ho 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)
Quality standard Chinese with two locations in Côte-des-Neiges.

Kanbai
1813 Ste-Catherine W., 1110 Clark
Insanely spicy and tasty (and not too pricey) Northern Chinese food, with locations downtown and in Chinatown.

La Maison VIP
1077 Clark
Another late-night Chinese mainstay of Chinatown, open all week till 4 a.m. (12 a.m. on Sundays). This one deserves special mention for their \$5 lunch special plates.

Nudo
1055 St-Laurent
Hand-pulled noodles are the real drawcard here. The ramen isn't bad, but the Chinese noodle soup is the better option.

Qing Hua
1676 Lincoln
Perhaps the best dumpling place in town, in-house or frozen to take home for later.

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

EASTERN EUROPEAN

Boulangerie Wawel
2543 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 Old Montreal restaurant l'Original. Known for heaping plates of pierogi, schnitzel, and latkes.

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

Nevski
1228 Stanley
A Russian-inspired snack bar downtown serving up Georgian Khachapuri (aka "cheeseboats"), Pelmeni (Russian dumplings) and borscht.

GREEK

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

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

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

Tripoli
5034 Samson, Laval
The Parc Ex staple ceased operations in their original location and set up shop in Laval. Great for all the classic greek staples 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 Duluth E.
A Duluth 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.
For those who like it hot, in Montreal's "Little India"

(Parc Extension), with a 12-seater/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 Bélanger
Serving up a diverse range of dishes from across India, this nouveau spot is scrumptious as it is cool. Try the medicinal cocktail.

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

Pushap Sweets
5195 Paré
Worth the trip up north on the orange line, this quaint spot has some of the cheapest thalis in town.

Thali
1409 St-Marc
Cheap Indian eats in the downtown core, with sectioned meat and veggie thalis and savoury wraps rolled in naan.

MIDDLE EASTERN

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, 323 Chabanel W.
Regulars come to this cult classic sandwich shop for their authentic Israeli fried-to-order falafels.

Garage Beirut
1238 Mackay
This cosy and casual authentic Lebanese charcoal grill is a hidden gem in Concordia's backyard.

Kaza Maza
4629 Parc
Syrian restaurant with occasional live music, a casual vibe and high-quality Middle Eastern eats on the cheap.

Le Petit Alep
191 Jean-Talon E.
A casual, kind of incredible Syrian/Armenian joint near Jean-Talon market.

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

Sumac
3618 Notre-Dame W.
A casual and family-friendly slinger of Middle Eastern fare, serving up pita 'n' dips and delicious shawarmas and sabich.

ITALIAN

Amelia's
201 Milton
McGill Ghetto institution with big plates of pizza and pasta at budget-friendly prices.

Bottega
65 St-Zotique E.
Wood-fired pizza and Italian staples in Little Italy.

Elena
5090 Notre-Dame W.
The famous resto Nora Gray may be out of the price range of 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.

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

Pizzeria Adamo
4629 Notre-Dame W.
Hard-pressed to find a New York slice? This is your best bet. Whole pies are available, too.

JAPANESE

Biiru
1433 City Councillors
Fine Japanese food and drink in a sleek, date-friendly space.

Kazu
1862 Ste-Catherine W.
It's worth waiting in line (and you will have to wait) for this delicious, authentic izakaya food.

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

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

Tri Express
1650 Laurier E.
A Plateau classic serving bold, vibrant and exceptionally fresh sushi.

Ramen 9000
4609 Notre-Dame W.
An incredibly good ramen joint that operates out of an ice cream shop. While it may not be open year-round, this miso-based ramen is just what you need to get you through the winter. Vegan options.

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

More Downtown ramen:
Ichifuku (1925 Ste-Catherine W.)
Kinton Ramen (1211 Bishop)
Schlouppe Bistrot Nakamichi (2159 Mackay)

KOREAN

Chez Bong
1021 St-Laurent
Reliable Korean fare 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 Dolsot 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.

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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.

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 Chilenita
130 Roy E., 100 Marie-Anne
Delicious, affordable Chilean-Mexican fare, specializing
in empanadas. Their steak sandwiches are tight.

El Chalateco
520 Beaubien E.
Another purveyor of pupusas, the Salvadoran bready treats stuffed with goodness.

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.

Chez Doval
150 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 Montréalais-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.

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.

Hoang Oanh
1071 St-Laurent, 7178 St-Denis
Probably the best banh mis 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
Côte-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 bún and the rare beef salad.

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

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

Restaurant Hoai Huang
5485 Victoria
Beloved Côtés-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.



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Hilary Wear
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Empire Pagaille



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



Thank God for Tim & Joe
Tim & Joe

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

navigation

CITY

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

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

The main boulevards that run the width of the island are, in order from south to north: Notre-Dame, St-Jacques, St-Antoine, René-Lévesque, Ste-Catherine, de Maisonneuve, Sherbrooke, Jean-Talon and then, all the way in the north, Henri-Bourassa. Many of the streets between these thoroughfares don’t stretch across the downtown core and will cause you to detour.

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

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

METRO AND BUSES

STM [stm.info](#)

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

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

Effective July 1, 2022, standard full-fare rates are:
\$3.50 for a single ride (one trip)
\$6.50 for two trips\$5.75 for an unlimited evening ticket (6 p.m.–5 a.m.)
\$14.75 for an unlimited weekend ticket (4 p.m. Friday to 5 a.m. Monday)
\$11 for a day pass (valid for 24 hours from the time it’s first used)
\$11 for a trip on the 747 Airport shuttle to or from Montréal–Trudeau International Airport
\$21.25 for a three-day pass (valid for three consecutive days after first use)
\$31.50 for 10 trips (only available on an OPUS card)
\$29 for a weekly pass (only available on an OPUS card)
\$94 for a monthly pass (only available on an OPUS card)
\$220 for four months (available to reduced-fare users only, on an OPUS card)

All full-time students qualify for a hefty reduced fare on transit passes. With the proper STM-approved photo ID, you can buy a monthly pass for \$56.50.

The reduced-fare photo ID card is available in person at the Berri metro station photo studio (1755 Berri), 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.

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](#).

The REM

Currently in development and under construction, this light rail system is a 67-kilometer, 26-station project that will run from Deux-Montagnes, Quebec in the north to the South Shore suburb of Brossard in the south, the West Island town of Anse-à-l’Orme in the west to downtown in the east. Crucially, it will finally provide a connection between the airport and the metro system. Parts of the system are expected to open this year, while the full network is due to be operational by 2024.

TAXIS VS. UBER

The competition between Uber and Montreal taxi companies rages on, and although Uber’s rates rose significantly after the service’s legalization in 2016, it’s still 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 taxes. Surge pricing can raise the price of Uber significantly, but in many cases surges are short-lived. Additional rideshare options are also on the horizon including Lyft, which is in ongoing negotiations to bring its services to Montreal, along with local cooperative start-up Eva.

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

514-485-8585
215 “impeccably groomed” cars.

Taxi Champlain

514-271-1111
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 500 cars online at [taxi-coop.com/en/reservation.html](#), or download the mobile app.

Taxi Hochelaga/Taxi Beaubien/Taxi Diamond

514-836-0000
Several smaller taxi services have combined to form Taxelco. Reserve by phone, or download their mobile app, Téo.

inter-city

BUSES

Most intercity buses, operated by various carriers, leave from the gare d'autocars de Montréal, located at 1717 Berri, accessible via Berri-UQÀM metro station. Most routes are pretty cheap compared with trains or planes, and you can usually obtain a reduced fare with your institutional student ID or International Student Identification Card (ISIC).

Unfortunately, Greyhound Canada permanently closed

all of its services in Quebec and Ontario last year, but Greyhound USA has routes from Montreal to Boston and Montreal to New York. You can book tickets at [greyhound.com](#). Please note that as of the time of publication, all non-U.S. citizens entering the States must still provide proof of full vaccination status.

Smaller carriers service the rest of Quebec, including Orléans Express ([orleansexpress.com](#)), Autobus Maheux ([autobusmaheux.qc.ca](#)), Groupe Galand ([galland-bus.com](#)) and Transdev Limocar ([limocar.ca/en/home/](#)). Note: Select Transdev Limocar buses depart from the Terminus Mansfield near Bonaventure metro at 997 St-Antoine W. +1 888-702-8726.

Additionally, Coach Canada’s double-decker Megabus ([ca.megabus.com](#)) is a popular option for those headed to Toronto, Kingston or one of their select stops along the way. There’s free wifi, and tickets operate on a sliding scale, with rates going up as the tickets sell — you’re likely to pay something in the \$60–\$100 range for a round trip. Please note: the Megabus departs from 997 St-Antoine W. (Bonaventure metro).

For the majority of intercity buses leaving and arriving at the Gare d'autocars de Montréal at Berri, call 514-842-2281 for bus schedules and prices, or visit [gamtl.com](#) and use their destination selector.

TRAINS

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

Due to COVID-19, Amtrak routes to the United States remain suspended. For up to date information, please consult [amtrak.com](#)..

Although proof of vaccination is no longer required for rail travel, all passengers must wear a mask at all times. Exemptions are made for children under the age of six and individuals unable to wear a mask (medical certification required).

Fare finding tips

Check [viarail.ca/en/offers/deals-discounts](#) for special offers and best rates.

PLANES

As with rail travel, the proof of vaccination requirement has been lifted, but the mask requirement remains.

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

STM

747 express bus
For \$11 (or free if you have a monthly pass, day pass, three-day pass, weekend or full week pass), the STM airport shuttle gets you there or back in around 45 minutes. The 747 bus has two routes: the Berri-UQAM route conveniently stops at several places downtown and loops at the Gate d'autocars de Montreal main bus terminal; the Lionel-Groulx route makes one stop at Lionel-Groulx metro. Be sure to check the status of the 747 on the STM website before your trip.

STM bus

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

Taxi and Uber

If you catch a cab within the downtown area, it costs \$41 even (plus tip, of course). Outside of that area, fares run on the meter, so they vary by time and distance. Uber can now pick up and drop off travelers at the airport.

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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

communauto.com
Car-sharing service with a varied fleet (including Toyota Yaris or electric Nissan LEAF) ideal for errands and day trips with much lower rates than a rental. Cars are parked at various locations around the city, making them easy for pick-up and drop-off near home. However, you must return your car to the same location where you picked it up, unless using their FLEX 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/c5180002) both have rideshare sections, and there are daily rides going to and from Toronto in big 15-passenger vans for about \$40

each way — but like any somewhat sketchy unregulated grey-market service, choose at your own risk.

CYCLING

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

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

BIXI

BIXI is Montreal's seasonal bike rental program, which runs from April 15 through November 15. With over 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.



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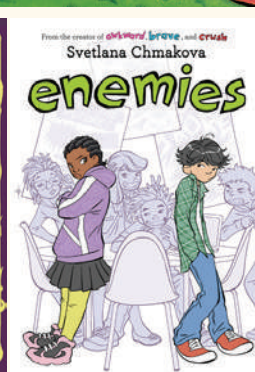
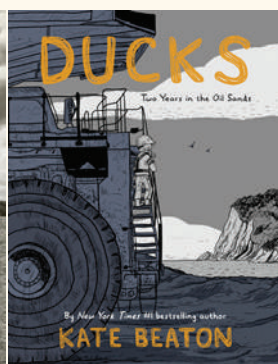
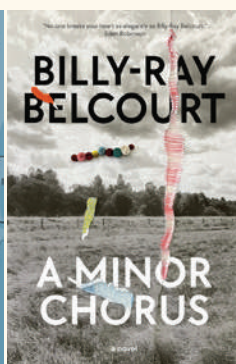
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In light of recent trends, BIXI has also recently introduced a small fleet of electric bikes (or ebikes) to their fleet that can be rented for an additional 30 cents per minute (12 cents per minute for members). Be aware that helmets are mandatory 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](https://www.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, 6 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

SantroVélo's main garage space is open again. They are accepting some drop-ins, but priority is given to pre-booked appointments. Check their website to book an appointment, and keep an eye on their facebook for updates.

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&L Cycle

75 Villeneuve W., 978 Rachel E., 75 Villeneuve W., clcycle.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.

Club Cycliste Cycle Pop

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

Fitz Montreal

1251 Rachel E., fitzmontreal.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

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

Cycle Technique

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

Dyad

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

UPCOMING SHOWS BY MRG LIVE



TICKETS AVAILABLE AT ADMITONE.COM





CENTAUR THEATRE

SEASON 2022-23

Montreal ON STAGE

| | |
|---|---|
|  <p>A creation by Centaur Theatre and Centre du Théâtre d'Aujourd'hui</p> <h3>CYCLO- RAMA</h3> <p>Created and Directed by Laurence Dauphinais</p> <p>OCT 11 - NOV 5, 2022</p> <p><small>CENTRE DU THÉÂTRE D'AUJOURD'HUI</small> <small>Fondation F. Cole</small></p> |  <h3>SEXUAL MISCONDUCT OF THE MIDDLE CLASSES</h3> <p>By Hannah Moscovitch Directed by Eda Holmes</p> <p>NOV 8 - NOV 27, 2022</p> |
|  <h3>AT THE BEGINNING OF TIME</h3> <p>By Steve Galluccio Directed by Peter Hinton-Davis</p> <p>FEB 21 - MAR 12, 2023</p> |  <p>Centaur Theatre Company presents the English-Language Premiere of the Théâtre Duceppe production of</p> <h3>KING DAVE</h3> <p>By Alexandre Goyette Adapted in collaboration with Anglesh Major Translated by Patrick Emmanuel Abellard Directed by Christian Fortin</p> <p>MAR 28 - APR 16, 2023</p> |

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Winnie Ho, aWakening

21 - 25 septembre 2022

📍 Agora du Coeur des Sciences

Une présentation **Danse-Cité**

Une co-production **Winnie Ho & Danse-Cité**



Photographe: Vanessa Fortin

Photographe: Henry Chan

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**



Montréal



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., H-224 (Mezzanine), classifieds.csu.qc.ca
hojo@csu.qc.ca
Online listings organized by Concordia's student union with jobs and off-campus housing.

McGill Off-Campus Housing
3473 University, mcgill.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
415 St-Antoine W., Bureau 202, omhm.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., #2200, 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, fechim.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.

TENANTS' RIGHTS

Arnold Bennett Housing Hotline
514-488-0412, 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, 514-738-2036 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. #D-2095 or 1425 René-Lévesque W. #600, rdl.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 de locataires du Québec
6839 Drolet #302, rclalq.qc.ca
An umbrella organization that can direct you to housing rights groups in your neighbourhood. See the "groupes logements" section of their website for the list.

Front d'Action Populaire en Réaménagement Urbain (FRAPRU)
1431 Fullum #201, frapru.qc.ca
Another umbrella organization for the advancement of housing rights. See the "liste de membres" section for their constituent member organizations.
Note: French only.

CITY + GOVERNMENT

City of Montreal Services
dial 311, montreal.ca Municipal.
Tip: The Accès Montréal membership card (\$9) gets you deals on BIXI, the Espace pour la vie attractions (Biodôme, Biosphere, Botanical Gardens, Insectarium, Planetarium), golfing and more.

Service Canada
servicecanada.gc.ca Federal

Province of Quebec
gouv.qc.ca Provincial.

Recycling and disposal
Éco-Quartiers, eco-quartiers.org
Free recycling boxes or recycling bags, while Éco Centres will take old electronics and any other toxic materials off your hands. Find your neighbourhood locations online or by dialing 311.

Composting
Compost Montreal, 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).

ColbaNet
colba.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 a installation fee applies to internet reconnections and/or changes of address.

EBOX
ebox.ca
Cable and television service boasting unlimited data, starting at \$36.95/month. Multiple options for rental vs. purchase of modems. Free installation on many (though not all) of their packages.

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 (about \$6.50 less than the market average) 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 you're a unilingual anglophone. 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, esdc.gc.ca or jobs.gc.ca to search government listings.
Listings change all the time, so check in regularly and set up job alerts.

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

Concordia Off-Campus Housing and Job Bank
classifieds.csu.qc.ca
Search the online ads 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 quebec.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 tutorials, seminars and workshops. Book an appointment with an advisor through their website.

YES Employment + Entrepreneurship
666 Sherbrooke W. #700, yesmontreal.ca
YES offers English-language support to help Quebecers aged 18–40 to find employment, start and grow businesses or realize a career in the arts. Services include individual career counselling, 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 CNESST hearings. UTTAM offices are currently open in a limited capacity but appointments must be made in advance.

Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST)
cnesst.gouv.qc.ca
This provincial agency makes sure employers are operating above board and investigates complaints. Oversees health and safety in the workplace and investigates accidents. Also a good resource on vacation pay, salaries, wrongful dismissal, parental-leave and other benefits.

Direction 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.

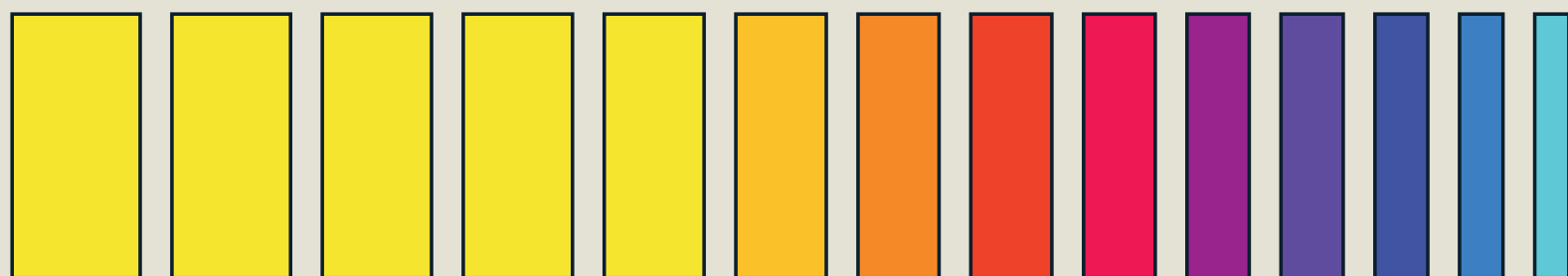
Le conseil national des chômeurs et chômeuses
3734 Parc, lecn.com/montreal
Offers guidance on governmental COVID-19 aid programs and employment Insurance, including a detailed guide for students seeking EI. French only.



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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, empiremtl.com

Eva B
2015 St-Laurent, boutiqueevab.com

Ex-Voto
6534 St-Laurent, exvoto.ca

Friperie 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
6583A St-Hubert, belleetrebelle.ca

Unicorn
5135 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 Stanley (menswear), 1432 Stanley (womenswear), frankandoak.com

FACTORY OUTLETS + DISCOUNT STORES

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

Marché Centrale
8701-9187 Acadie, marchecentral.com
On the north side of the 40, this sprawling strip mall has outlets for Aldo, Calvin Klein, Puma, Nike, la Vie en Rose and more.

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

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

GOODWILL

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

Le Magasin du Chânon
4375 St-Laurent, lechainon.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, villagedesvaleurs.com

WINTER

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

Le 103 Chaussures
103 Mont-Royal E., mont-royal.net/commerces/mode-et-accessoires/le-103
Liquidation location of brand name boots.

Brador Hiver
350 Louvain W., bradorhiver.com
Discount winter clothes, open seasonally.
Kanuk 485 Rachel E., kanuk.com
It's not cheap, but it's a quality Queb alternative to the ubiquitous Canada Goose jacket from Toronto.

Icebreaker Merino
1515 #1 Ste-Catherine W., icebreaker.com
Get yourself a merino wool base layer and thank us later.

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

furniture

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 Chânon (see Clothing/ Goodwill)

Marché aux Puces St-Michel
7707 Shelley, facebook.com/pages/Marché-Aux-Puces-St-Michel/265813333495252

Fripe-Prix Renaissance
(see Clothing/Goodwill)

Village des Valeurs
(see Clothing/Goodwill)

Salvation Army Thrift Store
(see Clothing/Goodwill)

APPLIANCES

Almar
5400 Decarie almarappliance.com
Family-owned, discount prices.

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

Newman, braultetmartineau.com/en

Corbeil Électroménagers
various locations including 4646-A Parc, 9570 Acadie, 6725 Jean-Talon E., corbeilelectro.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
2635 Rosemont
Computers, components, gaming gear and more.

Fillion Electronique
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

Paragraphe
2220 McGill College, paragraphbooks.com

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

USED

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

Encore
5670 Sherbrooke W., encorebooks.ca
Books, music and movies in NDG. They also buy-- check out their website for more info.

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

T. Westcott Books
6792 St-Hubert
A Plateau shop stacked floor to ceiling with books and friendly resident cats.

The Word
469 Milton, wordbookstore.ca

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COMICS, GRAPHIC NOVELS + ZINES

Drawn & Quarterly

211 & 176 Bernard W., mtl.drawnandquarterly.com (see Books/New)

Capitaine Québec

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

Crossover Comics

3560 Notre-Dame W., crossovercomics.ca

Librairie Z

3420 Ontario E., librairiezbookstore.com/en/

1,000,000 Comix

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

Artex

2 Ste-Catherine E. #301, artex.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

Multimag

Various locations including 370 Laurier W. / 825 Mont-Royal E. / 6889 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, cheapthrills.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 Bordu-du-Lac, Pointe-Claire). The Mile End location is closed Mondays through Wednesdays.

Sonik

4050 Berri, facebook.com/Sonik-Records-186553604713275
Alt, punk and indie specialists in the Plateau.

Sound Central

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

180g

5866 Lorimier, facebook.com/le180g/
Friendly Petite-Patrie 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.



A GEORDIE, KIDOONS AND WYRD PRODUCTIONS PRESENTATION
IN ASSOCIATION WITH THE 20K COLLECTIVE AND THE SEGAL CENTRE



FRANKENSTEIN

PRESENTED AT THE SEGAL CENTRE

5170 Chem. de la Côte-Sainte-Catherine
Montréal, QC H3W 1M7

PERFORMANCES

October 20: 7PM

October 22: 3PM

October 29 - 30: 1PM + 4PM

AGES 7+

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VIKINGS

In collaboration with



DRAGONS OF THE NORTHERN SEAS

Until October 10, 2022



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

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.



POINTE-À-CALLIÈRE
Montréal Archaeology
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Nationalmuseum
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Montréal



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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.

ELEVATING 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



maintenance

SPA + BEAUTY

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

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

Candy Nail Bar
6218 St-Hubert 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.
deesbeauty.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
1455 Peel 4th floor spadiva.ca
Face, skin, muscle and nail care, conveniently connected to Peel metro.

Chinatown barber Hair Salon Toc on St-Laurent near de la Gauchetière, to high-end St-Henri barbershop Notorious, to mom and pop salons for men and women that dot the city. For women, here are two cheap options we can vouch for.

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

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

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

Hôpital Vétérinaire du Nord
9988 Lajeunesse passionimo.ca/en/trouvez-un-etablissement/du-nord-veterinary-hospital-inc/
Makes house calls.

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/rescue a pet. Offers a free Trap-Neuter-Release program for feral cats to some municipalities.

HAIR

Guys have plenty of barber options, of both the old- and new-school variety: from the mega-cheap

PETCARE

According to the current city by-law, when outdoors, a dog must be kept on a leash no longer than 1.85m



Looking for a job?
Want to start or grow a business?
We can help.



Employment Services



Entrepreneurship Services



Artist Services



Take action now! Contact us or visit our centre to register for in-person, virtual or hybrid workshops, services, events, and to schedule coaching appointments.
yesmontreal.ca | 514-878-9788 | 666 Sherbrooke Street West, 7th Floor







CINEMA POLITICA ON DEMAND

STREAM THE BEST IN
INDEPENDENT DOCUMENTARY FILM

ANY DEVICE. ANYWHERE. ANYTIME.
CINEMAPOLITICA.VHX.TV

IMAGE: LOST ALLEN, Tobias C. van Veen, Canada, 2018, 25'



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

IMAGE: A RUSTLING OF LEAVES, Nettie Wild, 1998, 112'

fitness

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 Verte
routeverte.com
Quebec’s largest network of cycling paths, criss-crossing over 4,000 kilometres of the province and much of the city. Their website is perfect for planning your trip and also features codes of conduct for biking in Quebec.

WINTER

The Atrium
[1000 de la Gauchetière W. le1000.com/en/skate](http://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=5977,94954214&_dad=portal&_schema=PORTAL
There are dozens of free, city-maintained outdoor skating rinks all over the city, including many that are devoted to playing pick-up hockey games.

YOGA AND GYMS

Ashtanga Yoga
372 Ste-Catherine W. #118 ashtangamontreal.com

Buzzfit
buzzfit.ca
A chain of cheap and cheerful 24-hour gyms.

Éconofitness
econofitness.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 (CMSS). 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 Montreal 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
(900 section near Sherbrooke Street; novice skatepark located in 800 section)

Peace Park
St-Laurent just north of René-Levesque

Project 45
DIY Adjacent to the Taz, 8931 Papineau

Verdun skate park at Arthur-Therrien Park
3750 Gaétan-Laberge

Viaduc Van Horne
5855 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) spinskatepark.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 arsenalmontreal.com

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

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

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

McCord 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 Atwater to Papineau, René-Levesque to Sherbrooke.

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

St-Laurent Boulevard (and many of its side streets, one or two blocks to the east and west) is a long and diverse nightlife playground full of activity between Milton and Beaubien, though it gets a little sparse north of Mont-Royal Avenue.

MUSIC HOTSPOTS

Bar le Ritz PDB
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 & 4848 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 DOGS

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.

actstogrind.org

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



Bourgie Hall

Montreal Museum of Fine Arts

MUSIC LIVES HERE

34 or
under?

ENJOY LOW-PRICED
CONCERTS AT BOURGIE HALL!

50%
off all concerts*

\$10
rush tickets!**



Book your tickets
bourgiehall.ca
514 285-2000, option 1

BOURGIE HALL

MONTREAL MUSEUM OF FINE ARTS



Proud partner
of music in a
healthy Museum

* Calculated excluding taxes and service charges

** Available at Bourgie Hall's box office, one hour before the start of the concert
Proof of age is required

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
5240 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
5080 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 Verdun Beach
4816 Wellington
A Verdun wine bar and restaurant that serves sharing plates, cocktails and interesting beers, too.

Burgundy Lion
2496 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, “Queereoke” and more, alongside multiple-screen hockey, soccer and basketball.

Darling
4328 St-Laurent
This spacious café (and weekend brunch spot) by day morphs into trendy but casual wine and cocktail bar after dark.

La Distillerie
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
Quartier 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.

Complexe Sky
1474 Ste-Catherine E., complexesky.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, cinestarz-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 Crémazie W., cinemasguzzo.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
5150 St-Laurent, cinemamoderne.com

Cinéma Public
3980 St-Denis/505 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., cinematheque.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, wiggleroom.ca
The city’s only showroom dedicated almost exclusively to burlesque, with comedy events, too.

ENGLISH THEATRE

La Chapelle
3700 St-Dominique
The 2022–23 season of French- and English-language productions and music events begins Sept. 6.

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-Ste-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
1339 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 Royden
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 Satosphère.

Théâtre Outremont
1248 Bernard
Film screenings and live music.

TOHU
2345 Jarry
Year-round circus performances including the Montreal Complètement Cirque Festival in July.



The End of **WONDERLAND**

A FILM BY **LAURENCE TURCOTTE-FRASER**

STARRING **TARA EMORY**

LES FILMS DU 3 MARS PRESENTS AN ARTEMIS FILMS PRODUCTION CINEMATOGRAPHY BY ANDRÉANNE CHARTRAND-BEAUDRY AND LAURENCE TURCOTTE-FRASER
ORIGINAL MUSIC BY CHRISTIAN ZULIANI COLOR GRADING BY MARTIN GAUMOND EDITED BY JONAH MALAK AND MILÈNE ORTENBERG SOUND DESIGN BY FRANCIS GAUTHIER
RE-RECORDING MIX BY BRUNO BÉLANGER PRODUCED BY KATERINE LEFRANÇOIS WRITTEN AND DIRECTED BY LAURENCE TURCOTTE-FRASER

Artémis
FILMS

TELEFILM
CANADA

FONDSTALENTS

SODEC
Québec

CALQ

Québec
CINÉMA

PRIM

OUTPOST

FRASER
FILMS

F3MI
L'ART DU FILM

PHOTO AND POSTER BY
PRISCILLA PICCOLI

IN THEATRES SEPTEMBER 9



BACK TO SCHOOL SCHEDULE



Monday



Tuesday



Wednesday



Thursday



Friday

Cheers to 2021-2022 school year!



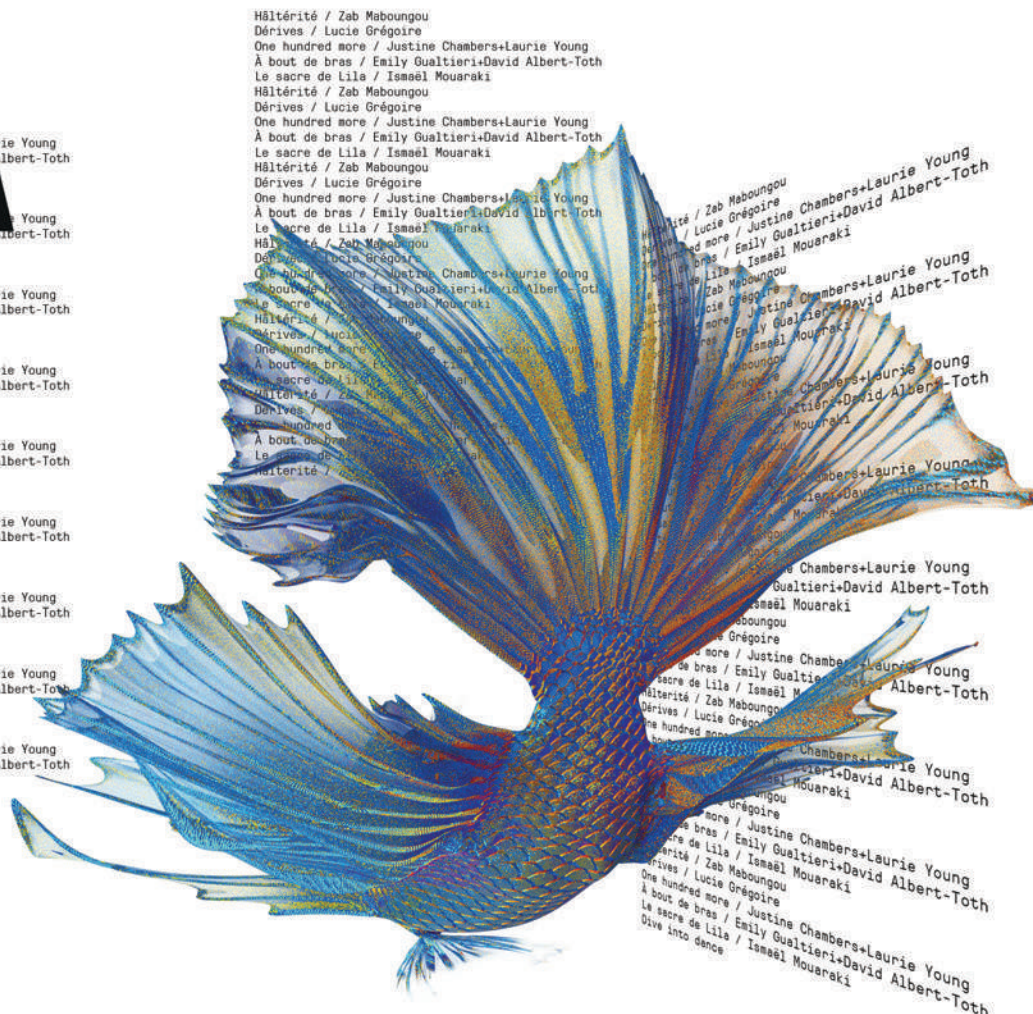
MCAUSLAN



MCAUSLAN.COM

AGORA DE LA DANSE

One hundred more / Justine Chambers+Laurie Young
À bout de bras / Emily Gualtieri+David Albert-Toth
Le sacre de Lila / Ismaël Mouaraki
Hâltérité / Zab Maboungou
Dérives / Lucie Grégoire



AUTUMN 2022 SEASON

agoradanse.com

AGORA



HÂLTÉRITÉ Zab Maboungou

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

September 21 to 23, 2022

Usine C
1345 Lalonde
Contemporary dance is the focus at this multidisciplinary performance venue. 2022–23 programming begins on Sept. 26.

health care

COVID-19

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

The province's 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/known-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 CLSC clinics 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

Argyle Institute
4150 Ste-Catherine W. #328 514-931-5629 argyleinstitute.org
To seek help outside of school, the Argyle Institute offers the services of psychologists and psychotherapists on a sliding scale, by application. They're 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 clinique-femina.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
469 Jean-Talon W. #335 514-866-3721 fqpn.qc.ca
Resources and advocacy on women's reproductive choices.

Grossesse-Secours
79 Beaubien E. 514-271-0554 grossesse-secours.org
Hotline for information about pregnancy and contraception, as well as prenatal care. Offers services for pregnant women and those with newborns, including cheap pregnancy tests. 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
8560 St-Hubert 1-888-401-4844 montrealmorgentaler.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 sexual/reproductive health divisions: CLSC Métro (1801 de Maisonneuve W.), CLSC de Parc-Extension (7085 Hutchison) and CLSC Côte-des-Neiges (5700 Côte-des-Neiges)

PREGNANCY + PARENTING

Centre des Femmes de Montréal
3585 St-Urbain 514-842-4780 centredesfemmesdemtl.org
For over 40 years, this centre has provided services for

mothers-to-be and new mothers, free clothes and food for women in financial need and other support.

Elizabeth House
514-482-2488 maisonelizabethhouse.com
Residential placement and external services for pregnant teens and young parents in need of support, including help on returning home or finding a new place to live. By referral only.

Head & Hands Young Parents Program
3465 Benny headandhands.ca/programs-services/young-parents-program
Currently, the program is on hiatus, but contact Allyson at 514-481-0277, or email her at ypp_pjp@headandhands.ca for up-to-date info and updates on when full services may resume.

Montreal Diet Dispensary
2182 Lincoln 514-937-5375 dispensaire.ca
Offers nutritional counselling, breastfeeding information and food baskets to pregnant women, mainly those with low incomes. Check out their website for information on upcoming workshops and other services.

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

services

LEGAL

Head & Hands
3465 Benny headandhands.ca/programs-services/legal-services legal@headandhands.ca
Advice from a legal coordinator is available for youths aged 12–25, and appointments are available (to people of all ages) during legal clinics with volunteer lawyers for suggested \$20 donations. 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
aidejuridiquedemontreal.ca
Access to free legal advice and representation for youths, low-income individuals and welfare recipients facing criminal charges.

Legal Information Clinic at McGill
680 Sherbrooke W. #150 licm.ca
Open to the general public, the clinic offers free legal information, referrals to low-cost or pro bono lawyers and other legal services by McGill law student volunteers. The clinic is currently slated to reopen mid-September. Please visit their website for the most up-to-date information.

YWCA Legal Information Clinic
1355 René-Lévesque W. #293 ydesfemmesmtl.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 period. 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

NICOLAS PARTY

L'HEURE MAUVE



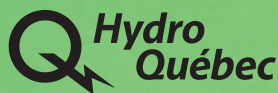
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Nicolas Party: L'heure mauve was funded in part by the Quebec Government, the Conseil des arts de Montréal and the Canada Council for the Arts. | An exhibition organized by the MMFA. | Nicolas Party (born in 1980), Portrait with Mushrooms (detail), 2019. Private collection. © Nicolas Party. Photo Adam Reich

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 ccglm.org
A space for individuals and organizations seeking information about a range of LGBT issues. The Open Book Library specializes in documentation on issues related to sexual diversity.
The community centre is currently open to the public Monday to Thursday from 2–6 p.m.

Helem

montrealhelem.org
Serving gay and lesbian Lebanese and Arabic-speaking Montrealers.

Project 10

1575 Atateken 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 theuge.carrd.co
McGill University's trans*-positive feminist service store and alt library selling PWYC alternative menstrual products, DIY ecologically responsible sex toys and cheap contraceptives. The 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 gaihst.qc.ca
Support for victims of at-work sexual harassment, including assistance with filing Quebec Human Rights Commission complaints, legal and emotional support if your case goes to court, and guidance through the EI process. Monday–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 lignedesdroits.ca
Human rights advocacy group with support for those facing issues related to racism, social justice, immigration and international law.

MORE SUPPORT LINES + GROUPS

Concordia Students' Nightline

514-848-7787 instagram.com/concordianightline
Monday to Saturday nights: 6 p.m.—3 a.m
An anonymous, confidential, non-judgemental listening service run by Concordia students for those in need of aid or support or just to talk. The line will reopen during the fall semester of 2022. Check their Instagram for updates.

AMI-Quebec

5800 Décarie 514-486-1448 amiquebec.org
Support, awareness and advocacy for people living with mental illness, and their families. Offering online support groups.

Centre pour victimes d'agression sexuelle de Montréal

514-933-9007 cvasm.org
Crisis services and 24/7 sexual assault hotline in French or English. The hotline is open 24/7 toll free but you may experience slightly longer waiting times than usual. Otherwise, the organization can be contacted at the provincial level at 1-888-933-9007.

CHOC

25 Lévesque E. (Laval) 25 Lévesque E. 450-975-2462 organismechoc.com
Conjugal violence and suicide prevention as well as other services for troubled men. Offering a range of

remote services in addition to in-person services by appointment only.

Face à Face

1857 Maisonneuve W. #100 514-934-4546
faceafacemontreal.org
Offering counseling, active listening, self-help workshops and referrals, as well as services for the homeless. At this moment, their offices are open Wednesday to Friday, 9 a.m.–5 p.m. Be sure to reach out directly via phone or online for updates on their services.

Option

1238 St-Joseph E. 514-527-1657 optionalternative.org
Counseling, referrals and support for men and women who are violent towards their partners and families. Option is currently booking appointments Monday to Friday between 8 a.m. and 4 p.m.

PLURI

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

Service d'aide aux conjoints

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

Suicide Action Montreal

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

Tel-Aide

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

ADDICTION

Alcoholics Anonymous (Area 87)

514-350-3444 aa87.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 Réadaption en Dépendence de Montréal

950 Louvain E. 514-385-1232 (adults), 3530 St-Urbain 514-385-1232 (24 and under) ciusss-centresudmtl.gouv.qc.ca/soins-et-services/problemes-de-consommation-ou-de-dependance
Offering a range of reintegration, detox and drop-in services for recovering addicts. All services are accessed by phone, with some provided through the CLSC.

Cocaine Anonymous
514-527-9999 toll free at 1-877-806-0581 caquebec.org/home/
Support group with regular meetings for individuals seeking recovery and continued sobriety from drug addiction. At this moment, meetings are taking place both online and in-person. Check their website for details and schedules.

Douglas Hospital Eating Disorders Program

6603–6605 LaSalle 514-761-6131 x2895
douglas.qc.ca/section/eating-disorders-146
A range of in- and out-patient services for adults over 18 suffering from anorexia, bulimia or other eating disorders. Must have a doctor's referral.

Gamblers Anonymous

514-484-6666 gamontreal.ca info@gamontreal.ca
Meetings, resources and listening service hotline for people with a gambling problem. Some in-person meetings have resumed at this point. Be sure to check their website for locations and times.

Gambling: Help and Referral

514-527-0140 or 1 800 461-0140 jeu-aidereference.qc.ca
Resource for gambling and gaming addicts, including the province-wide 24/7 hotline.

Narcotics Anonymous

1-855-544-6362 naquebec.org
Group therapy and support for people in recovery from drug addictions. Some in-person group meetings have returned, and they are offering virtual meetings on

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 treatment for adults, youths and pregnant women, offering daycare, rehab centres, reintegration services, and home care.

Sex Addicts Anonymous Montreal

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

Sex and Love Addicts Anonymous

514-983-0671 dasa-slaa-mtl.cbti.net, mtlidasaslaa@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.

FOOD BANKS

Accueil Bonneau

427 de la Commune E. accueilbonneau.com
Food bank with used clothes for social assistance card-holders. They have a dining room, drop-in centre, showers, health services and more. Check out their website for specific services and hours.

NDG Food Depot

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

Ressource Action-Alimentation de Parc-Extension

419 St-Roch #SS13 ressourcealimentation.org
Food aid, clothing and social support to residents of Parc Ex. Check out their website for a list of services or to make an appointment.

Sun Youth

6700 Parc #100 sunyouthorg.com
Food and clothing banks, as well as many social services and numerous youth outreach programs, based in the Plateau.

The Yellow Door

3625 Aylmer yellowdoor.org
Provides numerous services to the McGill Ghetto community, including a food bank for students in a pinch, wellness groups, access to a collective kitchen and meal delivery services for the elderly. Check out their website or give them a call for more details on the services currently available, or to volunteer.

MEAL PROGRAMS

Midnight Kitchen (McGill)

3460 McTavish 137 St-Ferdinand midnightkitchen.org, midnightkitchencollective@gmail.com
Midnight Kitchen is McGill's not-for-profit volunteer and worker run collective that runs workshops, a foodbank and provides on-campus PWYC vegan lunches. Check out the calendar on their website to find out when they're serving.

People's Potato (Concordia)

1455 de Maisonneuve #H-733, peoplespotato.com peoplespotato@gmail.com
Concordia's Vegan soup kitchen, known for serving wholesome daily PWYC lunches during the school year. 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.

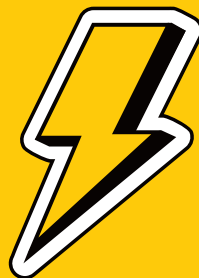


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LES MARDIS RÉTRO

Les chansons culte des années 50 à l'an 2000



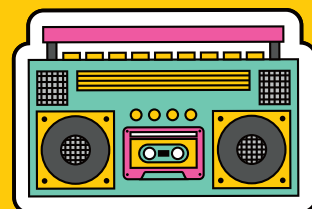
LES JEUDIS 2000

Le meilleur des throwback hits



LES WEEK-ENDS X-LARGES

La musique d'aujourd'hui - Top 40



57 PRINCE-ARTHUR EST.MTL • SHERBROOKE • 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.

Justine Smith: When did you first discover the story of the Siege of Leningrad and the seed bank?

Jessica Oreck: 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.

Sean and I have worked together since we met when I was 19. He looms incredibly large in my film development. We have many of the same reference points and a natural collaboration, more than average for a director/cinematographer relationship. We don't storyboard. We talk through each scene. He's a creative genius; there's no getting around that! I feel the freer you give Sean reign, the better he works.

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

JO: I worked in a post office, and everyone I worked with

was 18 or 19. It was strange to see how their view of history differed from mine. I wasn't that much older than them, but it was enough that World War II was ancient history to them. The way they perceive media, with the way everything is edited and everything is CGI, photoshopped and manipulated, meant that they had no trust in imagery at all. It felt important for me to excise this moment from history and make it relevant for those kids. For them, a movie about World War II was the same as watching *Star Wars*. I wanted to make something legible for them.

A lot of my films are about memory in a sort of abstract way. Film can be a powerful tool, but it can also create a distance. With historical atrocities like the Holocaust, it's easy to make a film that feels like fantasy. I don't mean with dragons or witches, but it can feel like something so terrible can't have happened. It's too obscene. It's easier to look at it like a film and think, "that happened a long time ago and would never happen now." Film can create a weird safety net and create distance from reality.

Especially with the history of the seed bank and where we stand now with agriculture, monocultures and corporations, I felt that the film was too relevant to get lost in the sea of stories my grandfather told me.

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

JO: 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.

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.

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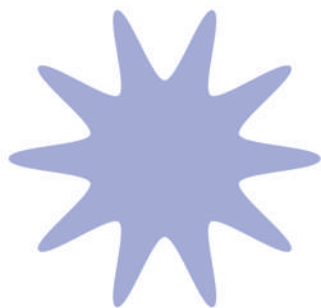


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